

# Welcome

Urram was formed in 2020 as a registered charity with the aim to deliver the best possible care for the residents of Acharacle, Ardgour, Morvern, Sunart and West Ardnamurchan by working with the community, NHS Highland and other partners. Since then, and in consultation with NHS Highland and Highland Council (the site owners) Urram have been working to put together a plan for the redevelopment of Dail Mhor.



As well as the care home, the site currently houses a number of buildings which are not fit for purpose, including an empty primary school, an old village hall and a doctor's surgery. These could be replaced by a new care hub, village hall, flexible housing and/or other uses.

Urram has commissioned a feasibility study of the site in order to identify how best to provide for the future healthcare and social needs of the community. This exhibition is an important part in that process and your feedback will be valuable to future project development.

As you study the boards, please ask yourself questions such as:

What are the healthcare needs of the community going forward?

What services would be both ambitious and reasonable to provide on the Dail Mhor site?

What should be provided by public bodies e.g. NHS Highland, Highland Council?

What could be provided by the community?

Please help yourself to sticky notes to add feedback, comments and ideas to the boards

# Background

## Population

The local population is ageing and is considerably older than that of Scotland as a whole. In 2011 there were 1921 people in the peninsulas of Ardgour, Moidart, Sunart, Ardnamurchan and Morvern. There were 162 fewer people in the 16 to 29 age group than would be expected in an average Scottish community, but 145 more in the 60 to 74 age group.

Peninsulas Population 2011

	Age Range							90+
	0 to 15	16 to 29	30 to 44	45 to 59	60 to 74	75 to 89		
Peninsulas	343	193	308	485	443	134	15	
Scotland Equivalent	332	355	384	405	298	136	12	
Difference	+11	-162	-76	+80	+145	-2	-3	

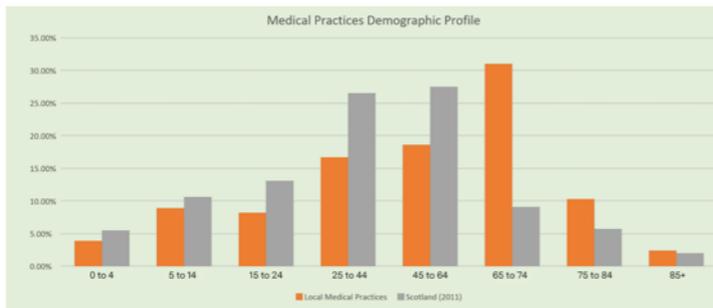
That situation is more pronounced today with the total numbers registered with the local medical practices in Lochaline and Acharacle being greatest in the 65 to 74 age bracket.

Population Registered with a GP 2022

Medical Practice	Age Range								Total
	0 to 4	5 to 14	15 to 24	25 to 44	45 to 64	65 to 74	75 to 84	85+	
Acharacle	53	133	121	224	211	468	148	31	1389
Lochaline	14	22	22	65	112	69	30	11	345

The much greater number of over 65s is matched by a much smaller number of 15 to 64s.

Medical Practice Demographic Profile



How will the future care needs of the older age group be provided and who will provide them?

## Consultation Findings

From April 2019 to end of June 2019, the Dail Mhor Project Officer, undertook a public consultation exercise on the future of health and social care across the area (known as the Peninsulas). 171 responses were received, which corresponds to approx. 8.5% of the total population (2000 people).

The main points raised related to the following questions:

### What health related services would you like to see delivered across the area?



### What sort of care services do you think Dail Mhor should offer to the area?



*The current location of Dail Mhor is clearly convenient for the people of Strontian. Is this also in a good location for the rest of the peninsula?*

