

BELHELVIE BANTER

Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog



EDITION 47

AUTUMN-WINTER 2022

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EDITORIAL

I was recently talking to someone new to the area, who was trying to find out what there is to do here. Working through a list of options, I was struck by how lucky we are to live in this beautiful area with so much on our doorstep. From our five villages, not only do we have access to beach and countryside, but we are also within easy reach of a city that offers us access to theatres, cinemas, an art gallery, a sports village, international airport, two universities and much more.



The re-opening of The White Horse under the management of Mario and his team (pictured here with business partner Raj) has been very positive news, given the struggle he has had to get to the finishing post. Reviews of meals etc have been excellent, so let's support this new local business. Like so much else in the community, use it or lose it.

Of course, we have other excellent eateries in the area. The award-winning Cock & Bull provides a variety of lunches, teas and dinners while the Beachside Coffee Shop excels with its fresh home-baking and delicious lunches. The Bengal Tiger offers superb Indian takeaways, and, in Potterton, we have the Stead Inn with exciting plans.

If visiting our beautiful Balmedie Beach of a weekend, you'll get a coffee or ice cream at the Sand Bothy, staffed by volunteers, where you can also join in various activities on offer throughout the year. Blackdog Beach is also well worth a visit. Local volunteers across our villages give freely of their time to provide us with first responders, gardening groups, beach wheelchairs, crafts, baby/toddler groups and Christmas lights amongst many other initiatives.

We have two Churches providing opportunities for worship and other activities, an excellent school that serves our young people well, a leisure centre with weekly activity groups for babies to adults. We have football pitches, as well as a bowling green and top golf courses nearby. We have youth groups: Rainbows, Brownies, Guides, Rangers, Beavers, Cubs, Scouts, Explorers, and Boys'/Girls' Brigade. We have excellent child-minders, an After School Club, private nurseries in Balmedie and Blackdog catering for 0 to 5-year-olds and the school nursery covers 3 to 5-year-olds.

We have a Convenience Store and a Co-op, a library, two garages, the best chip shop in the north-east, a post office, pharmacy, a sensory garden, a vintage/upcycling warehouse, a wonderful gift shop, massage and beauty therapists, child-minders, a florist, a locksmith, plumbers, builders, joiners, electricians, architects, taxi services - you name it, you'll find it somewhere in our parish.

This query from a newcomer to our area has certainly made me focus on all that we have available to us here - and I must conclude that, yes, aren't we lucky?

Jess Petrie, Editor

Our Autumn-Winter cover showing Autumn fields just north of Balmedie, is by local photographer, Lee Fowlie. Website: leefowlieimages.co.uk or have a look at his Facebook page Lee Fowlie Images.



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BANTER DEADLINES	SPRING-SUMMER (Ed 48)	AUTUMN-WINTER (Ed 49)
Articles & ads	Fri 21 April 2023	Fri 22 Sept 2023
Delivery begins	Sat 20 May 2023	Sat 21 Oct 2023

The work involved in producing The Belhelvie Banter is all done voluntarily. At the time of going to press, the information within this edition is understood to be correct, but no responsibility can be accepted by the Banter Team for any errors. We do our best!

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THE BENEFITS OF VOLUNTEERING



When I look back on my years of volunteering at the Sand Bothy, I remember the long queues for ice cream on a sunny day, the queue for a hot chocolate on a cold one, but most importantly the amazing people I worked alongside and the sense of community.

Little did I know, that when I started volunteering at the Sand Bothy in the summer of 2018, it would not only lead me to gain my silver Duke of Edinburgh Award but also help me to secure Depute Head Girl, a part-time job and a committee role at university.

As part of the Duke of Edinburgh Award, you must complete a section on volunteering. I approached the Sand Bothy and asked for weekend work - they happily accepted and I started volunteering immediately. I spent the summer months of 2018 and 2019 making teas and coffees and serving customers with ice-cream, drinks and snacks.

From volunteering at the Sand Bothy, with such an amazing group of people, I gained valuable experience in speaking to and serving members of the public. One of the best things was that the Sand Bothy was within walking distance of my house and I worked with lovely people from around our local community. Rosie at the Sand Bothy completed my Duke of Edinburgh Assessment and along with that and the other tasks I had to complete I achieved my Silver Award in my 6th year.

I believe that doing voluntary community work was a benefit when applying to university. I also got a part-time weekend job which I still do now in my 3rd year at university at a coffee shop. The vital skills, including communication, organisation, problem-solving and people skills are what ultimately contributed to securing these positions.



If any other young people in the Balmedie area are planning to do a Duke of Edinburgh award or any other qualification where voluntary work is required, do go and speak to Joni at the Sand Bothy. The experience I gained working there has been invaluable to me and I would highly recommend it.

We have such an amazing beach on our doorstep, that many of us, including me, sometimes take it for granted. Joining the Sand Bothy team, as a volunteer, even if it is just for a couple of hours a week, can make a huge difference to our local community. And allows us, as residents, and young people in our community, to give back.

Emma Jamieson



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CONGRATULATIONS AND CELEBRATIONS



FUNDRAISER OF THE YEAR

Every year, representatives from hundreds of organisations in the Aberdeen area join together to shine the spotlight on organisations and individuals who deserve to have their efforts recognised. Charities, social enterprises and voluntary groups all feature. We are delighted to announce that our very own Rosie Nicol has received the award of Fundraiser of the Year at the Celebrate Aberdeen Awards of 2022.

Rosie has been the driving force that created so many innovations benefitting our community over the years. Better Balmedie, The Sand Bothy and Belhelvie Community Trust are just a few examples of her creativity, vision, organisational skills and sheer hard work. Whenever an obstacle appears, Rosie stays positive, and, in her own unique way, manages to make the impossible possible. We would like to thank you Rosie, for all the excellent voluntary work you do within Belhelvie Parish.

Congratulations on this very well-deserved award. Much as you hate it, the spotlight is definitely shining on YOU!



THANKYOU Mr T

Huge congratulations to Ian Thomson, a highly valued member of our community, who continues to go that extra mile for young people in the Belhelvie Parish. Ian has been playing a vital role in Scouting in our area for over 30 years. He was presented with the well-deserved Chief Scout's Award for Merit by the District Commissioner while at the recent Gordon Camp. Here he is pictured at Scout Camp, caught sitting down for once, which he doesn't often do!

You have touched the lives of many young people, Mr T - thank you for all your wonderful efforts.

In August of 2021, Parkhill purchased Whitelodge Garden Centre at Turriff, so we now have **Parkhill at Whitelodge Garden Centre**, Burnside, Turriff AB53 5PP Tel 01888 562924.

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BLACKDOG NEWS

from Blackdog Residents' Association (BRA)

During the six months that have passed since our last contribution to the Banter, our residents and village volunteers have had a productive time in Blackdog, getting involved in activities that have improved the surrounding environment within our community.



Our Village and Beach Tidy-Ups continue to have a successful impact on removing waste and litter from the grass verges, communal land and beach area at Blackdog. We are still on track to achieve our target of completing a Tidy-Up each month in 2022. The amount of waste collected has such a positive impact on the environment and it continues to be a testament to the great effort by all our volunteers.

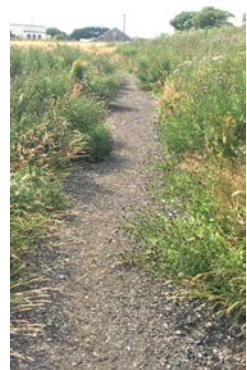
We have been able to complement our own planned activities by receiving a beach box (pictured above) from East Grampian Coastal Partnership, with litter-pick equipment for all residents and visitors to use when they visit Blackdog Beach. The box is open for use, 24 hours a day, and helps to support the 'Take 4 for the Shore' initiative.

Our residents have reaped the benefit of all the hard work of our volunteers, in populating our planters and communal areas with annual bedding plants and perennials, ensuring a wonderful display of flowers due to the perfect storm of weather - long hours of sunshine and thunder plumps of rain! Our thanks go to all our volunteers that take part in this activity and to Aberdeenshire Council for their generous donation of plants.

We are delighted to say that we now have a defibrillator purchased and sited within Blackdog village, and we cannot thank Arnold Clark enough for their kind donation that has allowed us to progress and complete this project for the village. Belhelvie First Responders will maintain the unit on behalf of the village. We would also like to thank Archer Marketing for allowing the unit to be fitted outside their premises and to thank Jamie Dunbar, from the village, for kindly giving his services free to install the unit.

Blackdog received its long overdue glass recycling units in the village and we would like to thank the Council for their support to make this happen. That apart, we have struggled to get movement on several initiatives, and a lack of monies, personnel, materials, etc. continue to delay their progress and completion. It is clear that if we want to progress many of these items we will, as a village, need to fund-raise and self-support these projects.

One of the initiatives is the development of a small, attractive garden area, like the Sensory Garden at Balmedie, where all ages can go to enjoy the flowers, trees etc. Our thoughts would be to have park benches, small environmental learning areas for children, new planters and other attractions for all to enjoy. The Council have offered us advisory support, and shrubs and trees, should the project be a viable option.



We have also engaged Vattenfall to support the upkeep of the grass verges beside the 'Vattenfall Path' in the village (pictured opposite). We discussed the initial development of the area as a potential community project with Vattenfall, their contractors and Blackdog volunteers all working together to plant new shrubs, wildflowers and bushes to make it into a sustainable environmental attraction which would then be maintained by Vattenfall on a regular basis.

