

BELHELVIE BANTER

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EDITION 48

SPRING-SUMMER 2023

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EDITORIAL



At the time of going to press, Spring has sprung and all is well with the world. It feels great to move away from the dreich, cold wintry weather as we pack so much more into our days with those extra hours of daylight. Our villages are beginning to come alive again as our local volunteers work hard to plant and sow in preparation for a riot of colour come Summer. Existing businesses are beginning to see light after the long lockdown recovery, and it is encouraging to see new businesses being set up. Our job now is to support these local businesses and make sure we continue to benefit from having them in our community.

This is the season for change and renewal. This brings me to Banter. This wee community magazine is done completely by volunteers, from the production of every edition, the editing, marketing, advertising, designing, invoicing to overseeing the printing and the distribution across our parish to almost 2,200 homes in five villages and across rural countryside. It is an enormous effort - all done voluntarily by local people enjoying doing their bit for our community.

So, here are my thoughts. To keep Banter on the road, we need more volunteers. Our production team has been running now for years with only three people at the helm: the Editor (me), Advertising Manager (Shuna) and Design Manager (Carol). We could do with more help. Having been Banter editor for over 9 years now, I think it's time to let some new blood take over. Have a look at our vacancies on page 17 and think about bringing some fresh skills and ideas to Banter. It's a great way to meet folk in the community and forge new friendships - and you do get a real sense of achievement when you see shiny new copies of Banter going out for delivery. Talking of which, we are always happy to hear of new distributors. What could be more pleasant than walking around the village in the sunshine delivering Banter's round the doors?

Jess Petrie, Editor



MOVING ON

Balmedie School is left with big boots to fill with Marice MacKay moving on from her job as Balmedie School Administrator or "the office wife" as some liked to call her! Marice has been the vital cog in the wheel in the school office for nine years, supporting pupils, teachers and parents and managing to provide an answer for every query.

Thank you for all your hard work Marice, we shall miss seeing your smiling face at the school entrance. Good luck in your new job!

We are delighted to feature the artwork of P7D Balmedie School pupil, Lucy F. on this Spring-Summer edition of Belhelvie Banter. Well done Lucy, you are a very talented artist.

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If you would like to advertise with Banter, please email belhelviebanter@live.co.uk. We welcome adverts ready for publication, but help is available for advert design if you need it. There will be a small charge for this.

A5 PAGES	SINGLE EDITION	2 EDITIONS Paid in advance	4 EDITIONS Paid in advance
Whole back page advert	£120	£110 (total £220)	£100 (total £400)
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Quarter page advert	£25	£23 (total £46)	£20 (total £80)
Small Ad	£15	£14 (total £28)	£13 (total £52)

BANTER DEADLINES	AUTUMN-WINTER (Ed 49)	SPRING-SUMMER (Ed 50)
Articles & ads	Fri 22 Sept 2023	Fri 19 April 2024
Delivery begins	Sat 21 Oct 2023	Sat 18 May 2024

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!



ALICE IS OFF TO WONDERLAND

We are missing a well-kent face in our local pharmacy. The lovely Alice has taken a well-deserved early retirement to spend more time with her family, especially her grandchildren. Alice joined the Balmedie Pharmacy 13 years ago and has supported our community well, always helpful, answering our ailment and medication queries in her usual gentle, helpful way.

Elisa, Pharmacy Manager, echoes the thoughts of her colleagues,

“Alice made an invaluable impact on patients’ and colleagues’ lives. She was always bustling around the shop, going out of her way to make sure a customer’s needs were met. She really went above and beyond, no matter who it was. Her kind and empathetic nature meant customers would come

in, just to see her! Alice was a great work colleague, a warm friend, and a role model too. She raised money for charity, doing the Cancer Race for Life every year, knitting items to sell in support of the Anchor Unit and making up selection boxes for Royal Aberdeen Children’s Hospital”.

Alice’s colleagues are certainly missing her cheery, helpful presence. We hope she is enjoying having family time now. They will be very lucky to have her around. We wish you every happiness Alice. Thank you for the support you have given us over the years.

CHANGING HANDS

Dickie’s Pharmacy in Balmedie has changed hands, having been purchased by expanding multiple operator JMF Healthcare. The new owner is John Fowlie who would like to assure people that the excellent service they have been used to at the Pharmacy will continue.