### Map of current facilities

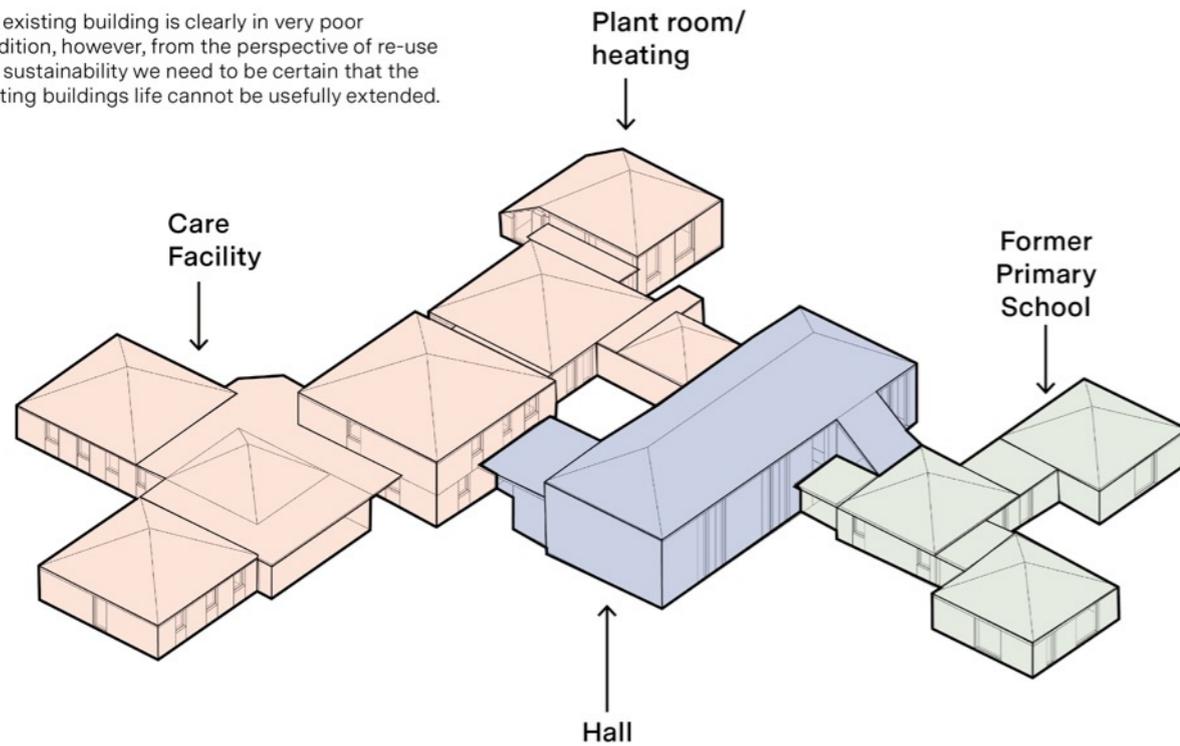


Are you supportive of the demolition and rebuilding of the current facility?

## Existing Building

### Can the building be retrofitted?

The existing building is clearly in very poor condition, however, from the perspective of re-use and sustainability we need to be certain that the existing buildings life cannot be usefully extended.



The current problems are significant, these are as follows.

Failure of the roof to prevent water ingress. This is in large part to flaws in the original design which cannot be easily resolved. The areas of flat roofs have no upstands where they meet the slate roofs, and this results in a high likelihood of water penetration at this point. There is no easy fix to this that would not involve the complete removal of the existing roof structure.

The energy requirements of the building are extraordinarily high. There is no apparent insulation in many parts of the building, and the shape of the building results in a very high wall to floor area which exacerbates the heat loss and means that energy costs are unsustainable from a financial and environmental perspective.

The shape of the building means that the floor space is inflexible and cannot be reconfigured to modern flexible requirements.

The existing masonry structure shows no sign of distress, however for the reasons mentioned above, there is not any appropriate way to retain the structure in a useful way to create modern, flexible, sustainable space.

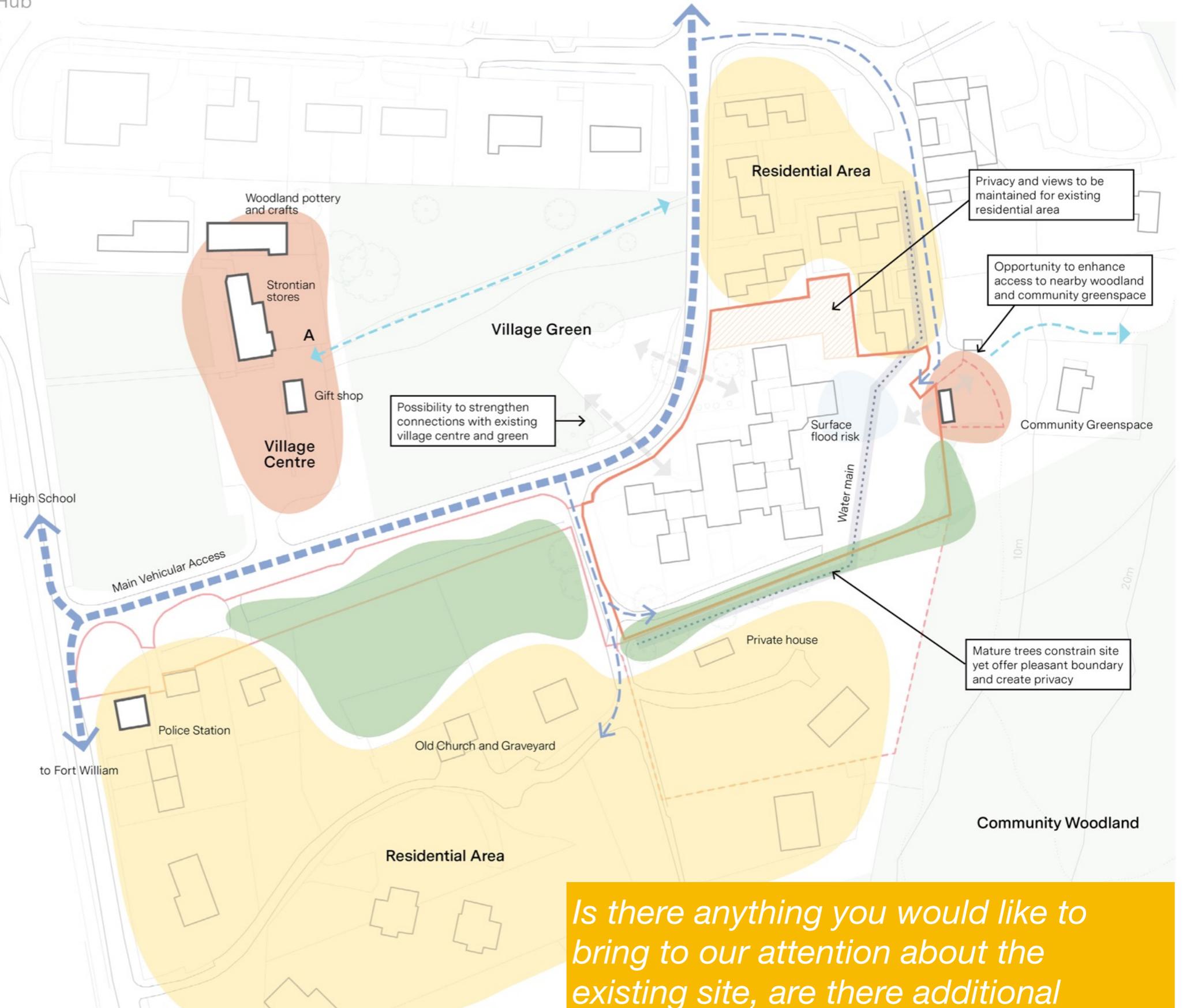
For this reason we are suggesting the phased demolition of the existing building and the full reconstruction of facilities on the existing site.