The new Kirkwood housing development in Blackdog is progressing at a steady rate with preliminary groundwork and the building of show houses well underway. At the same time, the oil-remediation project led by FCC at Blackdog Landfill site has also started their initial groundwork. The community continues to monitor these activities to ensure that no safety concerns develop due to the increase of heavy equipment into the area.

Our Blackdog Gala Day in August was a great success and following this, we will be holding a Christmas event within the village in early December. The village tree and lights display last year were a huge success with our residents, and we will build on that success this year, with a get together in the Community Park with village children taking part in switching on the Christmas tree lights.

With 2023 looming on the horizon, we sincerely hope that the new year will bring some much needed amenities and infrastructure to our village - we can but wish!

Alan Neave
Chairperson BRA

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BLACKDOG GALA

Blackdog held their village gala this year in late August. Good crowds, excellent weather and enthusiastic participation was the perfect recipe for a successful Gala and one that the village can be proud of! This was an opportunity for the village to get together, after two very difficult years, and just enjoy each other's company, as well as have a fun day out with their friends and families.

Activities included Bouncy Castles; Fun Races of all types for the young (and the not so young!); Football Skills and Beat the Goalie; Tug O' War contests; Lego Building; Face Painting; Hair Braiding; Garden Games; and Swingball. Our thanks go to Lee-Anne Garden for all her efforts in keeping the children well entertained.

We had Raffle and a Tombola on the day and were blown away by the support from our residents, their families and friends of the village who so graciously donated so many gifts for these fund-raisers. Jeremy, our professional chef, did a sterling job behind the BBQ producing a variety of hamburgers, hotdogs and salads to appease all dietary requirements and our volunteers manned the stalls valiantly with teas, coffees, tray bakes, confectionary and all variety of drinks to keep everyone fed and refreshed.

We had a few craft stalls that were well attended by visitors on the day, and Theresa and Angela from Belhelvie First Responders were present, throughout the event, to give information, direction, and hands-on training, for any enthusiastic pupil, on the use of the new Defibrillator installed in the village and CPR techniques.

We would like to thank our main sponsors for their support for the event - Vattenfall, Kirkwood Homes, Augean North Sea Services, and Archer Marketing - their generosity ensured that we kept our costs for the event to a minimum and allowed us to supply the two bouncy castles for the children free of any charge.

To Marks and Spencer and the Balmedie Co-op for supplying fruit for the children and to the many donations of fruit from our residents, our thanks. This allowed us to supply free fruit throughout the day which was a big hit amongst the attendees. Our thanks also go to Joni Corbett of the Sand Bothy at Balmedie for supporting us with gazebos, tables, chairs, the BBQ, games etc. that ensured our event wanted for nothing on the day. Joni and her son, James, also helped us raise the gazebos pre-Gala on the Friday evening and helped on the day of the event - such help was invaluable.

Finally, to all the volunteers from the village who donated their time, food, gifts for the event, we give our thanks, as the event could not have gone ahead without your support.

Alan Neave

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POTTERTON BURN

In early 2021 Belhelvie Community Trust (BCT) was asked to consider a proposal from residents to improve the burn at Potterton to alleviate flooding, clear blocked field drains and improve risks and smells from deep stagnant water.

BCT applied to Scottish Landfill Community Fund for help and were successful in getting enough money to clear the burn and drains, erect fences and improve water flow and to install paths and picnic tables in the park land.



The burn will never have a great flow rate as it relies on the run-off from the road system during rainy periods. Also, the change in gradient is not great to aid the flow of the burn, nonetheless when the burn was cleared it had a steady flow. It did become evident this summer, that the burn will need regular clearing, as in hot dry weather, the vegetation on the

burn started to return. Even in the relatively brief period since clearing the burn the wildlife around it has improved, with brief visits from Mallards and small fish being found further upstream.

Volunteers have been working to enhance the surrounding area, planting hedge trees along the burn and suitable wild plants along the bank. Old redundant tree guards and dead trees have been removed, branches trimmed, and path edges strimmed. A wheelchair-accessible picnic table has been added and bird-nesting boxes have been installed.



Potterton Volunteers have been formed, which is an amalgamation of the Potterton Burn Project volunteers and Potterton

Green Fingers. By combining, we will have more volunteers, and volunteers will have a wider range of tasks such as: maintaining the burn and the park, developing the park, planting, and tending to planters and tubs around the village, raising funds for inclusive play equipment, litter picking and developing links with other groups.

Potterton Volunteers will be meeting at regular intervals to work together at the park land. Check the Potterton Volunteers Facebook page for details - everyone is welcome!

Bernard Humphrey



POTTERTON PLANTING

Potterton Volunteers would love to have some new members to help with planting in the village. One of the tasks for 2023 is to add more colour in the area around the Potterton Burn. We have successfully applied to some council initiatives and that means we will be supplied with bulbs, wildflowers, and perennials. The first work will be in October when we will plant 400 bulbs, followed by the next stage of planting work in Spring 2023, when we will plant 80 wildflowers and 60 perennials.

Potterton Volunteers and **Potterton Greenfingers** are now working together to bring a touch of colour to our area, where nature can be appreciated as we walk around our village. We were fortunate that Aberdeenshire Council provided both bedding plants and perennials this year. We have had a small Christmas tree donated and we hope, with some care, that we can encourage it to grow.

We would need more volunteers to help us with all this work - no gardening knowledge is necessary. Come along and join us and make our village more beautiful as well as making new friends.

Bernard Humphrey (Potterton Volunteers)

Hilary Foxen (Potterton Greenfingers)



Potterton residents now have a new post box in the village - located on the corner of the B999 and Panmure Gardens.

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“GRIEF IS THE PRICE WE PAY FOR LOVE”

So much has changed since we last published Banter. Not only have we had a change of Prime Minister, but we have also seen the death of our Queen, and the arrival of a new King. Whether we are in favour of the monarchy or not, we cannot but recognise the achievements of Queen Elizabeth II (I of Scotland) during her reign of seven decades. Throughout her reign, she has shown a strong sense of duty and determination to dedicate her life to her throne and her

people. She was a constant in a rapidly changing world and her success in maintaining the monarchy throughout such turbulent times should be celebrated - and her death mourned.

The extended coverage of her death and funeral, and images of her grieving family led to a public outpouring of emotion. Seeing images of her grieving sons, daughter and grandchildren has perhaps triggered both mourning for the departed Queen but also rekindled grief for our own losses. While the nation witnessed images of collective grief on television, many were catapulted back into remembering their own sad losses. Reminded of a parent's or partner's passing or that of close friends and other family members, this can also lay bare feelings and concerns about one's own mortality.

Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. Grief is considered to change over time and there is no right or wrong way to feel.

At first, you may be caught up in a whirlwind of things that need to be organised while at the same time you feel shocked and numb. As time passes, the initial full support from friends and family may fade. You may feel less numb. At this stage, you may start to experience how different your life is without your loved one and begin grieving for that loss while slowly adapting to your new situation.

Grief counsellors reckon that it generally takes about a year to realise how much has changed in your life, both emotionally and practically. Some things only come up once a year, like celebrating a birthday or Christmas or taking over the role of something the person who has died used to do, like renewing the car insurance. Each time one of these things happens, you are reminded of your loss, and your feelings of grief may come to the surface. It may feel as if you are on an emotional roller coaster, where one minute you are coping and the next you feel overwhelmed by grief. You are likely to find you have some good days and some bad days.

As time passes, the balance between good days and bad days shifts and gradually you may find you have more good days and fewer bad days. But these changes are gradual, and each person is different, so the balance for you may not be the same as someone else after the same length of time. Taking care of yourself by eating well, getting some exercise and enough sleep will help.

There is no timetable for how long you will grieve. The length of time is different for each person. For most people their mourning period is a long, gradual process. Your grief is not something that can or should be 'fixed'. The goal is to find a way to live with and cope with your feelings while taking time to grieve in your own way. Grief is forever but over time it will vary in intensity, what it feels like, and how it is part of your life. Events and places may bring back memories and trigger sadness, but life can still stay positive around grief.

Moving on doesn't mean that you are forgetting the person who has died. It just means you've accepted your bereavement. You can move on with your life and keep the memory of someone as an important part of you. Gradually, through meeting new people, having new experiences and moments of enjoyment, grief will hopefully no longer dominate, as you, and your life, grow around it.

Support groups and organisations can help. The Sunrise Partnership is an Aberdeen charity offering free bereavement counselling (call 07827 755735). Help can also be found at 'Possibilities' (call 07593 768129). Both these organisations have websites and Facebook pages for further information. Cruse Bereavement Care (call 0808 808 1677) offers some strategies that may help:

- try talking about your feelings to a friend, family member, health professional or counsellor / contact a support organisation (see above)
- get help if you're struggling to sleep
- don't try to do everything at once - set small targets easily achieved
- do not focus on the things you cannot change - focus your time and energy into helping yourself feel better
- try not to tell yourself that you're alone - most people feel grief after a loss and support is available
- try not to use alcohol, cigarettes, gambling or drugs to relieve grief - these can all contribute to poor mental health
- have a look at the Cruse Bereavement Care website for further support
<https://www.cruse.org.uk>

Queen Elizabeth herself quoted "Grief is the price we pay for love". It is quite a price, and for some, it must seem as if there is no way forward at times. However, come time, it becomes manageable and part of the person we have become. We can move on within a life that is changed irreversibly, but able to enjoy new beginnings and experiences, while bolstered by memories that never die.

