



## ‘How’ we work is just as important as ‘why’ says new sustainability champion

**Scottish Sea Farms’ new Head of Sustainability and Development, Dr Teresa Garzon, acknowledges that she has taken on a ‘big job’ in the company, with her remit including driving growth, further reducing environmental impact, and embedding sustainability across the company.**

She brings extensive experience within the aquaculture sector to her role and, perhaps as importantly, an appetite for a challenge.

‘One of the reasons I took this position was all the different areas it covers, working with many departments to develop the business responsibly,’ she told *The Source*, after her first month at Scottish Sea Farms.

Teresa, who has a degree and PhD in Biology and Biochemistry from the Autonomous University of Barcelona, has held roles with Mowi and PatoGen and most recently was Chief Sustainability Officer at SeaQureFarming Group, where she led work on emerging technologies to improve environmental performance, including the potential of semi-closed seawater systems in Scotland.

As the co-founder of the award-winning start-up TinyFish, which finds markets for euthanised salmon smolts that are too small for transfer to sea, she has a strong focus on sustainable farming practices.

She also chaired Women in Scottish Aquaculture (WiSA) for more than four years, reflecting her commitment

to leadership, inclusion and positive change across the sector.

Key to achieving her goals at Scottish Sea Farms, she believes, is the empowerment of her 14-strong team at Environment and she has spent much of the past few weeks getting to know them individually and establishing her own approach to teambuilding.

This will involve a greater emphasis on networking and Teresa is taking the whole gang to Aquaculture UK in Glasgow this month. While she may be a familiar figure in the sector, she wants to encourage others in the department to be equally visible to stakeholders.

‘I want those who are keen to participate in meetings and conferences to feel energised by getting out and about and sometimes taking my place. It’s important that I am not the only face of the environmental team.’

Teresa joins Scottish Sea Farms at a pivotal moment, as the company progresses with its ambitious five-year growth plan, and her role is central to placing sustainability at the heart of decisions about where and how that growth is realised.

Based at Barcaldine, she will build relationships with coastal communities while ensuring that fish health and welfare are core to site selection and operational decision-making.

Her vision for Scottish Sea Farms includes exploring innovative technologies, such as semi-closed containment and ocean farming, and how best to develop new ways of working.

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'I'm open to ideas and willing to learn from everyone,' she said. 'I'm hoping to go to Norway soon to see the interesting work of our colleagues at SalMar and Lerøy.

'And we will be looking at semi-closed systems at Scottish Sea Farms but there are technical obstacles to overcome, not with the systems themselves but with the removal of sludge. I'm supporting efforts to find the solution because that will have an impact on us being able to use these systems.

'It's a bit of a Catch 22: there are no companies in Scotland that can do this at present because there is no sludge production to carry out trials, and without a sludge collection service, it will be difficult to introduce semi-closed systems – or even simpler waste collection methods such as cones under the nets.'

Working within Scotland's cumbersome regulatory structure is also a challenge but Teresa said that, in her experience, regulators do try to work collaboratively as much as possible.

'In my previous role, I had to talk to SEPA (Scottish Environment Protection Agency) about how current regulations might not apply to semi-closed systems. I found that they will try to find solutions if you show you are doing the right things for the environment.'

One of her first tasks at Scottish Sea Farms is shaping the new Sustainability Strategy, which sets out the company's goals and targets as it continues to grow as a business.

'I want those who are keen to participate in meetings and conferences to feel energised by getting out and about'

'This programme will bring change to many areas of the company, not only in environmental sustainability, and in reducing plastic use and driving green energy, but in procurement, and pay equality.

'The strategy covers everything from how we protect our fish and the planet, to how Scottish society benefits from our work, and how we care about our people. The 'how' we work is just as important as the 'why.'

# Training helps managers get best out of their teams



A recent cohort on Scottish Sea Farms' management training course

## When Scottish Sea Farms introduced management training one and a half years ago, the goal was to improve leadership skills across the company.

Now 86 employees have completed the course, including 63 with current line management responsibilities and 23 identified as future leaders.