# The Site

## Opportunities and Constraints

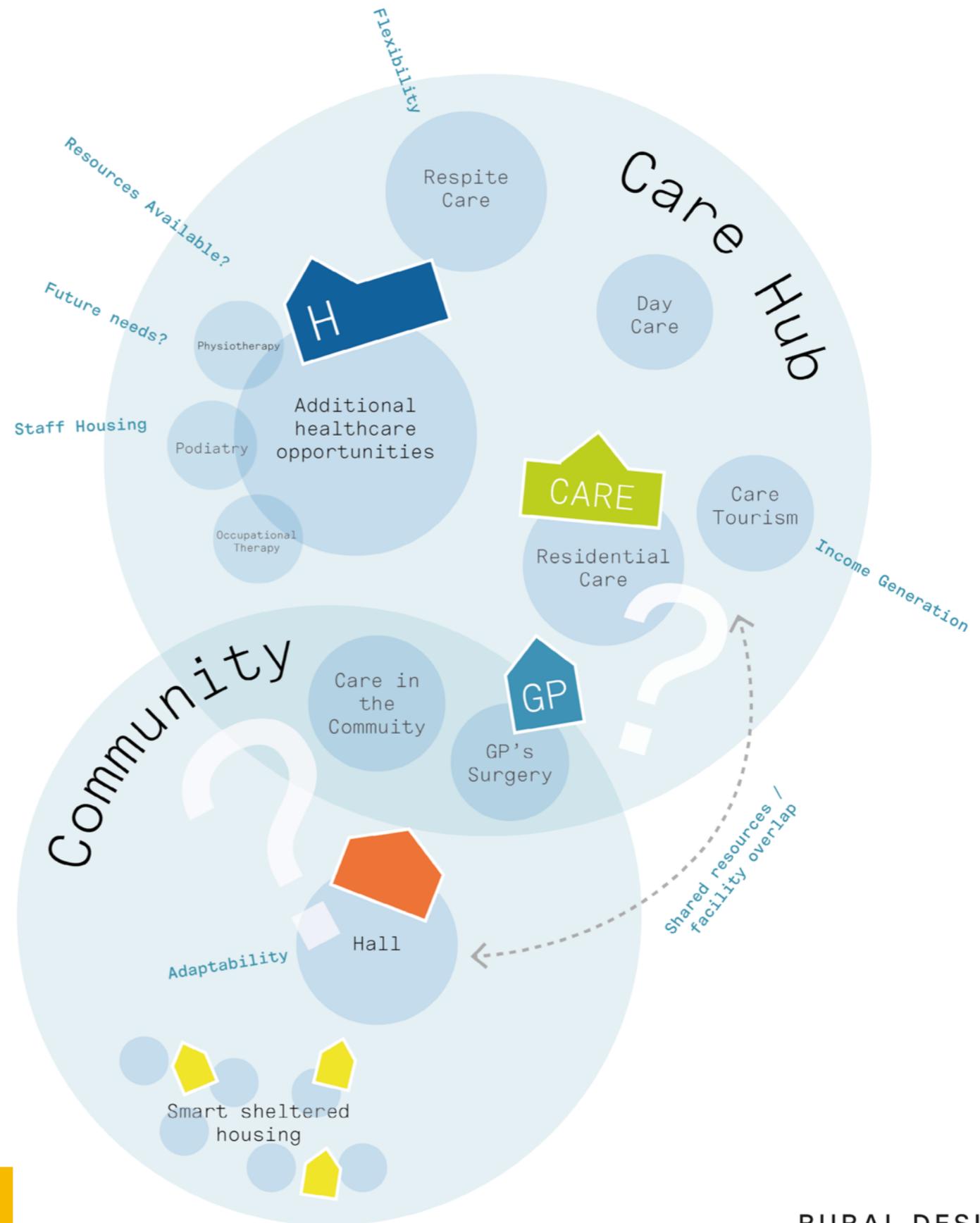
- Key**
- Residential
  - Community Asset
  - Green Boundary
  - Green Space



*Is there anything you would like to bring to our attention about the existing site, are there additional opportunities?*

# What facilities should be provided?

Exploring the range of accommodation  
Can functions overlap ?