Editor



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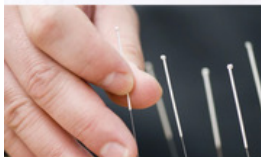
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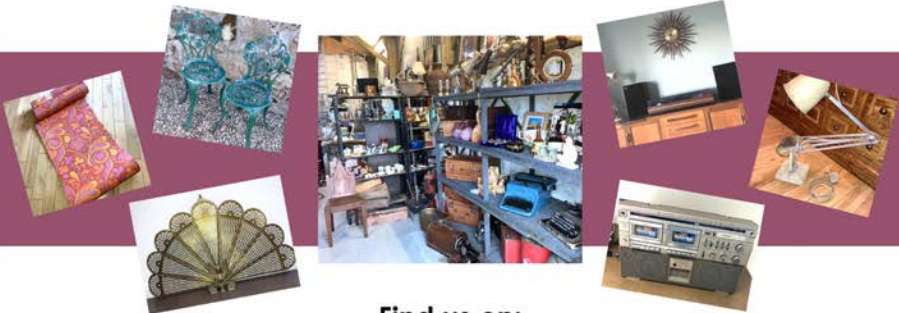
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The Sand Bothy

We have had a great Spring-Summer season this year. We can't believe how fast it has gone by. We have been able to host a variety of different events and classes this year. At the start of the Summer, we welcomed a few visits from school pupils who came to learn about the Country Park and sea, we have hosted a Teddy Bears Picnic, we have been able to continue with our art classes for older adults every Thursday with Mandy Clubb and the Bothy Craft Group on the last Saturday every month. And with huge thanks to our brilliant team of volunteers, we had been able to open additional days at the Kiosk throughout the Summer Holidays.

The Sand Bothy participated in Doors Open Days weekend in September, which brought many people through the door. We were very fortunate to have a fantastic photography exhibition thanks to Ally Deans Photography and Lee Fowlie Images. We also had guest exhibitor Malcolm Forbes join us and share his stories and personal photo albums on his life as one of the very last salmon fishers on the North East Coast.

We have also been fortunate to have installed a few new features into the children's play park - two new interactive play panels and a mag-post.

Now that the Kiosk has closed for the season we look forward to welcoming additional classes and workshops back to the Bothy. The Kiosk will be back next April to serve delicious Mackie's ice-cream, coffee and snacks. We are also happy to announce that our Santa's Grotto will be back for 10th and 11th December. See you there!

If you are interested in booking the Bothy as a venue, or volunteering with us, or keeping up to date with our events please follow us on Facebook @thesandbothy or email us at info@thesandbothy.co.uk

Joni Corbett
Sandy Bothy Coordinator



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PIRI PIRI



The issue of the massively destructive plant Piri Piri Burr started around 2012 when the invasive species from New Zealand was found in Forvie Nature reserve. It is thought that the seeds originally came over to the UK on imported wool. Since then, it's unfortunately been transferred to the dunes area on the northern side of Balmedie Beach (probably via shoes or trousers) and the grass areas behind.

Piri is a small plant, roughly clover size, that creeps across the ground in an almost continuous carpet. One small barbed head holds hundreds of seeds. Once ready, these barbs stick to anything they come in contact with, animals, birds, humans as they walk through the seed heads, and are then transferred to new areas where they start new plants. Because of this, and the amount of use the beach gets, the issue has grown exponentially.

The main issues with it are that it hinders our natural flora and fauna in the area by competing with native plants and sticking to birds and small animals, causing matting and even death due to inability to feed, hunt and avoid predation. It has also caused huge issues for dog owners, with dogs becoming so heavily matted they are required to be shaved to remove seeds and matting. These seeds can also become embedded into dogs' skin and paws causing infections.

This year I decided to take steps and contact both the council and Trump International and work together with volunteers to try and reduce the spread a bit. The only two options are weed killer or weeding very carefully so as to cause as little seed dispersal as possible. Generally, weeding is looked on as the best option from previous places with this issue. We have endangered species in our dune system, so that's the route we took. Thanks to everyone who volunteered, we cleared a huge amount, about 20 bin bags full. These were then disposed of via furnace by Trump International. Altogether we may need to do this annually. It's definitely made a huge difference and will continue to reduce the spread for years to come. Thanks to everyone who volunteered their spare time!



Coralie Aitken

WHAT ARE 'TRAPPED NERVES', 'PINCHED NERVES'?

Can anything be done?



Nerve pain can feel like an electric shock. Sometimes pain shoots down the leg (sciatica). In trigeminal neuralgia, it shoots in the face. Nerve pain can present **anywhere** with stabbing, burning and/or numbness, deadness, tingling, weakness and more.

Nerves are essential for transmitting electrical signals throughout the body allowing you to move muscles and feel sensations. The brain signals/commands go through the spinal cord to the rest of the body along certain paths. Heart rate, breathing, digestion, sweating and more are also controlled by nerves.

Nerves are vulnerable where they travel through narrow spaces but have little soft tissue to protect them. Often, there is irritation of nerves as they exit through the hole between the vertebrae, from the spinal cord. This can be caused by the facet joint not being able to move as it should. Mobilising or adjusting the spine is necessary along with techniques to relieve muscle spasm and congestion. Often, releasing trigger points in the affected muscles can ease the nerve pain easily.

Changes in bone, ligament, muscle, tendon or the 'cling film' wrapping/connective tissue around these structures can compromise a nerve resulting in pain etc. This is then further aggravated by the body's protective inflammatory reaction attempting to bring healing chemicals in a fluid, to an already congested area. This causes more pain and irritation to the nerve and the surrounding muscles and ligaments. Muscles tense and splint the injured area, interfering with area's drainage. Pain can be felt in the low back, groin, ribs, shoulder and/or blade, neck, arm or numbness in hands and fingers, [sciatica](#) and so on.

This congestion and interference affect the area itself or where the nerve signal is going. Having a tingling 'pinky' usually means that all is not well at the base of the neck. Osteopathic adjustments can help dramatically. If left unresolved, and with persistent lack of function and motion, the risk is that the damage will be harder to reverse due to scarring and the body's tissues getting sticky. In older people or those with past injuries, there may be degeneration contributing to the problem - even more reason to keep muscles as healthy as possible! Tight muscles contribute to most pains and are eased with massage which also assists drainage. Chronic conditions may result if the painful and debilitating condition is not treated. This can be a life changing problem.


Taking painkillers may help in the short term but really the best advice is to seek help as soon as possible to find the root cause. Any drug brings with it additional problems and surgery is rarely needed - try less invasive options first!

Nerve pain can also occur after a stroke. Reflexology and Remedial and Sports Massage after a stroke/CVA can bring amazing results. Keeping your body exercised and stretched to improve posture, mobility and strength, along with a healthy diet without preservatives, and drinking water is always advised. Sufficient 'me time', rest and sleep help bring the body into balance so it can repair as it was designed to do.

Maggie Brooks-Carter, DO, RN, SMTO

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LAWRENCE OF... BALMEDIE

Introducing the new manager at our local garage, Lawrence of Kemnay (at Balmedie) - this is Ricky Lawrence who happens to have the same name as the garage but is no relation. He has worked for the company for 11 years since leaving school, starting out as an apprentice mechanic at the Inverurie site. Once qualified, he moved to the Balmedie branch to work under Stanley Daun. Taking part in a series of training opportunities, he has been preparing to take over at Balmedie. He has continued for some time at Inverurie until Andy Smith left the Balmedie site. Ricky is now

full-time site manager at Balmedie where he plans to remain for many years to come. His aim, he says, is to provide the excellent customer service and attention to detail that he learned from Stan. So, every motorist in the Parish now knows who to contact for all their motoring needs. Welcome to our community Ricky!

Editor

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FRIENDS of BALMEDIÉ SCHOOL (FOBS)

FoBS is the parent council and PTA committee for Balmedie Primary School

The last term before the summer holidays brought the welcome news that the majority of covid-related restrictions were lifted. Parents/carers were welcomed once more into school and it was possible to have an open afternoon where parents/carers could visit their children in their classroom areas and see their school work. Face-to-face parents/teachers evenings came back again. Pupils had a wonderful sports day with spectators allowed, followed of course by ice-cream. It is such a relief to be able to do all the normal things again that we took for granted before the pandemic.

School trips were back on and some children had great days out at the Science Centre, some others went to Bennachie and some had a trip to see a Royal Scottish National Orchestra performance of Gaspard's Foxtrot at the Music Hall. The buses for these trips were paid for by FoBS, following our previous fundraising efforts.



The Primary 7 teachers, children and parents did lots of fundraising and event planning to make sure the kids had a send-off to remember. The P7 pupils went with their teachers to 'Jump In' trampoline park (pictured above), and parents organised a fantastic leavers' party at Balmedie Leisure Centre. Thanks to everyone who helped make these events such a success. We wish the children all the best in the future and hope they 'stick in' at Academy!

School discos are back! As we write this article, planning is currently in full swing for our first disco in over 3 years - we hope the children have a wonderful time.

Is it too early to think about Christmas? NEVER! We know, as this Banter goes out, it's early, but you can never be too organised. Each child has already designed their own unique Christmas card and parents/carers can buy packs of printed Christmas cards and other personalised items such as mugs, tea towels, gift tags and wrapping paper. This is always a great fundraiser for our school, and we thank everyone who supports us with buying these items.

