

Business Quarter 3

Hotly anticipated sauna plan takes off



Haar Sauna at St Ninian's beach.

Photo: Dave Donaldson



Callum Scott fires up the Haar Sauna.

Photo: Dave Donaldson

BY ANDREW HIRST

A couple who fell in love with sauna culture while visiting Norway took to bring the Scandinavian spirit to Shetland.

Callum Scott and Hannah Mary Goodlad launched Haar Sauna out of a converted horsebox on St Ninian's beach last weekend – and it was soon attracting attention.

"It's fantastic to see it here on the beach," Mr Scott told *The Shetland Times*. "This is the first outdoor sauna at 60 degrees north in the UK, which is brilliant. I can already see that we're creating a community vibe down here for people to come to enjoy the beach and use the sauna. It's super exciting."

The sauna may have only recently made it home to Shetland but it has already clocked up considerable miles and an intriguing history.

It spent time on Aberdeen beach, the Cairngorms and the banks of the River Tay – not to mention visits from the Scottish rugby team.

The story began in January 2020, when the couple went for a sauna while on holiday in Oslo and were amazed by its calming, restorative qualities. They went every morning of their stay – and were keen to share the experience when back home in Scotland.

With the pandemic hitting soon after their return, they set about transforming an old Ifor Williams horsebox as their lockdown project.

After three months, their Scandi-sauna was finished, complete with alder timber benches, Scottish redwood cladding and an Aberdeenshire-grown larch exterior – and it was ready for the road.

The sauna had its first public outing at Aberdeen beach in December 2021 with special

sessions for social groups and mental health organisations. After a change to the business plan, Mr Scott took to renting out the sauna to luxury hotels, starting with the Glen Tanar in the Cairngorms, where it was used for regular club nights, as well as special events including weddings.

Next it journeyed south to the boutique Taybank hotel, where it was used to enhance a winter programme of activities, and soon attracted visitors from Edinburgh and Glasgow.

Huge buzz

"There was a huge buzz around it, which was fantastic," Mr Scott said.

Most recently, the sauna has been at the Fife Arms in Braemar, to help guests unwind after taking part in wilderness excursions.

Now, the couple have taken it back home to Shetland, where they hope to share their passion for sauna with the community.

"We love the idea of sauna," said Mr Scott. "We do it every day and we want to bring that Scandinavian culture to Shetland – to introduce a new enjoyable experience, a place for people to relax, unwind and also socialise at the same time."

Ms Goodlad is originally from Shetland and the couple now split their time between Sundibanks, East Voe, and Norway, where she works in renewables and Mr Scott teaches at an international school. They set up Glød Sauna Ltd in 2021 with the hope of building a wooden sauna at Waarie Geo, near the Knab in Lerwick – but lockdown put that on hold. If the mobile sauna proves popular, they might revisit the proposals.

For now, however, the focus is on their mobile sauna and they hope it will inspire a new cultural phenomenon.



The view from Haar Sauna.

Photo: Dave Donaldson

Mr Scott said it offered huge health benefits – both physical and mental – and was also a great environment for socialising. In Norway, he said, it was often where new connections were made as people put aside their differences through their shared enjoyment of sauna. And for those who want to socialise without drinking

alcohol – the couple hope sauna is a great alternative.

It is currently situated near the dunes on the southeast of St Ninian's beach, with the permission of the Budge sisters of Bigton Farm. To begin with, the sauna will be available to hire by groups of up to six for one-hour sessions, held over a couple of days each month.



First aid training courses Lerwick – January to June 2024

January	10th/11th	First Aid at Work initial and refresher (FAW/R)
	12th	Emergency First Aid at Work (EFAW)
February	21st	EFAW
	22nd	EFAW
March	18th/19th	FAW/R
	20th	EFAW
	18th/19th/ 20th/21st	First Response in Emergency Care Level 3 (FREC 3)
April	25th	EFAW
	26th	EFAW
May	27th/28th	FAW/R
	29th	EFAW
June	20th	EFAW
	21st	EFAW

Cost: EFAW: £100, Refresher FAW: £175, FAW initial £250, FREC 3: £550.

Prices are per person payable in advance and there is no charge for VAT.

First aid at work courses are combined initial and refresher as those who do not currently hold an FAW cert undertake 6 hours online prior to the course. Additional courses can be delivered in-house if required. Courses can also be booked for evenings and weekends.

TO BOOK PLACES PLEASE EMAIL enquiries@grampiantrainingservices.co.uk to arrange.

First aid training courses offered

Grampian Training Services (GTS) will be offering first aid training courses in Lerwick every month from January.

Courses can also be delivered in workplaces and other organisations across Shetland, dependent on having a suitable venue.

Most courses will be held during the day, with an option for evenings or weekends if requested.

The courses are delivered by experts – at a competitive cost – with frontline experience. Trainers are paramedics or first responders with years of experience responding to incidents for the ambulance service or at major events.

Courses are hands-on, and participants will receive practical training and feedback on essential skills, such as CPR, dealing with heart conditions, choking, medical conditions or broken bones. All levels are recognised by the Health and Safety Executive, and courses are available from the basic six-hour course to the full 18-hour course.

The First Aid at Work course is completed through blended learning, which includes six hours of online training done over a couple of weeks before two days of face to face training. This reduces the time delegates are away from the workplace.

Following the outcome of the Manchester Arena enquiry, GTS will also be offering the First Response in Emergency Care level three (FREC3) course. This is a higher level of training for those in remote areas, higher risk activities and will be the standard for those who are providing first aid at licensed premises and events. For further information, or to book places on courses, please email enquiries@grampiantrainingservices.co.uk



A variety of skills are taught during the First Aid at Work course, including CPR.

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01595 707451
shetland@bgateway.com