Devised and delivered in partnership with AAB People, the programme covers all management roles, with a cross-section of staff from different departments and regions taking part.

Scottish Sea Farms HR Business Partner Emma Leyden said the training – two lots of two-day sessions conducted a month apart – empowers managers to develop their teams and better support them.

'We tend to promote people because they are strong in their proven fields but managing other people involves a different skill set. While we do a lot of practical training, we recognised there was a gap in providing those softer skills.

'The course involves an element of self-reflection, asking what you want to look like as a leader and how you can get the best out of people.'

Everyone with current management responsibility is expected to undertake the course, as well as those identified through succession conversations as potential leaders.

A recent graduate of the programme, Charlie McDermott, Senior Marine Technician at Dury in Shetland, said he thought the training was 'brilliant'.

'On the first day I wondered how it was going to work, with all these different people, with someone in my position and someone from, say, IT.

'But I think learning from each other's experiences was one of the best parts of it, there were so many different views on everything.'

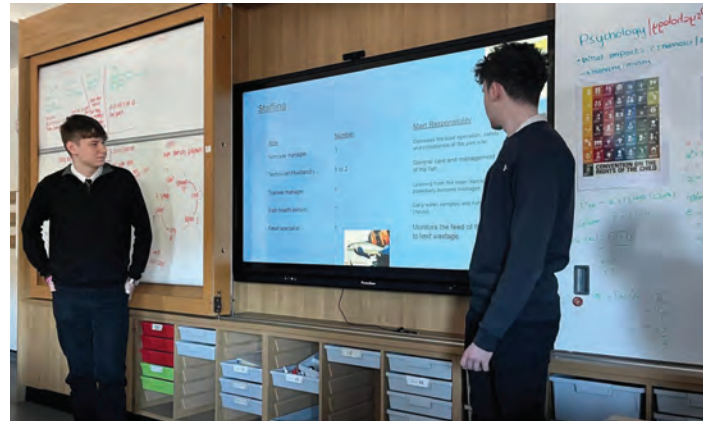
Charlie believes the training has already made him a better leader and brought his ambition to be a farm manager within closer reach.

'I hadn't thought about my leadership style before but going back to work after the course I have found it much easier to communicate by using different approaches with different people.

'I think the training will probably help me be ready for promotion sooner. I'd definitely recommend it to anyone wanting to progress their careers in the company and also to any existing managers who haven't done it yet.'

# Setting up a salmon farm is par for the course

**Oban High School students developed their own fish farm sites in their end-of-year projects on the Into Aquaculture course designed by Scottish Sea Farms.**



The course, which aims to give high school students an insight into salmon farming, has just signed up its third cohort for the next academic year. Eleven pupils will embark on the programme in August, up from ten who completed the modules this year.

Delivered by Scottish Sea Farms in conjunction with UHI Argyll, the programme offers S5 pupils everything from classroom-based theory to hands-on experience of the full salmon lifecycle, through visits to a freshwater hatchery, marine farms, and the

humane harvesting processing facility at South Shian.

The weekly farming modules include a fish dissection, so students can better understand the biology and physiology of a salmon, and practical water sampling using microscopes.

Scottish Sea Farms Talent Development Business Partner Irene Pozo, who helped establish Into Aquaculture and assessed the projects this year, said the pupils were very engaged.

‘They did well, they are only 17 and

had to put together power point presentations and speak in front of the group.

‘They had to set up a farm and explain why they chose the location, consider its impact, say how many staff they’d need, what their roles would be, and what training was required.

‘The course provides them with an introduction to aquaculture, as well as a National Progression Award at SCQF Level 4, and if they decide they like the sector, they can then go on to apply for an apprenticeship or any entry level job.’

# Vet student on prize shortlist for Scottish Sea Farms project

**A veterinary student has been shortlisted for a prestigious graduate prize for a project he conducted with Scottish Sea Farms.**

James Baxter (pictured), a final year student at the Royal (Dick) School of Veterinary Studies in Edinburgh, consulted nearly 30 farm managers and fish health specialists at the company for his research paper about decision-making in sea lice treatment.