Theresa Thomson
FoBS Treasurer and Vice Chair



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Why not come along and enjoy a delicious bowl of homemade soup with a sandwich or panini. Or just have a soup and a pudding from our menu. We also provide refreshments so why not have a prosecco, beer, cider or juice for the kids. Remember our **Afternoon Teas** are available **Monday to Friday 12noon - 2.00pm**, so why not add a cheeky wee glass of prosecco.



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or our facebook page Balmedie Leisure Centre



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It has been an exciting few months at Balmedie Leisure Centre. We started July by hosting the Balmedie Primary School P7 Leavers' party, which was a great success. Well done to everyone involved and we hope that the now

S1's are enjoying their new adventures at their Academies.

Work finally started on our outdoor inclusive playground in August. This has taken much planning and fundraising to be able to get off the ground so to speak, but we are so excited to see the project nearing completion. Hopefully soon we will finally get to see our lovely customers being able to use all the equipment.



Friday 2nd September saw us hosting a Rock and Roll Bingo event. It was a fantastic evening, and it was great to see so many people attending. Bingo with a twist saw us singing our hearts out and dancing the night away. Many thanks to the DJs Neil and Lee, who did an amazing job hosting the event. Thank you too to local businesses for providing the prizes for the Bingo games and the raffle. It was very much appreciated.

We hosted an Afternoon Tea in support of Macmillan Cancer Support, a charity close to our hearts. Stalls with cakes, candles, and beauty products added to the experience, as well as a raffle with some amazing donations from the community. Tickets were £15 and half of that was donated to Macmillan Cancer Support.

Our Christmas Fayre this year takes place on Friday 25th November. We are well underway with our preparations and have some exciting stalls lined up. It is sure to be a great night of festive fun and shopping and we are very much looking forward to welcoming you all along.

To stay up to date with events and classes at the Leisure Centre, make sure you find us on Facebook and Instagram. You can also contact us by phone on 01358 743725, drop us an email on balmedie_leisure@btconnect.com or come in by.

Lisa Proud
BLC Committee

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Celebration Service and Official Annexe Opening!

Over the last 7 years, our congregation has worked really hard to upgrade and develop our buildings with a new car park, upgrades to the church itself, additional storage to The Forsyth Hall and now our Annexe which has been up and running since the turn of the year. Remarkably, we've managed to do all of this through the generosity of the congregation and some well-aimed fundraising applications and have completed the works without carrying forward any debt. It took a lot of faith and hard work to see it through, but we did it - and for a wee country congregation, we can rightly be proud of what we've achieved.

The pandemic robbed us of a chance to have a proper opening ceremony, but now that things have opened up again, we decided it'd be good to mark the occasion by having a special service on Sunday 23rd October at 11am when we can look back over the journey of the last 7 years and give thanks for what we've managed to do. After that we'll head across to the Annexe for an 'official' opening and you'll be able to have a wander around and see what a great facility we now have in The Forsyth Hall and Annexe, before enjoying a cuppie and a fine piece to finish in The Forsyth Hall.

Even if you haven't been in church for a long time, or have never come, we'd love you to join us on the 23rd to celebrate with us and see the facility. A big part of our vision for the Annexe is that it'd be used by both church and community, and the more folk who've seen it, know about it and use it, the better!

- | | |
|------------------------|---|
| Tuesday 4th October | Coffee Haven, 10am, The Forsyth Hall |
| Sunday 23rd October | Celebration Service and Annexe Official Opening |
| Tuesday 1st November | Coffee Haven, 10am, The Forsyth Hall |
| Saturday 5th November | Bruce Davies Concert - 2pm-4pm, The Forsyth Hall |
| Sunday 13th November | Remembrance Service |
| Saturday 19th November | Christmas Fayre - 10am-12pm, The Forsyth Hall |
| Sunday 27th November | Christingle Service, 6.30pm |
| Friday 2nd December | Right Christmas Quiz Night - 7.30pm, The Forsyth Hall |
| Sunday 4th December | Carols with Bon Accord Silver Band, 11am |
| Sunday 18th December | Nativity Service |
| Saturday 24th December | Community Carols - Balmedie Leisure Centre, 4pm
Watchnight, Belhelvie Church, 11pm |

For more information, contact me on 01358 742227 or pmckeown1@btconnect.com

Rev Paul McKeown

MAINLY MUSIC

Spaces are available for 0-5s and their parents/carers on a Tuesday afternoon to join our fun and friendly music and rhyme sessions. After our songs, the children have snack time and free play, while the adults enjoy a fine piece and have a chance to sit down and chat. Sessions run from 1.45pm in the Forsyth Hall. Please contact me at jeanettelamb@btinternet.com or phone 01358 742684 for details. If you would like to join our team, or offer help with baking or setting up, and support our church in this ministry, please get on touch - we'd love to hear from you!

Jeanette Lamb



COFFEE, ZUMBA & FRIENDSHIP

Hopefully everyone is aware that Coffee Haven in the Forsyth Hall, Belhelvie Church has started again. We meet for coffee, a chat and fine piece on the first Tuesday morning of the month from 10am-12noon. Do come and join us, either by yourself or bring a friend.

We also run a senior Zumba class on Monday mornings from 9.45-10.30am, again in the Forsyth Hall, so if you are feeling a bit more energetic, then this may be for you. If you require any further details, please contact me on 07816 657742 or any of the pastoral care team. Hope to see you soon.

Fiona Miller, Pastoral Care Team



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BALMEDIE CONGREGATIONAL CHURCH

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Rev Andy Cowie on 07715 279478

Although our Church is small, we have a busy programme running in our building. We welcome new participants so do come along. We have:

Wednesdays 9.30am-11.00am Under 5's Group
Wednesdays 2pm-3pm Ladies Group - for tea and a chat
Wednesdays 6.30pm-7.30pm Craft Club
Fridays 3.30pm-4.30pm Boys' Brigade

We are delighted that Better Balmedie not only survived the pandemic, but have once again, been extremely active throughout the summer. Thank you for making our village so beautiful.

We were delighted to host a Balmedie Street Lights Fair, and we look forward to the display this coming Christmas. Talking of Christmas, we would like to invite you and your family to our Midnight Service, starting on Christmas Eve at 11pm, finishing just as we enter Christmas Day. Come for candle lights, traditional Bible readings and carols, followed by a cuppa and a warm Christmas pie. Following our Covid experiences and the death of our Monarch, come and remind ourselves that Jesus is the real stability in our lives.

POTTERTON CONGREGATIONAL CHURCH

Following the pandemic, Potterton Congregational Church is the last of the Churches I minister to, that has not resumed normal services. We tend to meet on an ad hoc basis. If you would like to be informed as to when/where we meet, please contact me.

Folks in the Northeast had that special relationship with the Queen and many families have stories to tell, of seeing or meeting members of the Royal Family. The passing of Her Majesty was not unexpected, but still shocked the nation. The Royal Family will miss a mother, granny and great granny, but so will the nation, the Commonwealth and beyond. We should be careful, not to compare her son, King Charles III with his mother. We all know of children who have followed in the footsteps of older brothers or sisters to school, only to be incessantly compared to their parents or older siblings. We need to let Charles III be King in his own right - he has had a long apprenticeship for the task ahead. For the good of the nation, let us wish him well at the start of his reign. Long Live the King.

Prior to the pandemic, there was word of the Potterton football pavilion becoming more of a Centre for Community use. It would be good to get an update on this development. If anyone or any group would like to be involved in supporting this project, give me a call. Potterton needs more community facilities.

Autumn will fly past and before we know it, it will be Christmas. When it comes, do enjoy your time with family and friends.

Rev. Andy Cowie

Don

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A WORD FROM THE DOC...

Testing Times

This year is certainly one that will never be forgotten. There seems to be no end to the challenges that we are facing, caused by many things beyond our control. I feel that my last piece on resilience was well timed and hopefully useful. Perhaps recent events have made my missives a bit more serious, it is hard to be flippant these days!

My job has also never been so challenging and demanding. There has been a significant increase in the amount of people requesting to be seen, with less GPs available to see these people. Some days we can speak to, see, or visit over 100 people. No that is not a misprint that is the actual number that I have dealt with as have colleagues, on more than one occasion in the past year. This is clearly a matter of concern, and this is not a unique problem. This why we are continuously advertising for more doctors and other staff but given almost every practice is trying to do the same it is a real challenge for us all.

This is one of the reasons that I am always trying to encourage you all to adopt healthier lifestyles, so that the chances that you need to be seen will be lower. This touches on a well-known problem for the health service, this is called the 'Inverse Care Law'. This term was coined by Dr Julian Tudor-Hart, who worked for many years in a deprived area in the Welsh Valleys. It can be summed up as the people who ask for health care the most, need it the least, whilst those who really need to be seen ask the least. This paradox is most apparent when there is a celebrity led campaign around 'getting tested' for various diseases.

This is essentially screening and should only be considered when there is a simple, safe and well-defined test, along with a good understanding of the disease process of the condition being tested for and acceptable, successful treatment that can be offered. This is summed up as the 'Wilson and Jungner' criteria, please feel free to search for this to get a detailed explanation.

Many will rightly think that they should seek an appointment to discuss a concern and 'get tested' for a whatever disease is 'popular' in the media. This is on top of the screening programmes that are already done, such as the stool test for blood to screen for bowel cancer. A good example is prostate cancer testing for people with no symptoms. This is promoted as a 'simple blood test', the PSA, which can 'save your life'. Unsurprisingly this can lead to many requests for this test, which is indeed easy to do, but the problem is that the Prostate Specific Antigen (PSA) blood test, when just being used to screen for cancer, is not really that good. The problem is that too often the result can be falsely reassuring or can be a cause for unnecessary worry as it is too often raised by other causes, not just cancer.