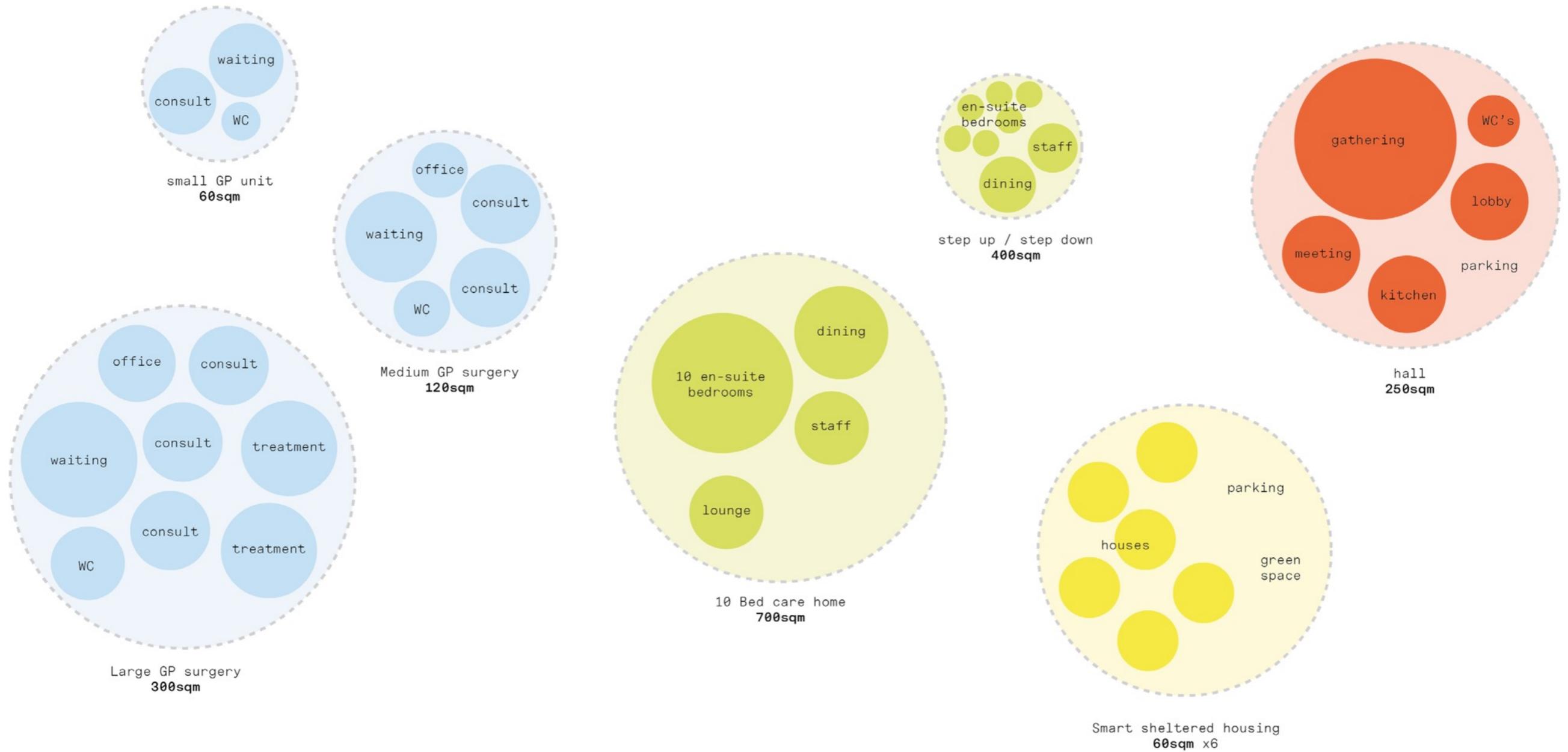


*What are your priorities for a rebuilt Dail Mhor?*

Let us know what you think should be included in the new centre.