Supervised by Scottish Sea Farms Head of Veterinary Services Ronnie Soutar, who also lectures on fish husbandry and fish health at the Dick Vet School, James sent out a survey to farmers on the mainland, in Orkney and Shetland.

He asked about treatment methods, treatment effectiveness, and what factors influence treatment decisions, coming to the conclusion that sea lice treatment decisions on Scottish salmon farms are primarily driven by considerations of fish welfare and treatment effectiveness rather than economic or logistical factors.

Commenting on James’s work, Ronnie said it showed a major part of what salmon farmers do and that welfare is at the heart of it.

‘The one thing everyone appears to know about salmon farming is that sea lice are an issue, and getting that into context is what I try to do when teaching.

‘The big thing that came out of this exercise was that welfare and the effectiveness of treatment were the two most important factors in the decision-making process.

‘The level of knowledge among vet students about our sector is increasing all the time and hopefully James’s success will help raise our profile further among future vet graduates.’

The Chair of Veterinary Medical Education at the Dick Vet School



Professor, Susan Rhind, informing James he had made a shortlist of four – out of more than 100 students – for the overall SRC (student research component) prize, said: ‘This is a great achievement and the board would like to congratulate you on the quality of your work.’

The winner will be announced after the final year exam board meets later in June.

# Engaging with Holyrood's record new intake

Scotland's political landscape has changed significantly since the election on May 7, although the SNP are still in power and John Swinney remains First Minister.

With 64 new MSPs, almost half of the parliament's total of 129, there has been a record turnover and getting to know the new intake represents a challenge for political lobbyists, including within the salmon sector.

Salmon Scotland has begun the process of engagement, with CEO Tavish Scott sending out letters of congratulation to MSPs with salmon farming interests in their constituencies, urging them to ensure that economic growth, food security and rural depopulation are a priority for the parliament.

On behalf of the sector, he also called for their support for 'a proportionate and evidence-led approach to regulation' and issued an open invitation to visit farm sites.

Salmon Scotland is planning a series of in-person meetings and introductions in early June in Holyrood and will also be hosting regional briefing sessions over the summer for new MSPs.

## Who's who

Letters of introduction have also been sent on behalf of the sector to the new, slimmed down cabinet in the Scottish government, including to Gillian Martin,

who is the new Cabinet Secretary for both Climate Action and Rural Affairs.

It is her junior minister, Jim Fairlie, though, who as Minister for Agriculture, Marine and the Islands is likely to have day-to-day responsibility for aquaculture, picking up the baton from Mairi Gougeon, the former Cabinet Secretary for Rural Affairs.

A total of 73 MSPs were directly elected in constituencies and a further 56 through the regional, or list, system. The SNP won 58 seats, both Labour and Reform won 17 seats, with the Scottish Greens securing 15, the Conservatives 12 and the Lib Dems 10.

Although the SNP had the most seats, they fell short of an overall majority and Swinney has already held talks with the bumped up Scottish Green Party to secure backing for the SNP's agenda. The Greens were in a coalition agreement under previous first ministers Nicola Sturgeon and Humza Yousaf, which broke up over their conflicting priorities.

The Scottish Green MSP Mark Ruskell has been elected as the new convener of the Rural Affairs and Islands Committee (RAIC), which recently conducted an inquiry into salmon farming.



One of the new MSPs, Hannah Mary Goodlad (SNP Shetland), is sworn in at Holyrood

## The full list of MSPs in the Highlands and islands are:

### Constituency MSPs:

- Argyll and Bute: Jenni Minto (SNP)
- Caithness, Sutherland and Ross: David Green (Scottish Liberal Democrats)
- Inverness and Nairn: Emma Roddick (SNP)
- Moray: Laura Mitchell (SNP)
- Na h-Eileanan an Iar: Donald MacKinnon (Scottish Labour)
- Orkney Islands: Liam McArthur (Scottish Liberal Democrats)
- Shetland Islands: Hannah Mary Goodlad (SNP)
- Skye, Lochaber and Badenoch: Andrew Baxter (Scottish Liberal Democrat)

### Regional List MSPs:

- Seven additional regional MSPs were elected to represent the wider area:
- Vic Currie (Reform UK)
- Max Bannerman (Reform UK)
- Ariane Burgess (Scottish Green Party)
- Kristopher Leask (Scottish Green Party)
- Tim Eagle (Scottish Conservative and Unionist)
- Morven May MacCallum (Scottish Liberal Democrats)
- Maree Todd (SNP)

## Catch-up cuppa for aqua women



## Women in Scottish Aquaculture (WiSA) has launched monthly online catch-up sessions to give members a regular opportunity to network.