In 2018 when Stephen Fry announced that he had prostate cancer, this possibly led to an extra 47 tests being done by our surgery, compared to the same period the year before. This meant 47 extra consultations, or prolonging of consultations, representing, assuming 10 minutes per patient, about 470 minutes, almost 8 hours of extra work for the GP, plus time for the tests to be done and processed.

As no test found any cancer, we can debate if this was time and expense well spent as almost all the patients tested had no symptoms of concern. This does however show the significant effect and extra work promotional campaigns can have on the NHS, and when added onto an already stretched system, it causes a real headache, particularly when most requests for testing came from patients who are at low risk of cancer in the first place. This is a good example of what Dr Tudor-Hart meant.

An important part of my role is to try and be careful in the use of tests and testing. It is important to understand the clinical context, know the limitations of the test, and be able to explain this to the patient. Ideally tests should be done to answer specific clinical questions, not on demand. A blood test, scan or x-ray can have unexpected and unintended consequences and need to be approached with care. I like to keep people as people and not turn them into patients!

Rest assured, should you need to be tested, scanned or x-rayed, then these will be requested, but after clinical assessment and appropriate discussion. Testing with little context, understanding of the limitations of the test is not a good idea.

Returning to my initial theme, please make sure that you attend the vaccine centres for your covid booster and flu jab (if eligible). Please do not contact your GP regarding this as we have no role now in delivering this - contact NHS Grampian or look on NHS Inform for details.

May I wish you all a good, hopefully not too cold winter and festive season, and hopefully 2023 will be a bit better. At least we should have a Coronation to look forward to. Finally, just in case you thought I'd forgotten, keep active, eat well and try your best to stay away from the doctor !

Dr Alasdair Forbes





We are all saddened by the passing of HM The Queen, our Sovereign and our Patron. To remember what Queen Elizabeth meant to us all, we will all wear the above badge for 3 months. We will now all make our new Promise to King Charles III.

We've been very busy since the last Banter hit your doormats. As well as enjoying a wide range of activities and experiences with their friends, Beavers, Cubs, Scouts and Explorer Scouts have attended not one but two big camps. We had a Group Camp for everyone in Balmedie Scout Group at our District Campsite at Daviot in May, with many great outdoor activities. It was a lovely weekend.

At the beginning of September, our Explorers, Scouts and Cubs again camped for the weekend along with over 1,000 members from across Gordon District Scouts (and some Guides) at the BA Events site near Kintore. Saturday saw our Beavers join for the day for loads of activities. All our leaders were running activity bases which were available to all Beavers, Cubs or Scouts. Our group ran a Water Slide, Backwoods Cooking, an Escape Tent, a Bomb Disposal Base, Water Filters, Tin Can Alley, Treasure Hunting and Laser Tag. Elsewhere there was Off-Road Driving, Water Sports, Shooting, Bouncy Assault Course, Quad Bikes, Mountain Bikes and about 100 other activities, too many to mention. What a great day! Unfortunately, on Saturday night and Sunday it poured with rain, so we all got a bit soggy. Thankfully everyone got home safely and are almost dried out now.



We asked all our members to design a badge to celebrate 100 Years of Scouting in Belhelvie Parish. There were fantastic designs from everyone, but it was felt Robert's (shown on the left) stood out and met the criteria set down. Well done Robert (pictured on the next page with his design).

Cubs were on an activity walk to Slains Castle recently. They did a fundraising cycle run to Ellon, competed in the District Quiz, went backwoods cooking, had fun at Balmedie Beach and have built bivvies in the woods.

Beavers have been gardening, visited the Science Centre, built bug hotels, delivered Banters, visited the Sand Bothy as well as attending both big Camps. Well done to five Beavers who earned their highest award, the Chief Scout's Bronze Award.

Scouts completed a cycle run from Duthie Park to Peterculter and back, built fires, have been on a Scavenger Hunt, did a 3-hour beach walk, been pioneering, had an Olympic evening and a barbecue at Balmedie Beach. Scouts are also planning a public Halloween Event in Potterton community centre from 6 to 9pm on Sat 29th October.



All sections currently have very strong memberships which is so pleasing to see. Our volunteer team of Leaders continue to deliver exciting programmes of activities to all sections and are to be commended for their dedication. Balmedie Scout Group is for Girls and Boys and caters for ages 6 through to 25, covering Beavers (age 6-8), Cubs (age 8-10.5), Scouts (age 10.5-14) and

Explorer Scouts (age 14-18). Please note there is a long waiting list for Beavers, so add names from 5th Birthday.

Cherylle Hunter, our Scout Leader gained her Wood Beads by completing her Training. Owen Jenkins (Scouts) received his 10-year award and Bill Petrie (Treasurer) his 5 year award. Finally, our Group Scout Leader, Mr T, was presented with The Chief Scouts Award for Merit at the Gordon Camp. He also received his 30-year service award, all of which has been with Balmedie Scout Group.

Enquiries for places and to volunteer as a Leader for any section please contact balmedie@gordondistrictscouts.org.uk or call 07743 844040.

Ian Thomson, Group Scout Leader



Balmedie Scouts are hosting a Halloween Spooky Walkthrough at Potterton Community Centre.

Fun & games for all ages. FREE ENTRY!

Entry times will be staggered.

There will be a tuck shop with candy floss, slushes, popcorn, sweets, hot chocolate etc. Come along and support our local Scout group - proceeds go to Balmedie Scout Group and the Daviot Campsite fund.

BALMEDIE BROWNIES



We have had an exciting time since April - we have had a Brownie Holiday, celebrated the Queen's Jubilee and gone to Blair Drummond Safari Park where we met many Brownies, Guides and Rainbows from all over Scotland. We also met the new Scottish Chief Commissioner. We learned about girl-guiding around the world and different cultures. As part of this activity, we went to Balmedie beach and had our own Holi festival and did science experiments.

Whilst on Brownie Holiday we had a glow in the dark disco, tie-dyed t-shirts, baked cupcakes and learned how to put up and take down a tent. We also had a campfire with campfire songs and smores. A great time was had at the Jubilee Jamboree with lots of other girl-guiding groups from the Gordon district. There was much dancing and singing and everyone joined up to make a giant conga line.

Our most recent trip was to Blair Drummond Safari Park where we met up with over 3,500 other Scottish girl-guiding units. We went on the safari bus where we saw lions, camels, and monkeys. There were also meerkats, giraffes, and elephants.



We are looking forward to several activities coming up. We are going to the panto to see Dick Whittington. We also have a trip to the cinema planned to see Matilda. In the Spring we are going to Dublin for an international girl-guiding event where we will have the chance to meet different guiding groups from all over Scotland. We will be having some fundraising events coming soon in Balmedie so please come and support us if you can.

Brownies are for girls aged 7-10 and we are always looking for new girls or leaders. Although our unit is currently full, you can put your name down on our waiting list or there is a Brownie unit in Potterton that may have spaces. If anyone would like to volunteer or register an interest to join, do this via the girl-guiding website www.girlguiding.org.uk

Amy Simpson Little Owl

1st BELHELVIE GUIDES

Guides are for girls 10-14 years old and are fortnightly on a Tuesday evening.

All of us in Girl-guiding were saddened to hear the news about the death of Her Majesty Queen Elizabeth II. As well as being our Patron, she was a Guide, a Ranger, and loved guiding. Her steadfast belief in service was a shining example, and it is a privilege to be able to serve our community by being volunteers within Girl-guiding.

Some of our Guides attended a weeklong 'Escape' camp during the summer holidays with over 300 people camping. I was blown away by the scale of the event and the activities on offer. It kicked off with rock wall climbing, crate climbing, belly dancing, laughter yoga and a whole lot more. I was lucky enough to be there for an evening meal provided by the Kilted Chef (in kilt) which took camp food to a whole new level.

This term, I was delighted to be able to present two Guide Bronze Awards to Zoe and Erin. Well done girls, and I know that Silver Awards are not far off. We've managed to squeeze a few outdoor activities in, but we'll be mainly indoors as the weather changes. We'll be engineering the best paper aeroplane and creating a bionic hand. We'll also be measuring the solar system and making felt pumpkins.

1st BELHELVIE RANGERS

For 14 to 18 year old young women, meeting on Monday nights, fortnightly.

I sit writing this as two six-man tents dry in my garden a week after the Rangers returned from one of the wettest camps I have ever been to. We attended the Scouts' Gordon Gathering and even my wellies were full of water. Luckily, we had been working on our Camp Skills Builder last term learning how to repair tents, make a wild shelter and a camp oven. The Rangers got to try some water sports at the camp so were wet even on the dry days!

This term we're going to be indoors a bit more, making the appealingly titled 'arm pit fudge'. We'll also be trying to make a fire extinguisher with household chemicals, and practising our knot tying by making gadgets, and mini rafts.

I was also very pleased to be able to present Alice and Amy, my oldest two members, their Ranger Gold Awards. This is the highest award a Ranger can get. Well done to Alice and Amy, and good luck in your new roles as Leaders.

We've been very lucky to receive a grant from Arnold Clark and the girls are keen to do a trip with the money so we will be planning for that.

Let me know if you are interested in joining us but need help getting to Newburgh. We'd also welcome any adults who would like to volunteer.