## How much space is needed?

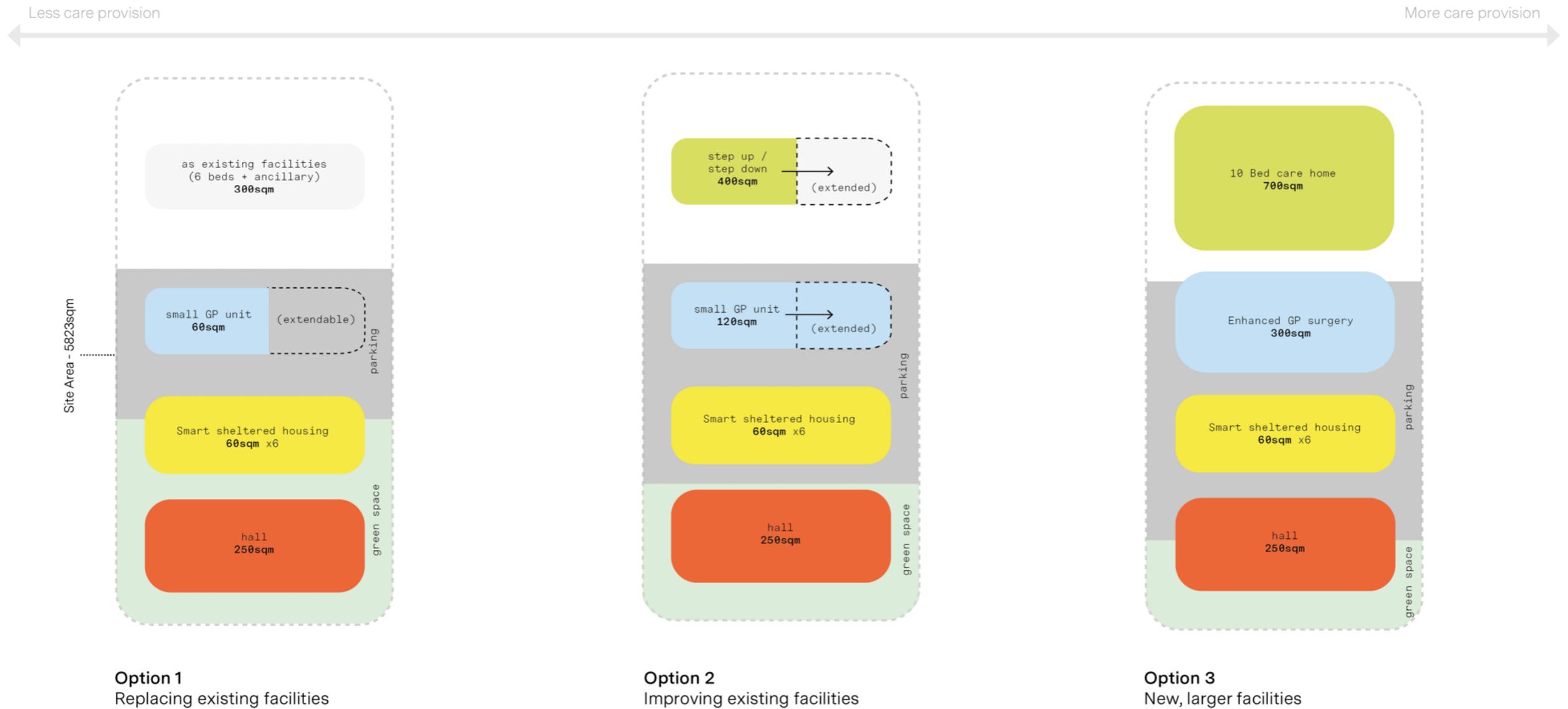
### Accommodation options and area requirements



As part of the study, we are considering a range of options. Do you think that the existing size is sufficient? A larger centre would fit on the site but would require significant additional community input and fundraising.

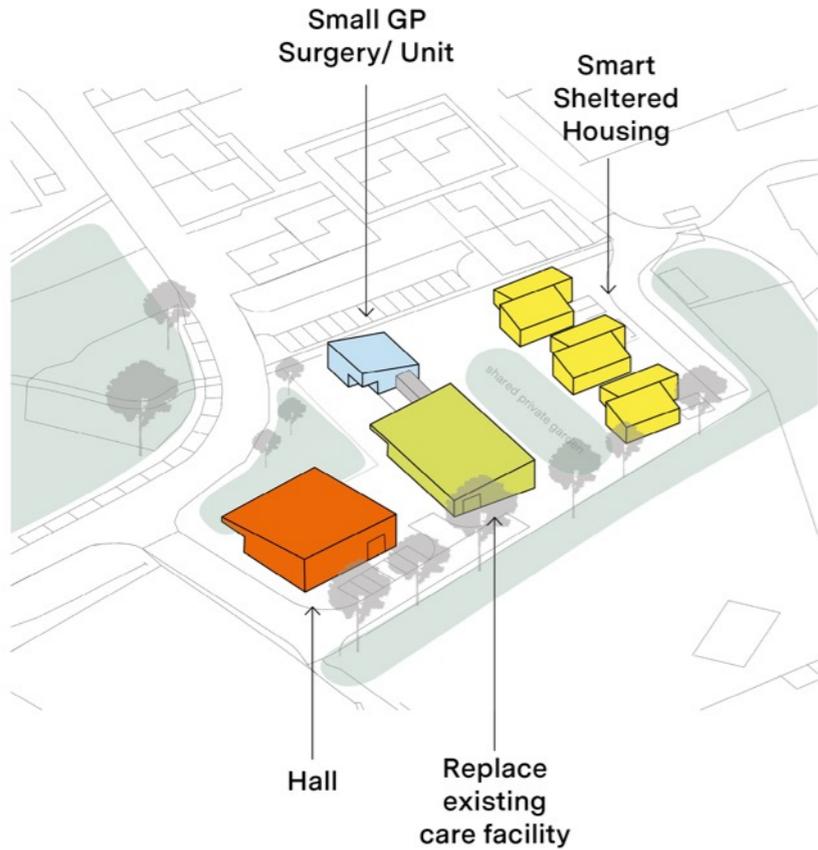
## Accommodation Options

What sort of care facilities and buildings can be provided on site?



We are placing the housing and care hub in the quieter parts of the site, and the Hall is located to avoid disturbance to residents, is that the right approach? Do you have any other comments?

A larger development will be a taller two-storey building, how do you feel about this?