John states *“Our aim is to ensure that we provide a first-class pharmacy service to Balmedie and all the surrounding areas. I am lucky to have inherited a great team and I am confident that they will go the extra mile to make sure all our patients are extremely satisfied”.*

The Pharmacy has a new website at www.balmediepharmacy.com and also a Facebook page where you can find out more about what the team offers, and the wide range of services available - or see their advert in Banter!





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THE BLACKDOG SANDS OF TIME

Beachcombing is great fun, and you can always be surprised as to what the sands can unveil as you walk along the endless beaches on the Aberdeenshire coast.

Blackdog beach is no exception and during the last 12 months a feast of wildlife has been spotted on the beaches from starfishes to squid; an interesting range of jellyfish and shellfish; a wide variety of seabirds and the unusual occurrence of a sea mouse. Sea mice are foragers that dwell on the sea-bed - they are not a common find on our beaches but during storms they can be lifted off the seabed by the tides and if you are lucky you can get to see one on the beach.



However, over the last six months, Blackdog Beach has unveiled some of its history which has had people from near and far come down to the village to investigate.

In the 4th quarter of 2022, the sands were at their lowest point for many years and the concrete barriers, sited in World War II to repel invading tanks, offloaded from boats offshore, were more noticeable than any villager can ever remember.

Around the same time, the low-level sands revealed a mine from the war and, during the days after it was found and reported, it was kept under the watchful eye of the police and coastguard before given the all-clear by the MoD as being of no danger to the public. The moving sands have now buried the mine again so those people who were able to get down to the beach to see it were fortunate.

Unfortunately, not so lucky were the people who laid the mines during the war, and there are records kept of soldiers maimed or killed outright whilst doing their duties and installing the mines. In WWII, the beaches near Blackdog were mined in response to fears of a German invasion, resulting in several fatalities. 10 March 1941 at North Beaches of Blackdog, Sapper Leslie Alfred Whitney - Royal Engineers (age 23) when a "toadstool" he was arming detonated. 17 March 1941 at Millden Links, Corporal Charles Crowe - Gordon Highlanders (age 24) and on 18 March 1941 at Millden Links, Private Colin Innes - Gordon Highlanders (age 22) were all killed by landmines. The minefields were cleared in 1944.

No sooner had the mine been sighted and dealt with when we had another object of interest uncovered close to the Blackdog Burn - on this occasion it was a boat wreck! Not sure what the name or size of the vessel was but it had its original rivets/bolts and anchor port still visible. It was reported to Aberdeen Maritime Museum, but little interest was shown, and the sands of time have covered up the wreck once more!



Last but not least, in March this year, a WWII automatic gun position (Pill Box) just appeared out of the eroding sand dunes... one day there was nothing, the next day there it was!

The historical fixture attracted newspaper and TV reporters, and since then many visitors have come to the village just to see this outpost which is now likely to be a permanent visible fixture on Blackdog Beach.



Never underestimate the interesting discoveries you can find when exploring the beaches around the Aberdeenshire coastline - at Blackdog we are just waiting in anticipation for the next revelation to be uncovered.

Alan Neave



HAVE YOUR SAY!

BCT - COMMUNITY CONSULTATION

Since its creation in 2015, Belhelvie Community Trust has attempted to improve community facilities for residents of Belhelvie parish and visitors from further afield. We have restored and opened the derelict

Sand Bothy, created Balmedie Beach Wheelchairs, installed a Changing Places disabled toilet and inclusive play equipment, all in Balmedie Country Park; created a sensory garden in Balmedie and managed a successful flood prevention project in Potterton, which has led on to the formation of Potterton Volunteers. We have also provided information and support where possible to other groups and organisations throughout the parish and established links with Balmedie Primary School and local uniformed organisations.

It is some time since the people who live in Belhelvie Parish were consulted about community facilities in a comprehensive way - Balmedie Views in 2009 and the Potterton, Blackdog and Belhelvie report a few years later.

This consultation therefore will give you a chance in 2023 to tell us what you would like to see in your community. Some provision already exists, so you can let us know whether you are happy with these facilities, or whether you would like improvements or expansion. Some provision doesn't exist at all, so please let us know where the gaps are in services for you, your family and your neighbours.

The consultation also gives us a chance to ask what you are able to contribute as a volunteer in your communities. As local authority budgets are reduced, we are being told that we will need to do more in our communities.