If you are interested in getting involved in either Guides or Rangers call me on 01224 703335 or email 1stbelhelvi-guides@gmail.com or register online at www.girlguiding.org.uk/get-involved

Both above articles are by
Susan Osbeck

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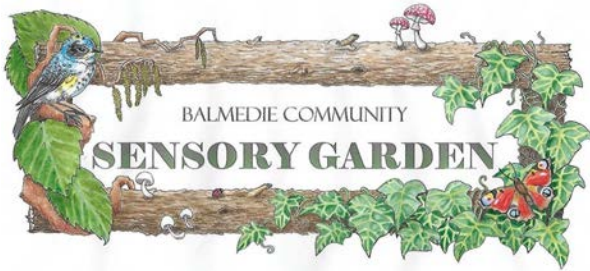
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BRIDAL PACKAGES AVAILABLE



Volunteers and visitors have enjoyed another beautiful, colourful Summer in the Sensory Garden this year. Volunteers have been working hard to improve areas and add new features, including our brilliant new Outdoor Willow Classroom

complete with log seats. We hope this will be a fun outdoor learning area used by everyone, especially the local school and nursery groups.

After a lot of planning, we have also started creating a new feature with the painted pebbles that were placed in the Sensory Garden over lockdown. We hope the new feature will be a lovely reminder of when the community came together during a time we had to stay apart. It has been lovely going through all the pretty and some funny artworks on the pebbles our children gifted to the garden.

As we are coming into Winter months, we will be preparing the Sensory Garden for next year's plants and bulbs and collecting the fallen leaves for making our own mulch. We have a list of goals for next year and, as always, we hope to make it even more colourful and expand on the sensory element too.

We are currently still meeting every Tuesday from 10:00 to 12:00. We may take a short break during December and January. We welcome new people to join us, no experience required. Please feel free to turn up on the day or contact us on our Facebook page: [@balmediecommunitysensorygarden](https://www.facebook.com/balmediecommunitysensorygarden).

Joni Corbett

Sensory Garden Lead Co-ordinator





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HAVE YOUR SAY!

BCT - COMMUNITY CONSULTATION

It is many years since local community consultations were carried out in Belhelvie Parish - 2008/9 in Balmedie and a few years later in Potterton, Belhelvie and Blackdog. Since then, some things have been set up in the community, however some are still needed. BCT is now in a position to carry out a survey of the whole parish, including Balmedie, Blackdog, Belhelvie, Potterton, Whitecairns and all dwellings in between. Work on the questionnaire will start before Christmas, and you will all be hearing from us by Spring.

The questionnaire will be a way of finding out what people would like to see in their parish in the way of community facilities. We are not promising to find solutions to every request but at least it will give us an idea what folks would like to see in Belhelvie parish, and just as importantly how residents can help to make things happen. If we work together, we can make improvements ourselves, and also inform official organisations about the needs in our local communities.

BCT will be contacting you both online and in paper form in early 2023!

Rosie Nicol

The image shows a graphic design for MAC architects. On the left, the logo features the letters 'MAC' in a large, bold, sans-serif font, with 'architects' written in a smaller, lowercase font below it. The 'A' is orange, while 'M' and 'C' are grey. To the right, there is a vertical list of awards and affiliations: 'Residential + Supreme Award Winners' with a circular award logo; 'the trades awards North Scotland Home Improvement Winners' with a house icon; and 'CHARTERED PRACTICE' with a circular seal. Below these are social media icons for Facebook, LinkedIn, and Twitter, followed by the address '24 Oldmeldrum Road - Newmachar Aberdeen - AB21 0PJ' and contact details: phone '01651 862688', email 'info@mac-architects.co.uk', and website 'www.mac-architects.co.uk'.

BELHELVIE COMMUNITY COUNCIL (BCC)

AGM & Community Council elections 2022

On 20th June we held our Annual General Meeting. Since our last AGM we have continued to manage the Village Tidy Scheme on behalf of our communities, contribute to the Balmedie School leavers party, work with our community groups and other Community Councils and monitor progress on Aberdeenshire Council's Local Development Plan.

During the AGM we elected our Office Bearers as follows:

David Wallace - Chair

Alex McIntyre - Vice Chair

John Fletcher - Secretary

Ewan Phipps - Treasurer

Graham Middleton - Planning Reporter

Carolyne Wood - Communications Co-ordinator

Hilary Foxen, Adam Brown and David McKendrick continue as Community Councillors and we are pleased to welcome our new Community Councillor from Whitecairns, **Gavin Drummond**. We would like to thank Mike Stuart, Jenny Nicol and Stephen Nicol for their time on the Community Council. Find out more about your Community Councillors here: <http://www.belhelviecc.org.uk/members.html>

If you are interested in becoming a Community Councillor, please get in touch.

Autumn Covid vaccination appointments taxis

If you or one of your friends or neighbours are unable to make your own way to your upcoming vaccination appointment, we can co-ordinate and pay for taxis to help you attend. We will need your name, pick-up address, destination address and appointment time. You can contact us to arrange transport - see contact details below. Please note, we are only able to offer this to people living within the settlements of Belhelvie Parish (Balmedie, Belhelvie, Potterton, Whitecairns, Blackdog).

Local planning and developments

Barratts have been holding engagement events about their proposed development in Potterton. For more information about the events and how to submit your feedback see the Barratt's website: denviewroadpotterton.co.uk

Planning information from Aberdeenshire Council

Aberdeenshire Council's website has lots of information available on planning applications and policies in our area.

Aberdeenshire Council planning services - their web pages include links to planning applications search, building warrants, development plans (LDP), master plans, built heritage, planning enforcement, natural heritage, archaeology, and property enquiries: <https://www.aberdeenshire.gov.uk/planning/>

Aberdeenshire Council planning applications - these web pages include a search tool, ability to save your searches, track applications and set up notifications.

<https://upa.aberdeenshire.gov.uk/online-applications/>

Aberdeenshire Council plans and policies - these web pages include the local development plans (LDP) for 2017 and 2022, the main issues report, strategic development plan and local place plans.

<https://www.aberdeenshire.gov.uk/planning/Plans-and-Policies/>

Local help, advice and support

On our website you can find information on local support including foodbanks, energy bills, school uniform grants, planning information, how to report infrastructure problems to Aberdeenshire Council, local defibrillator locations and Police Scotland.

<https://belhelviecc.org.uk/help-with-local-issues.html>

If you would like to suggest other local support we can add, please get in touch.

Local foodbanks

Aberdeenshire North Foodbank in Ellon - 07562 914986, Instant Neighbour in Aberdeen - 01224 489955.

Energy

The SCARF home energy advice team offer support on understanding heating controls and energy bills, tariff switching, Warm Home Discount applications, and grants and schemes for improvements to your property. The service is open to owner occupiers, private tenants and local authority and council tenants. Get in touch on 0808 129 0888 or email info@scarf.org.uk

Police 101 service

If you need to contact the Police about a non-emergency issue, you should call 101, this is available 24 hours a day, 7 days a week. Call 101 if you want to talk to your local police officer, get crime prevention advice, or report a crime that does not need an emergency response, for example: if your car has been stolen, your property has been damaged, you suspect drug use or dealing, you want to report a minor traffic collision, or you want to give the police information about crime in your area.

Monthly meetings

Everyone is welcome at our monthly meetings. They are held **every third Monday, 7pm**. For meeting dates, what's going to be discussed and what we talked about last time see our website. An archive of meeting minutes is available on our website and minutes are posted on our noticeboards every month.

Contact us:

Email: belhelviecommunitycouncil@hotmail.com

Phone: 07767 237644 For Vaccination transport: 07733 322244

Facebook: www.facebook.com/BelhelvieCommunityCouncil

Website: www.belhelviecc.org.uk

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- Pharmacy First
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- Smoking cessation service
- Treatment of urinary tract infections in women
- Treatment of shingles
- Treatment for certain skin infections
- Impetigo treatment
- Gluten-free scheme
- Emergency hormonal contraception
- Initiation of contraceptive pill
- Provision of compliance aids
- Offshore medical supplies
- Disposal of unwanted and expired medicines

Scottish Ambulance Service FIRST RESPONDERS



Balmedie • Belhelvie • Blackdog • Potterton • Whitecairns

A Community First Responder is a member of the public who volunteers to help their community by responding to medical emergencies before other help arrives. When 999 is called, a Community First Responder is sent by the emergency services whilst an ambulance is on its way.

We are delighted to announce that we now have a sixth Public Access Defibrillator (PAD) installed in our local area. The Blackdog Residents Association received funding from the Arnold Clark Community Fund to have the new unit and outdoor storage cabinet installed on The Archers Marketing building on Hareburn Terrace in Blackdog. It is directly across from the children's playpark and Banbury Cross Nursery. The Belhelvie Community First Responders will carry out the regular checks and maintenance on this defib just like we do with the 5 other units in our area. If you need to access the defib please dial 999 to request an ambulance and ask for the code to unlock the cabinet.

We were pleased to be invited along to the Blackdog Gala at the end of August. We brought along our Resus Anne mannikin and training defib so we could do demonstrations and let people practice performing CPR and using a defib. The weather was really kind to us and it was a wonderful day out.



First Responders Theresa Thomson and Angela Cadger were honoured to be presented by the Scottish Ambulance Service (SAS) with a Queens Jubilee Medal to recognise 5 years of service. "The medals represent a genuine thank you for your service and to recognise your enduring dedication as emergency Community First Responders in your community."