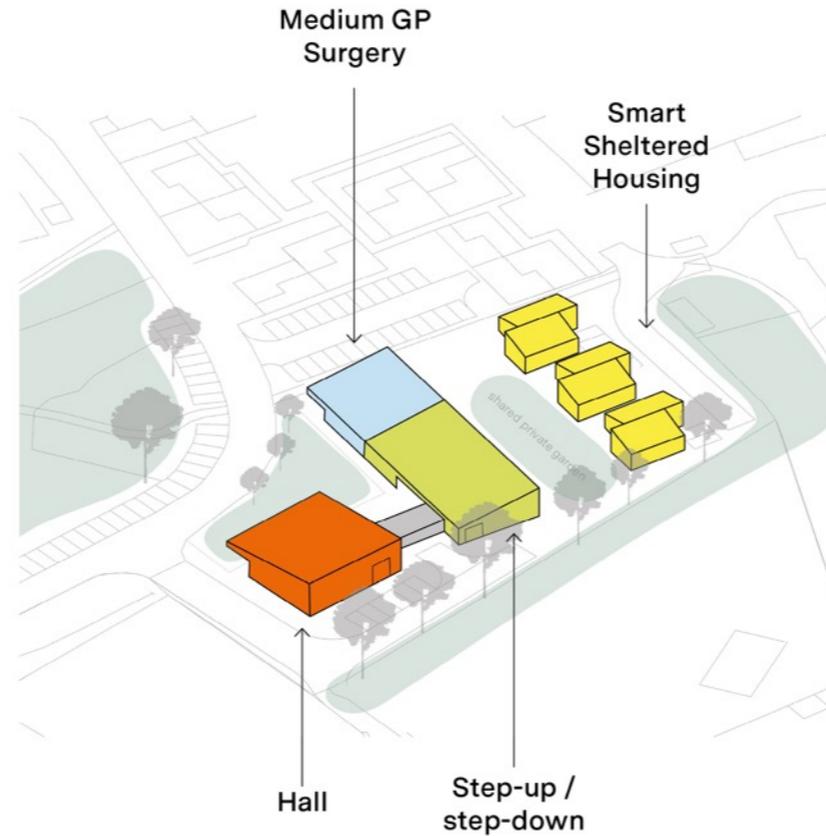


**Option 1**  
Replacing existing facilities, option to extend

New, high quality and efficient buildings replacing existing facilities with the option to extend in the future if required.

Parking provided to the north of the site and as existing roadside parking along edge of village green

Small GP	60sqm
Care Facility	300sqm
Housing	6x 60sqm
Hall	250sqm

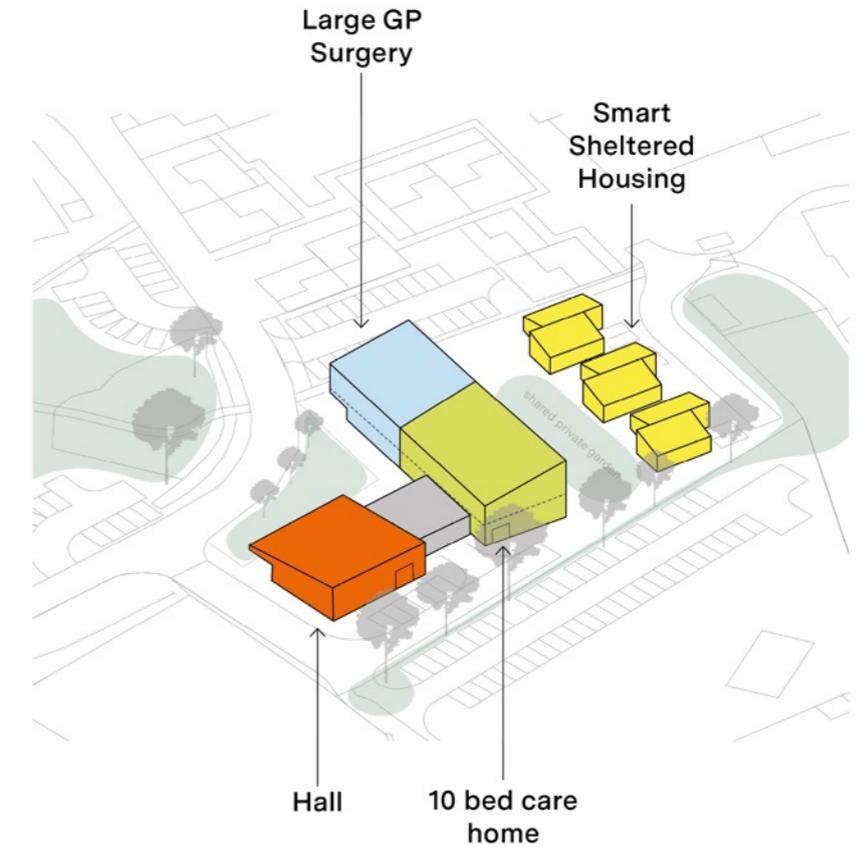


**Option 2**  
Improving existing facilities

Existing facilities improved with larger buildings offering greater care provision.

Increased parking provided to north of site and through reconfigured parking alongside the village green.