The Aquabrew initiative was set up in April and had its second meeting last month, with 11 people on the latest call. The sessions give women a chance to connect, share experiences and check in with other women in the sector.

Scottish Sea Farms Talent Development Business Partner Irene Pozo, who is the WiSA advisory group co-chair, said there had been a good mix of attendees at both the Aquabrew sessions so far, with representatives from producer companies, research and academia.

'It's been great to have an all-women group and particularly useful for those who may not get to work with other women much,' she told The Source.

'During the calls, we introduced ourselves and chatted about our backgrounds and experiences. On the first call, someone mentioned that they hadn't spoken to another woman all day - the purpose of the AquaBrew felt fulfilled!'



Aquabrew is held on the last **Wednesday of the month from 3-3.30pm**. The next one will be on **June 24** and anyone interested in attending can register on <https://www.eventbrite.co.uk/e/aquabrew-with-wisa-tickets-1987686524903>.

# Farmed salmon shoots for Scotland ahead of World Cup

Scottish Sea Farms is playing its part in Scotland's World Cup effort, with three of the company's farmers featuring in an M&S Food promotional campaign.

Filmed last month at Scallastle, Michael Keenan, Will Scott and Robbie Coutts all had walk-on roles, talking about their jobs and Scotland's and the UK's number one food export.

M&S Food, as a sponsor of the Scottish football team, wanted to create a video for its press and social channels that built excitement ahead of Scotland's first game in the World Cup.

Scotland, returning to the tournament for the first time since 1998, plays its opener against Haiti in Boston on June 14, with subsequent Group C matches against Morocco on June 19, and against Brazil on June 24 when the action moves to Miami.

The short film, described by M&S Food as a 'motivational manifesto that spurs on the country to rally behind Scotland', includes top food producers covering the retailer's range of regionally sourced produce.

It captures some of the spectacular scenery of Scotland's west coast, where Scottish Sea Farms salmon is raised, and the company's senior farm managers speak of their pride in bringing premium farmed salmon to the nation's tables.

Following the shoot, M&S Head of Events & Partnership Marketing Lauren O'Kelly thanked the Scottish Sea Farms crew, which included Angela Hand and Clara Simpson from Communications and Marketing.

'The team were absolutely fantastic and we got some brilliant shots for our content. Michael, Robbie and Will were naturals in front of the camera and the Scottish landscape provided a stunning backdrop.'

Michael said he was nervous at first about the filming but ended up 'having a ball' during the day-long shoot.

'This may have been out of my comfort zone but I really enjoyed the experience



and appreciated being able to give an insight into what we do on a daily basis. I'm looking forward to watching the finished film - and the football, of course.'

Scottish Sea Farms Managing Director Jim Gallagher said: 'We were delighted to support this initiative. It offered a great opportunity to promote Scottish salmon and M&S, with the beautiful visuals of our farms in the coastal landscape, while getting behind the Scottish team as they embark on their historic mission.'

# Next generation looks at future of farming at Glasgow show



YAS members at a recent outing

**The Young Aquaculture Society (YAS) is hosting a panel discussion during this year's Aquaculture UK exhibition and conference in Glasgow.**

The session, at Glasgow's SEC from 10am on Wednesday, June 17, will consider the future of British food and farming from the perspective of the next generation.

Featuring young aquaculture professionals, as well as a terrestrial farming representative, the event will cover topics including social licence, fish welfare, food security, and the climate.