Finally, we would like to wish Donald Montgomery from the SAS a long and happy retirement. Donald has been the Community Resilience Facilitator in Grampian for over 5 years following a long career on the road with SAS. Donald has looked after us from the very beginning of our journey in terms of training, medical kits bags, PPE, etc. He has been a wonderful mentor to us - all the best Donnie!

Please join our Facebook group for more updates of what we do.

Theresa Thomson



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Balmedie Beach Wheelchairs

What a year! Like most people we found ourselves coming out of a 'pandemic' situation. Initially we had a bit of a rush, swiftly followed by a lull. We realised that we were all feeling a bit nervous about getting back to the real world. However, we noticed things started to change. Phone calls came in, e-mails and FB enquiries started to increase. We feel now that we have turned a corner. We started to get busy!

What a season we have had. We discovered that bookings were coming in from near and far. Even tourists came looking for us. They had heard that we could get their dear ones on to the beach and that made their holiday choices for them. One family with a great deal of local history returned to Balmedie Beach from Lincolnshire. They used one of our walkers to get their relatives onto the beach again. Malcolm Forbes, a retired Salmon Fisherman who recently attended the 'Open Doors' event at the Sand Bothy had family visit and it was a wonderful time learning from him and putting names to old photos. They took one of our walkers and they spent many hours reminiscing about family history on Balmedie Beach. With the use of a beach walker, they all got to go to the dunes and reminisce together.



This summer we have seen families on the beach for the first time together, sometimes several generations. We have assisted a Beach Party for 'Inspire' - they had over 70 people attend, and every one of our vehicles was out on the beach.



Thanks to our fantastic volunteers we have been able to make these amazing days happen. Without them, it just couldn't work. Nobody is asked to push chairs, just to brush them down, chat to our customers or visitors who pass by. We need more people. Why not join our lovely team? Contact me on 07864 350989 or have a look at our website:

balmediebeachwheelchairs.co.uk

We would just like to send our congratulations to Rosie Nicol on winning 'Fundraiser of the Year' at Celebrate Aberdeen 2022. Without you, none of this would have been possible.

Fiona Winstanley

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BETTER BALMEDIE



Wow! What a summer that was. The bowser was busy watering plants throughout the village. We nevertheless managed to create some wonderful displays of colour and are encouraged by all the positive comments received from both villagers and visitors.

Unfortunately, our promise of a boat from Newburgh has fallen through so we are still looking for a boat (preferably fibreglass) to replace our boat display at the library.

Various paths have been maintained by removing overgrowing plants and fallen trees. We are grateful for the donation of a trailer and have managed to buy parts to repair and make this roadworthy. We have gathered together shrubs and trees in tubs to form a woodland corner in the Sensory Garden, bordered by boulders and infilled with broken slates recycled from the old Tarts and Crafts roof. Plastic drainage pipes donated by the AWPR project have been cut into lengths to form a tiered floral display. Grass-cutting has been maintained throughout the summer in the surrounding areas.

We continue to have logs for sale at pre-Covid prices of £3 a bag - a veritable bargain! Now is the time to stock up for Winter and keep fuel costs down. You can either pick these up from us or they can be delivered (see advert below). Deals are available on bulk purchases.

We would like to thank all those who have helped to support our work and would love to see some new volunteers joining us. Just come along with your enthusiasm to make Balmedie better. We meet at 10.00am on Wednesdays and Saturdays.

Finally, Better Balmedie would like to congratulate Rosie Nicol who started up Better Balmedie and has just been awarded 'Fundraiser of the Year' - a worthy recipient indeed.

Allan Jeffrey



LOGS FOR SALE - ONLY £3 PER BAG

Prepare for the coming colder weather by stocking up with logs and keep fuel bills down.

All proceeds benefit our community. Call in by Wednesday or Saturday to Better Balmedie site by the Wee Kirk 10.00 - 12.00 or phone 01358 742884

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ABERDEENSHIRE COUNCIL NEWS

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Councillor Andrew Hassan shares some news:

In this first Banter column since the election in May, can I thank everyone who took the time to vote for the people you wish to represent you on Aberdeenshire Council. I really am honoured to have been returned as one of your representatives for the coming five years and am already working well with my three colleagues Paul Johnston, Jenny Nicol and Derek Ritchie. Do please get in touch with any or all of us if you feel we could help with an issue or query.

As I write this, Formartine Area Committee has met three times since the election. You may have heard that I was appointed as the Committee Vice-Chair in June, deputising Turriff and District Councillor Iain Taylor. At the same meeting I was appointed to continue as the Councillor appointee to both the Balmedie Leisure Centre Management Committee and the Gordon Leisure Projects Trust. Ellon Councillor Louise McAllister has been appointed as our representative on the Formartine Partnership, with Turriff Councillor Iain Taylor appointed to the Local Community Planning Group.

At the meeting in August, we had a prolonged discussion on aspects of the 2022 Local Development Plan which has been sent back to us for approval by the Scottish Government Reporter. Whilst I appreciate it will not be popular locally, the reporter has retained the housing sites in Potterton, so they remain. Planning applications are likely now to follow, and at the appropriate time anyone with concerns on these areas can again intimate their points when they are brought forward for determination.

The recommendation to delete the need for a Community Centre in Belhelvie was challenged - and will feature in any future reports to Full Council prior to formal adoption of the plan. At that same meeting, amongst numerous planning applications, we discussed for the final time the planning application for the Rainneshill Quarry which has generated a lot of focus in both this parish, Udney and Newmachar - Committee unanimously refused the application due to adverse impact on both the landscape and the amenity of neighbouring properties, prominence of the site, and the limited evidence of need for a quarry given the information presented. The Roads Capital Works for the coming year were presented. Surface Dressing is planned for the Belhelvie to Potterton Road and Gourdie Park in Potterton this year - and new lighting will be installed in Belhelvie and Blackdog. Finally, we approved the renewal of disabled parking spaces on Forsyth Drive in Balmedie and Laingseat Road in Potterton amongst others.

In September we discussed the quarterly report from the Fire and Rescue Service. Mid Formartine has seen a worrying rise this year in both Non-Fire Emergencies (predominantly Road Traffic Incidents), and Unwanted Fire Alarm Signals. However, it is reassuring that the local teams remain well staffed, and there has been a reduction in casualties from fire-specific incidents. We also had discussion on the proposal to bring in a 'hybrid booking system' for the Household Recycle Centres which will report back to Environment and Infrastructure Services.

As always, your elected members remain available to all constituents to assist with any Council matter - please do get in touch if you think we can help.



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Folk in Belhelvie Parish may be interested in visiting NTS properties on our doorstep and beyond. Joining the NTS NE Aberdeenshire Members' Centre could open up a wealth of possibilities for those interested in our local history, gardens and buildings.

Members have been out and about over the summer and were able to venture further afield. In July we enjoyed a visit to Gordon Castle Garden in Fochabers, where the Head Gardener gave us a guided tour and explained how, after decades of neglect, the Garden has been redeveloped into a fully productive kitchen garden providing vegetables, fruit and flowers for the Castle, the Estate, the Café and for all the wonderful products produced under the Gordon Castle name (including the gin!). In August we had a return visit to the House of Dun, a charming NTS property near Montrose, to catch up on renovations to the House and the redevelopment of the Courtyard, which now houses the Angus Folk Collection - a real must for social history buffs. Now that Autumn is drawing in, we will be back at Haddo and Fyvie for an interesting series of talks and events. This includes our ever popular 'Carols for Christmas' service in Haddo Chapel on 4th December. Last year the damage caused by Storm Arwen meant we had to move the event to Methlick Church at the last minute, which was great, but it will be really special to be back at Haddo and especially for those delicious mince pies and shortbread in the Library after the Service. All are welcome and we look forward to seeing you there. While booking is not required for the talks it is essential for the Carol service.

Future Members' Centre events:

16th November at 2pm in Haddo Library - Talk about the hidden gems of the Aberdeenshire Archives at Mintlaw.

4th December at 3pm in Haddo Chapel - Carols for Christmas. Tickets: £10 adult, £5 child, will be available through Eventbrite. Look out for more information nearer the time.

18th January at 2.30pm in Haddo Library - Afternoon tea with Scottish Musical Entertainment with Gordon Hay.

Non-members of the Members' Centre are very welcome to attend. If you are not a member of the Members' Centre a £3 donation is requested. Light refreshments are available. Although booking for talks is not required it is helpful if you email ne.aberdeenshire.mc@gmail.com if you plan to attend.

If you are a member of the NTS and would like to get more involved and help support our local properties, Haddo House, Pitmedden Garden and Fyvie Castle then join the North East Aberdeenshire Members' Centre. Annual membership costs £10. Members are kept up to date with Members' Centre news and wider NTS developments through regular newsletters. To join contact Dr Alistair Flett, Easter Crichtie Cottage, St. Katherines, Aberdeenshire. AB51 8SR (01651 891620).

Patricia Shaw

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Email:
sales.pawzps@gmail.com

Facebook: @pawzps

Instagram:
[pawz_pet_supplies](https://www.instagram.com/pawz_pet_supplies)

Tel: 07803 422516



BALMEDIE LIBRARY

Thank you to all that are utilising the library. It is great seeing people back in. The library is now open on a Wednesday morning 10.30am to 12.30pm and a Friday afternoon 1pm to 5pm.

LIBRARY JIGSAW

A new jigsaw is out for adults to come in and have a go. A great way to practice mindfulness and relax. A Christmas jigsaw will be on the go in the next few months. You can borrow jigsaws on your library card, and we have a selection for children and adults of varying difficulty. Donations of good condition jigsaws are welcome.