Medium GP	120sqm
Step-up/down	400sqm
Housing	6x 60sqm
Hall	250sqm



**Option 3**  
New, larger 2 storey facilities

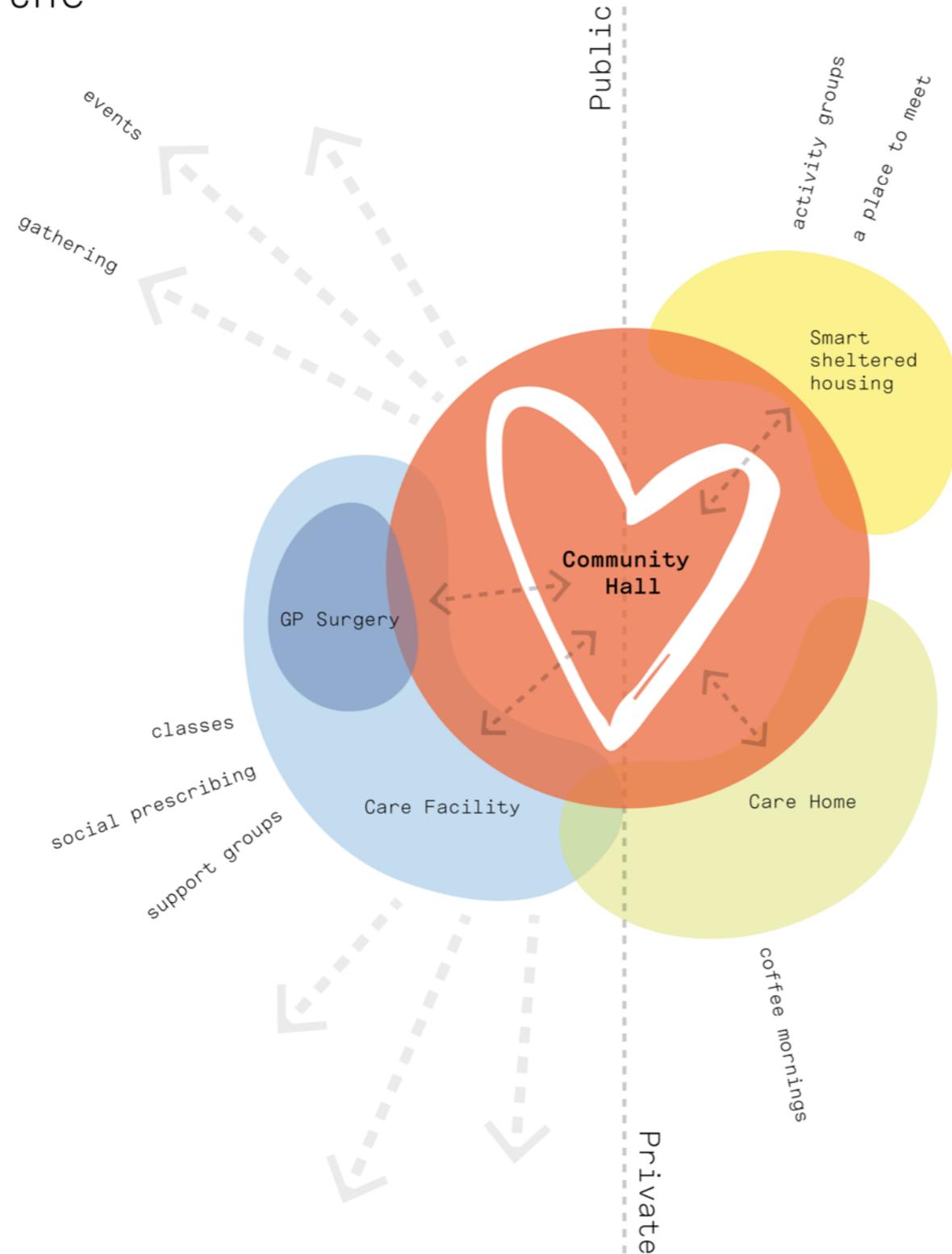
Increased care provision with two storey buildings.

Parking provided in neighbouring site and within landscaped areas of the village green.

Large GP	300sqm
Care Home	700sqm
Housing	6x 60sqm
Hall	250sqm

We think the new hall can be the heart of the Hub, what do you think of that idea, and what opportunities would this bring?

The 'heart' of the development?



The hall, a shared space for celebration, wellness and gathering?

We would not demolish Dail Mhor until replacement facilities are available on site. Is this the correct approach?, or would it be acceptable to close down the centre in the interest of a faster build time?