The consultation is not going to produce all the answers, but it does give us the chance to gather information, opinions and ideas from you. We can then share that information with the authorities and discuss with them how we can all work together to improve facilities in our communities.

We hope you will take the opportunity to complete the questionnaire and continue to support us, your local charity, to make things a bit better throughout the parish of Belhelvie. (Belhelvie Community Trust is a charity registered in Scotland SC045563.)

The questionnaire will go on line on May 10th 2023. You can find it on Belhelvie Community Trust website and Facebook page. We are aware though that not everyone uses the internet so we will have paper copies available if you would prefer to answer that way. We are also planning a consultation event in June at Balmedie Library and you can also contact us at The Sand Bothy on 07752 768918 or info@belhelviecommunitytrust.org.uk.

We know that there are gaps and flaws in community provision, but we hope that if we can make constructive comments and work with the authorities, then change can come.

Rosie Nicol

Would you like to volunteer for your community this year?



Balmedie Beach
Wheelchairs



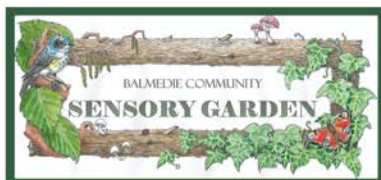
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The Sand Bothy



Potterton Volunteers



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To find out more and enquire, visit our website:
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FASD - THE HIDDEN DISABILITY

Have you ever heard of FASD (Foetal Alcohol Spectrum Disorder)? It's the most common Neurological Developmental Condition in Scotland and the Western World - and did you know that it is 4 times more common than Autism? But it is a preventable condition. The government estimates 1 in 20 people in Scotland have the condition, but research indicates the number is much higher. There is growing evidence that many of those diagnosed with ADHD and/or Autism may actually have FASD.

FASD occurs when a growing baby is exposed to alcohol during pregnancy but because the developing baby doesn't have a functioning liver it can't process the alcohol so it's toxic to the baby. The frequency and levels of exposure to alcohol during pregnancy will dictate the impact of damage to the developing baby's brain and organs. There is no safe amount as everyone has different genetics and it's like playing Russian Roulette.

Unlike ADHD and Autism, FASD impacts more than just the brain, it also impacts organs including the heart, kidneys and commonly hearing and sight. Many with FASD will also have sensory issues, sleep problems, behavioral and learning problems. Misdiagnosis is extremely common as FASD mimics many of the symptoms of ADHD and Autism. Those with FASD will not receive the additional support they need if they are labelled ADHD or Autistic. This can lead to secondary mental health issues.

The misconceptions around FASD are that it only affects children in the care system and families with chaotic lives and problems with alcohol. This isn't the case. Ask any pregnant mum when they found out they were pregnant and unless they are doing IVF, they probably knew from around 6 weeks or even later. 1 In 4 pregnancies are unplanned. Some women, after a hard day's work, have a glass of wine to relax and then another with their meal then another watching TV. This is actually classed as binge drinking. As a society, drinking is very much part of our everyday culture now. If you don't find out you're pregnant until you're 3 or 4 months along, then the damage could already be done. How many women carry on their pre-pregnancy lifestyle which often includes alcohol, or they just cut down a little but don't stop?

The advice from the Chief Medical Advisor is "*to minimise the risk, the safest thing to do during pregnancy is to not drink alcohol*". The risk occurs because the alcohol passes straight through the bloodstream, through the placenta straight to the developing baby. The alcohol level is the same for the baby, it's not diluted.

So, the reality is that in every classroom there is at least one child with FASD, there will be more but due to non-disclosure to the Midwives, GP, or Health Visitor about drinking alcohol in pregnancy there's no record. If there is no record of alcohol exposure in pregnancy those children will be misdiagnosed.

This happens due to stigma, due to lack of awareness and education, but nobody should beat themselves up over something they didn't know. It's the responsibility of everyone to get the message out there that an alcohol-free pregnancy is the safest way to protect the developing baby.

Often a diagnosis of ADHD or Autism is more 'acceptable' to parents, particularly birth parents as it's hard to acknowledge that prebirth alcohol exposure may have been a contributing factor to their child's difficulties. Due to the damage caused by alcohol exposure, those with FASD struggle throughout their lives with impulse control, they don't understand the concept of cause and effect and they struggle with social cues. If the correct support and interventions are not put in place early on in life, a high number of people with FASD become involved in the criminal justice system. There can also be mental health difficulties.