BOOKBUG

Bookbug is on a Wednesday morning 9.45 to 10.15 am and has been well attended. Some children have headed off to nursery and they will be missed, however there are lots of new babies and toddlers that are enjoying the songs, rhymes and stories. The Bookbug Challenge (open from ages 0 to 5) is ongoing until the end of the year and we have had lots of the children getting their certificates and prizes. Remember to book online for library events.

LEGO CLUB

Fantastic creations are on display in the library each week as the children show off their Lego builds. They have the choice to go freestyle or there is a new theme each week and it is brilliant to see how they interpret the challenge. Duplo is available for younger siblings who come along. Please note that adults are required to stay for these sessions.

BOOKEND BOOK GROUP

The book group is looking for new members and there is a monthly meeting in the library. Please see the website or contact the library for more details.

LINKS NURSERY

The children of the nursery have been making regular trips to the library to select new books and it is lovely to see them so enthused about choosing new stories.

LIVE LIFE ABERDEENSHIRE CONVERSATIONS

Check out our new podcast portal. Here you can discover podcasts about our services so you can listen to them whilst you kick back and relax at home or when you are on the move.

SUMMER READING 2022

This years' Summer Reading was a great success with **2,664** sign ups. I hope you were one of the lucky ones who won a prize.

I wish everyone a good year ahead, happy reading.

Jane Geddes, Senior Library Administrator

Tel: 01358 281070

Email: balmedie.library@aberdeenshire.gov.uk

Website: www.aberdeenshire.gov.uk/libraries

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WHO'S WHO

Ambulance / Police / Fire / Coastguard	emergency	999	
Police Scotland	non-emergencies	101	
Community Police	Stacy Morrison	101	
Scottish Fire & Rescue Service	non-emergencies	01224 728600	
NHS 24	non-emergencies	111	
Scottish Gas	emergency line	0800 111 999	
Scottish & Southern Energy	emergency line	0800 300 999	
Scottish Water	emergency line	0800 077 8778	
ABERDEENSHIRE COUNCIL:	General Enquiries	03456 081208	
	Waste and Environmental Health	03456 081207	
	Dog Warden	01467 539039	
Councillors: Mid-Formartine Ward	CLr Andrew Hassan	07388 956123	
	CLr Paul Johnston	07799 582879	
	CLr Jenny Nicol	07788 453092	
	CLr Derek Ritchie	07788 980814	
YOUTH ORGANISATIONS:			
Beavers (Balmedie)	}	All enquiries to Ian Thomson balmedie@gordondistrictscouts.org.uk	
Cubs (Potterton)			
Scouts, Explorer Scouts			
Rainbows (Balmedie)			
Rainbows (Potterton)			
Brownies (Balmedie)			
Brownies (Potterton)			
Guides (Balmedie)			
Rangers (Potterton)		Claire via website www.girlguiding.org.uk	
		Pauline Wood	01358 743002
		Marianne McIntosh	01358 724231
		Katherine Hebron Scott	01330 833448
		Susan Osbeck 1stbelhelvieguides@gmail.com	01224 703335
		Susan Osbeck	01224 703335
CHURCHES:			
Belhelvie Church of Scotland	Rev Paul McKeown AB23 8YR	01358 742227	
Balmedie Congregational Church	(The Wee Kirk) Rev Andy Cowie	01224 703248	
Ellon Catholic Church	3 Union St, Ellon AB41 9BA	01358 724580	
King's Church	King's Way, Bridge of Don AB23 8BL	01224 651000	
Baptist Church Bridge of Don	Dubford Road, Bridge of Don AB23 8GS	01224 826256	
St Columba's Catholic Church	Braehead Way, Bridge of Don AB22 8RR	01224 825653	
MEDICAL CENTRES:			
Scotstown, Bridge of Don	Cairnfold Rd AB22 8LD	0345 1897070	
Udny Station	Woodside Terr AB41 6PJ	0345 1897070	
Danestone, Bridge of Don	Fairview St AB22 8ZP	01224 822866	
Oldmachar, Bridge of Don	Jesmond Dr AB22 8UR	0345 3370510	
Oldmachar, King Street	526 King St AB24 5RS	0345 3370510	
Ellon	Schoolhill, Ellon AB41 9JH	0345 3371150	
DENTISTS:			
Bridge of Don Practice	2 Balgownie Rd AB23 8JP	01224 703010	
Grandholm Practice	Grandholm AB22 8BH	01224 701890	
Kingseat Practice	Kingseat Business Park AB21 0AZ	01651 260200	
Oldmachar Dental Care	Jesmond Drive AB22 8UR	01224 827095	

SCHOOLS:

Balmedie Primary School	HT Douglas Ford	01358 742474
Bridge of Don Academy	HT Daphne McWilliam	01224 707583
Ellon Academy	HT Pauline Buchan	01358 281150

COMMUNITY CENTRES:

Balmedie Leisure Centre	Bill Murray	01358 743725
Belhelvie CC (Green Hut)	Joanne Murray	01358 727910
Pottertont Community Centre	Joanne Murray	01358 727910
Balmedie Beach Wheelchairs	Fiona Winstanley	07864 350988
Balmedie Health Walks	Dan Wood	07851 733096
Balmedie House Eventide Home	Ann Reid, Service Manager	01358 742244
Balmedie Library	Jane Geddes	01358 281070
Balmedie Out of School Club	Lynne Fyfe	07920 295508
Balmedie Pharmacy	Dickies, 3 Rowan Drive	01358 741226
Balmedie Post Office	Egie Road, Balmedie	01358 742556
Belhelvie Banter	Jess Petrie	07763 314579
Belhelvie Bowling Club	Marion Donald	07729 817718
Belhelvie Community Council	David Wallace	01358 743595
Belhelvie Community Trust	Rosie Nicol	01358 742557
Better Balmedie	Allan Jeffrey	01358 743851
Blackdog Residents' Association	Moira Neave, Secretary	07876 323835
First Responders	Theresa Thompson	07931 251993
Neighbourhood Watch	Paul Collier (Belhelvie)	07825 216233
Pottertont Volunteers	Bernard Humphrey	07710 416003
The Sand Bothy Project	Joni Corbett	07522 987856
The Sensory Garden	Joni Corbett	07522 987856

KIDS' STUFF

Please check current status of groups as arrangements may vary.

Two's Group	}	Leisure Centre, Balmedie	01358 743725
Tae Kwon Do			
Abricabeats			
Kindergym			
Over 8's Drawing Class			
Future Fit Academy			
Mana Life Pilates			
Baby & Toddlers / Messy Play		Diane Cassie	07850 235215
Balmedie Craft Club		Catherine Cassie	01358 743114
Balmedie Out of School Club		Lynne Fyfe	07920 295508
Danz Creations		Miss Simpson	01358 743661
Mainly Music, Forsyth Hall		Jeanette Lamb	01358 742684
Under 5s Rhymetime (monthly)		Library	01358 742045

Dates for your Diary

OCTOBER			
Sat 29	Halloween Spooky Event	Potterton Community Centre	18.00-21.00
NOVEMBER			
Sat 5	Bruce Davies Concert	Forsyth Hall, Belhelvie Church	14.00-16.00
Sun 13	Remembrance Service	Belhelvie Church	10.50
Sat 19	Christmas Fayre	Forsyth Hall, Belhelvie Church	10.00-Noon
Fri 25	Christmas Fair	Balmedie Leisure Centre	19.00-22.00
Sun 27	Christingle Service	Belhelvie Church	18.30
DECEMBER			
Fri 2	Right Christmas Quiz Night	Forsyth Hall, Belhelvie Church	19.30
Sat 3	Blackdog Community Event	Blackdog Community Park	See Facebook
Sun 4	Bon Accord Silver Band Carols	Forsyth Hall, Belhelvie Church	11.00
Sat 10 Sun 11	Santa's Grotto	The Sand Bothy	See Facebook
Sun 18	Nativity Service	Forsyth Hall, Belhelvie Church	11.00
Sun 24	Community Carols	Balmedie Leisure Centre	16.00
Sun 24	Watch Night Service	Belhelvie Church	23.00
Sun 24	Watch Night Service	Balmedie Congreg. Church	23.00
JANUARY			
Sat 28	Burns' Supper	Forsyth Hall	TBA
FEBRUARY			
Sun 26	Thinking Day Service	Belhelvie Church	11.00

School Holiday Dates 2022-2023

October Mon 31	First day of Winter Term	Balmedie, BoDA, Ellon
November Thurs 17	In Service Day	Balmedie, Ellon
November Fri 18	In Service Day	Balmedie, BoDA, Ellon
December Thurs 22	Last day of Winter Term	BoDA
December Fri 23	Last day of Winter Term	Balmedie, Ellon
2023 January Mon 9	First day of Spring Term	Balmedie, BoDA, Ellon
February Fri 10	Local Holiday	Balmedie, Ellon
February Mon 13	Mid Term Holiday	Balmedie, BoDA, Ellon
February Tues 14 & Wed 15	In Service Day	Balmedie, BoDA, Ellon
March Fri 31	End of Spring Term	Balmedie, BoDA, Ellon
April Mon 17	First Day of Summer Term	Balmedie, BoDA, Ellon
May Mon 1	May Day Holiday	Balmedie, BoDA, Ellon
May Tues 2	In Service Day	BoDA
June Mon 5	Local Holiday	Balmedie, Ellon

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