## Site Organisation and Phasing



Site Organisation

Existing site conditions, creating private and public spaces



Phasing

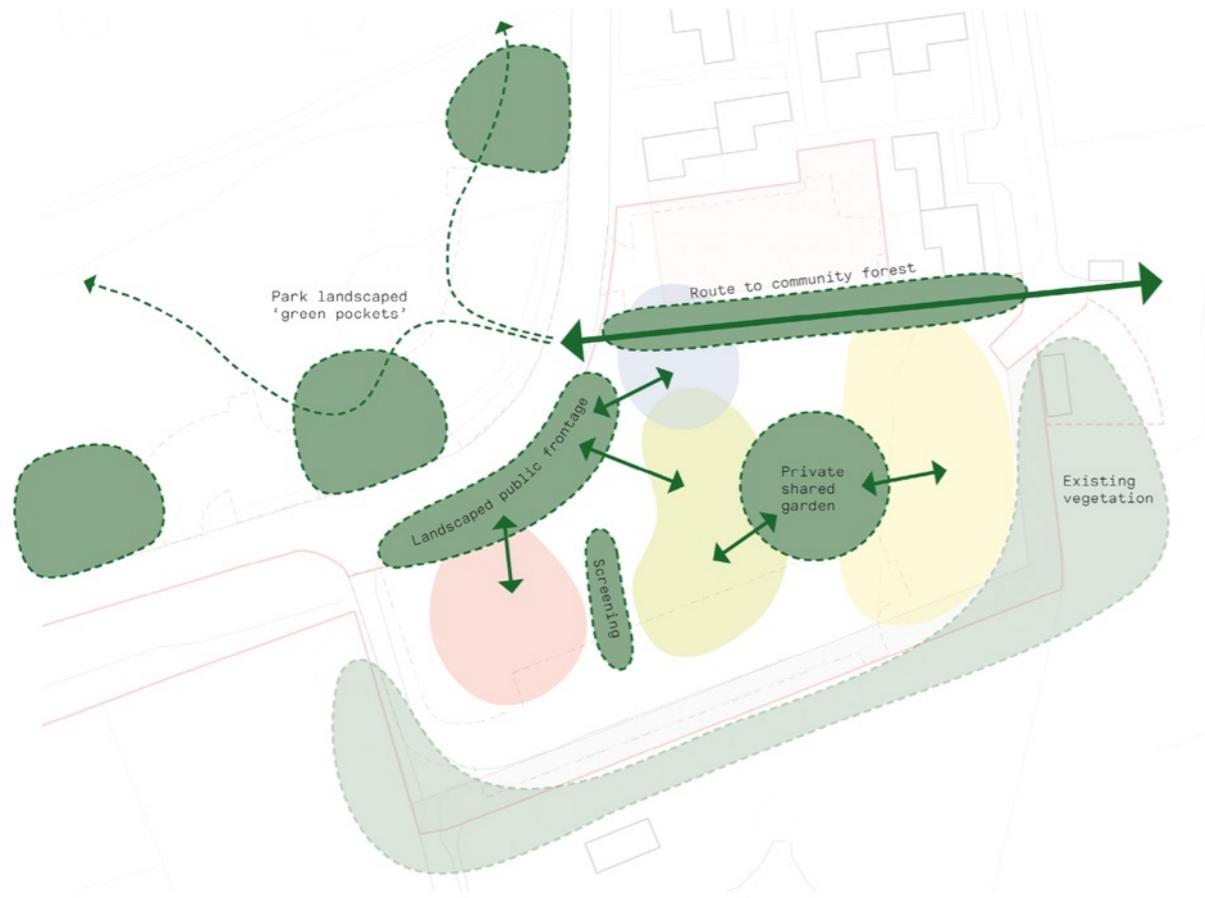
Ensuring continuity of care for existing residents

## Site Design

Spaces required alongside the main buildings

A larger centre would not be able to accommodate all the parking necessary on site?. Would it be acceptable to use some of the adjacent Green Space and relocate the play park for parking?

We think it's important to include positive Garden spaces within the development, rather than using all the space for parking or buildings, do you agree with this approach?



Green Spaces

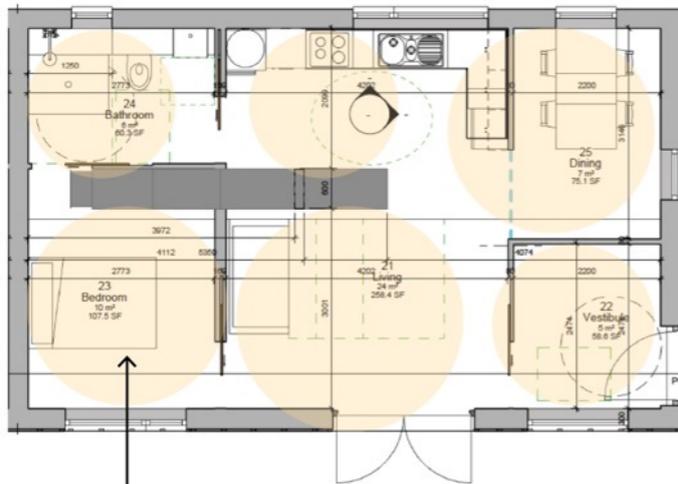


Parking

# Temporary Care Facility to Smart Sheltered Housing

A first of its kind in the UK, the 'Fit Home' concept aims to enable people to continue to live safely and independently in their own homes for as long as they choose and to provide an alternative to full-time residential care and prolonged stays in hospital.

This combines the latest smart technologies with homes that can easily be adapted to meet the changing needs of their residents. Residents will benefit from non-intrusive connected devices, digital health and assisted living technologies, helping them to maintain a sense of wellbeing as they respond to the physical and emotional changes of their condition.



Smart sensors

We propose to introduce technology enabled Smart Sheltered Housing onto the site. Is this a good location for this type of housing? Is a technology-driven approach a good way to support people who require some additional care?



Examples of Carbon Dynamics's prefabricated FIT homes



FitHome Village in Dalmore, Alness for Albyn Housing Society, with Carbon Dynamic & NHS Highland