Another YAS initiative at this year's Aquaculture UK is the YAS passport scheme, which encourages attendees to engage with exhibitor stands and collect passport stamps. Those who gain enough stamps in their passport will be entered into a raffle draw at the end of the event.

YAS Vice-President and Salmon Scotland Planning Officer Nigel Welford said: 'Thanks to the generosity from [Aquaculture UK organiser] Diversified Communications, Salmon Scotland, and ScaleAQ, YAS is doubling down on its activities for Aquaculture UK 2026 and its wider mission to provide educational and networking initiatives for young professionals across the aquaculture industry.'

'This means more activities for young people, more outreach opportunities, and more fun events. We hope to see many of our members there, and if you'd like to find out more about YAS and its membership, head on over to our stand.'

YAS will be on the ScaleAQ stand (C61) at Aquaculture UK, from June 16-17.

# People on the move

## Bringing you up to date with the latest internal promotions

Among several job moves over the past three months, Alan Page has been promoted from Marine Technician at Sweening 3, Shetland, to Senior Marine Technician at the same farm, while at Setterness South and Foraness, Jack Uren has progressed from Senior Marine Technician to Trainee Manager.

At Ronas Voe, Christopher Poleson, formerly Marine Technician, is now Senior Marine Technician at the same site.

On the boats, Christopher Kelly has been promoted from First Mate of the Bagheera to Skipper, and sharing Skipper shifts is Alfred Page, who moves from Deckhand on Courageous. Also joining the Bagheera crew is new First Mate Darren Forrest, who moves from Senior Marine Technician at East of Papa Little.

And staying in Shetland, Aiden Grogan moves from Marine Technician at Setterness South and Foraness to the Commander as Deckhand.

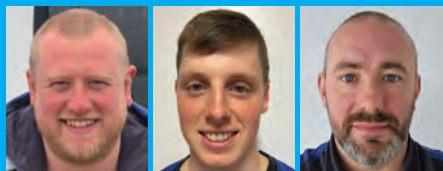
On the Mainland, Craig Grounds has been promoted from Trainee Site Manager at Shuna to Site Manager at Dunstaffnage.

And there have been two promotions at Lismore East, with Marine Technician Angus MacCorquodale becoming Senior Marine Technician, and Arran Bryars, previously Processing Operative in Processing at Shian, moving to Lismore East as Trainee Marine Technician.

Meanwhile, in IT, Niall Howie has been promoted from IT Support/Trainer to Cyber Security Lead for the company (more details opposite).



Chris Poleson    Craig Grounds    Alfie Page



Darren Forrest    Jack Uren    Alan Page

# Scottish Sea Farms steps up a gear for regional charities



Irene Pozo, Erin MacAulay and Laura Cameron

## A total of 66 Scottish Sea Farms employees completed an ambitious step challenge in May, walking 22 million steps in all and raising £1,000 for charity.

The month-long team effort aimed for an average 10,000 steps per person, per day, with some individual walkers doing much more, and one reaching a phenomenal average of 45,800 daily steps over the 31 days.

The goal was to collectively complete 10 virtual loops from the company's head office in Stirling to the most northerly (Ronas Voe) and southerly (Charlotte's Bay) sites, a journey of 8,620 miles. In the end, more than 11 loops were covered, or 9,500 miles.

The step challenge, to mark National Walking Month, was organised by Learning and Development Co-ordinators Laura Cameron and Erin MacAulay, with the support of Scottish Sea Farms' Wellbeing Council.

'People from across the company and from all regions were involved, upping their daily step counts either individually or in team walk-outs in lunch breaks and after work, logging their steps through the company's Wisdom Wellbeing app, which has a step tracker,' said Laura.

'We set a tough target but everyone got behind the challenge, either by walking or offering donations.'

Erin added: 'Along the way, we also hoped to highlight the work of our Wellbeing Council, set up earlier this year with the company's 40-plus volunteer mental health first aiders.

'Part of the council's remit is to raise awareness of wellbeing by encouraging people to get out, and the company-wide enthusiasm for the step challenge exceeded our expectations.'

The highest achiever was David Duffy,

Senior Marine Manager at Nevis, who notched up a staggering average of over 45,000 steps a day.

'Because I have a treadmill at home, I knew I had an advantage, but I hadn't reached my full potential when I tried this before,' he told The Source.

'This time, I thought I'd give it a bash. I usually run about 10-15km a day on the treadmill, but I got up at 4am and did about 45 minutes walking on it before I left for work.

'At Nevis we have a walking pad and when Siobhan (Bryson), who's the feed specialist, was off for a week I spent most of the day feeding the fish from the pad.

'When I got home, I would do a 15,000-step run and after that I'd walk the dog and finish by about 9pm. I did just short of 1.3 million steps.'

David said he feels great but wouldn't do it again. 'That's it, I'll give someone else the chance to take the limelight next time.'

The money raised over the month will be shared between five charities representing the five regions where the company farms: Stirling based mental health charity Action in Mind; North Argyll Carers Centre which provides support, advice, and respite opportunities for unpaid carers; Inverness based Mikey's Line, a suicide prevention and mental health awareness charity; Blide's Trust in Orkney, which promotes mental wellbeing; and Mind Your Head, which delivers mental health support services across Shetland.

# Good luck to all our awards finalists!



Awards finalists Hannah Bloomer (left) and Lillee May.

## Scottish Sea Farms is up for three top honours in the Aquaculture Awards 2026, to be announced later this month at Aquaculture UK in Glasgow.

Making it to the list of finalists are Irene Pozo, Talent Development Business Partner, who is one of five named in the Rising Star category; the team at Lerwick Plankton Lab, Hannah Bloomer and Lillee May, who are competing for the Animal Health and Welfare Award; and Holms Geo Farm Manager John Henderson, shortlisted as Farmer of the Year.

The awards are among 13 prizes, whose winners will be unveiled at a gala dinner at the Hilton Glasgow Hotel on Tuesday, June 16, during the Aquaculture UK exhibition and conference, which runs at the SEC in Glasgow from June 16-17.

Drawing up a shortlist this year was particularly challenging for the judges, with almost 100 award entries overall, of an 'impressive level and quality', according to Awards Director Cheri Arvonio.

Scottish Sea Farms Head of HR Fiona McCann said: 'We are rightfully proud of all our finalists, who have been recognised for going the extra mile in hotly contested fields, crowded with high achievers.'

'They all thoroughly deserve their place in this illustrious line-up and we wish them the very best of luck on the night.'

## How cyber security leader helps keep company safe



### Scottish Sea Farms has strengthened its cyber security operations with the promotion of the IT team's Niall Howie as Cyber Security Lead.

Niall has been working across both cyber risk and IT infrastructure for the company, and with the recent outsourcing of cyber security monitoring to a 24/7 managed Security Operations Centre, he will have more

time to focus on protecting the business and its people from cyber threats.

In his new role, Niall will continue to take a hands-on approach to investigating current incidents, alongside developing the company's threat hunting capability.

He will also be leading on several initiatives, including rolling out awareness training for all employees. Most people are only aware of cyber threats when a warning from the IT department pops up in their inbox. But, behind the scenes, computer experts are constantly monitoring cyber risks.

'In my new role as Cyber Security Lead, I aim to oversee the continued development of Scottish Sea Farms' cyber security strategy, helping to ensure the company's systems, operations, and people remain secure in our evolving digital landscape,' Niall told The Source.

'I will be working closely with internal teams and external partners, I will focus on strengthening security resilience, supporting best practice across the business, and promoting cyber awareness throughout Scottish Sea Farms.'

## Career spotlight



**Graeme Baxter,**  
Business Intelligence Lead

### What does your role involve?

I work within the IT department, designing and building the Business Information (BI) tools that the farming, supply chain, financial and sales teams need to get a clear view of performance. With millions of rows of data within the company, we look to use this data to report historical performance, predict trends and forward plan.

### What's your background?

I started off in sales and migrated into car hire management eventually moving into call centres, working for David Murray in Glasgow. That developed into dealing with their data, producing reports and training. I have been working with databases and data for over 20 years, the past eight at Scottish Sea Farms.

### Why did you choose this job?

I've always liked work that mixes problem-solving with practical impact. I enjoy taking messy or complex information, making sense of it, and turning it into something people can use to make better decisions. This role felt like a really good fit for that, and it also gave me the chance to keep learning while contributing to something meaningful.

### What are the biggest challenges?

Trying to build confidence in the idea that we're here to support people, through better reporting and cleaner, more efficient data. We're making good progress, helped by a few key super users whose knowledge and experience of the BI reporting environment is now starting to filter down through their teams.

### And the greatest rewards?

Scottish Sea Farms stands out because of the people, the culture and the flexibility. It's genuinely one of the best companies I've worked for. On top of that, there's a real sense of satisfaction in seeing a solution I've built being used day to day and making a practical difference to how people work.

# Restored hyperbaric chamber an asset for Shetland community



Scottish Sea Farms' Trish Reid (right) with Joanna Inkster of the Shetland Hyperbaric Centre Chamber steering group

**Shetland will soon have its own hyperbaric chamber, which can be used to treat over 50 conditions such as long Covid, chronic fatigue syndrome, and multiple sclerosis, as well as aiding recovery from injuries.**

First opened in Lerwick in the 1980s, the Shetland Hyperbaric Centre had fallen into disuse for nearly 20 years but now grant funding and local fund-raising efforts are helping restore the premises, leased from Lerwick Port Authority.

The improvements, which include insulation, a new heating system and improved toilet facilities, will create a welcoming environment and provide Shetland with a service that has only been available in recent years on the mainland.

The centre, due to re-open in the summer, will offer hyperbaric oxygen

therapy (HBOT), which works by supplying concentrated oxygen under pressure to patients in a sealed chamber. Best known as a treatment for divers with decompression sickness, it has also been seen to transform the lives of people suffering from a variety of ailments. The use of portable oxygen concentrators will be offered too.

One of those behind the fund-raising, Amanda Pottinger, said it was after her trips to Aberdeen's hyperbaric centre, and the successful, but costly, treatment of her long Covid symptoms, that she joined the campaign to re-establish the therapy in Shetland.

'It made a huge difference to me and we wanted to make it an asset for the whole community. It will be run as a charity so we will have to fund raise regularly to keep it going and make it affordable to all.

'We've been lucky to get money from community trusts, as well as local businesses and individual donations.'

Scottish Sea Farms donated £750, after the Shetland team nominated the charity as one of the good causes to benefit from fees paid for the filming of the Shetland TV series at the company's Gremista processing plant last year.

## Yurt offers sanctuary to Scottish kids

**At Seamab School, a new yurt is giving young people a calm, practical space to step back, reset and just be themselves, writes Clara Simpson.**

Seamab, based in Kinross-shire, provides residential care and education for children aged five to 18 from across Scotland who have found school a challenge due to complex emotions, trauma or difficult life experiences.

As part of its new campus, which opened in February, the school introduced a sustainably built, zero-carbon footprint yurt, made possible thanks to a £5,000 donation from Scottish Sea Farms' Heart of the Community fund.

The yurt is now used regularly by the young people at Seamab. Sessions, led by Karina McFall, include yoga, mindfulness, breathwork and somatic therapy, which treats trauma and stress-related disorders.

It's also a space for play, nurture, and simple downtime - something that has been lacking in the lives of many of the young people.

'Within the yurt, there is a stillness and a sanctuary to which our young people can retreat at any time and truly be themselves,' said Karina.

At its core, the yurt offers consistency. Some children visit the yurt after conflict or periods of feeling unsettled in school, and the space helps them regulate and return to a calmer state of mind, away from the noise and pressures of the day.

'Each and every one of us has an inner room within our heads and hearts that

we can visit to be cleared of fear-based thoughts and feelings,' added Karina. 'Our young people find this space within the circle of these walls.'



### Heart of the Community at a glance



**2026** so far  
**37** grants and donations given  
**£15,565** given

**All time** (2011-present)  
**1,338** grants and donations given  
**£2,170,869** given

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