If, after reading this article, you are wondering who I am? I am someone with first-hand experience of living with FASD. I, like most of you, never knew the damage it can cause to a developing baby. Misinformation and lack of awareness has made me passionate about spreading the word on a preventable condition, hence this article in Banter. On a positive note, those that are successfully diagnosed early and receive the correct support do go on to lead very happy successful lives.

For more information on FASD please contact FASDGrampian@hotmail.com or visit www.drymester.org.uk.




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BANTER NEEDS YOU!



Our main production work on Banter takes place in April and September each year. Do you have some free time and unused skills? Would you like to do something for the community? Are you willing to have a go at something new, twice a year?

We really need some new volunteers in our production team if Banter is to continue. The following vacancies are coming up very soon. We would love to have some new blood in the team, so if you are interested, do please get in touch by emailing us at belhelviebanter@live.co.uk or phone 07763 314579.

If you are happy to take on any of the jobs below, rest assured that someone with experience in that area will work alongside you, showing you the ropes until you feel ready to take over.

We are looking for folk who would be willing to take on the following:

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JOB 2

- Accounts Manager: Use above information to manage and invoice advert payments. Send out Banters by post to out-of-zone advertisers.

JOB 3

- Editor: Liaise with contributors, gather local news, edit articles, co-ordinate and work with other team members. Liaise with Advert Designer to collate articles and adverts into a final printable version, ready to go to the printer.

Note: Jobs 1 and 2 have usually been done by one person but we have split the work into two smaller jobs. If there's someone out there who would like to do these two jobs together, that would be most acceptable.

BLACKDOG NEWS

from Blackdog Residents' Association (BRA)

Another six months have passed since our last contribution to the Banter, and our residents and volunteers have continued to be involved in activities that have improved the surrounding environment within our community.

We were delighted to announce that we met our target for 2022 with regards to our Village and Beach Tidy-Ups, having completed at least one Tidy-Up each month in the year. These activities continue to have such a positive impact on removing waste and litter from the grass verges, communal land and the beach area at Blackdog. Our volunteers (some are seen in the photo on the right) have collected over 150 large bags of rubbish in 2022 along with large volumes of other waste types. We will continue to encourage more volunteers to take part in these activities throughout 2023.



As we venture out from Winter, we look to address the green areas and planters within the village over the Spring and Summer months. We have already acquired several sapling trees that will be planted within the village and those, along with the herbaceous perennials and annual bedding plants donated by the Council, will once again have the village 'blooming'! Our thanks go to all our volunteers that take part in this activity and to Aberdeenshire Council for their generous donation of plants. We have also decided that we may supplement these donations by purchasing additional plants from funds raised in 2022.

In December we held a couple of events in the village - a Christmas get-together in the Community Park with the switching on of the Christmas tree lights and an official Christmas Raffle. For the Christmas get-together, we were very grateful to have had a tree donated by Sharon and Graham from Butterywells Farm and the children from the village took part in a tea-light procession in the park, culminating in three young volunteers helping to turn on the tree lights. Mulled wine, hot chocolate and snack food was made available and with a couple of cheeky elves handing out selection boxes and glow sticks to the children, everyone had a great time. Entertainment was provided by a troupe of singers from Ellon (Local Vocals) and everyone joined in a great selection of festive songs. Again, thanks to all our volunteers who made the event such a success.

We also held a licensed Christmas Raffle in December to raise funds for our community projects with a Public Draw taking place on the 17th December in the Community Park. Out of 3,000 tickets printed we sold over 2,600 which was an excellent achievement as we gave ourselves less than 5 weeks to sell them! We cannot thank everyone enough for their generous contributions to the raffle with a special mention to Augean North Sea Services, Trump International and Murcar Golf Club for supplying some of the top prizes.

We have several Council-led projects underway (or about to get underway) for the village, which are at various stages of maturity. A project to build a lit pathway from Strabathie Cottages to the Blackdog bus stop has progressed well and, at the time of writing this article, is now in its final stages of completion. This path will considerably reduce the time it takes to walk to the bus stop from the centre of the village.

The Council have engaged architectural consultants to work with our community to develop proposals to get to a detailed design stage for a Council supported Community Facility in Blackdog. To date, we have had three workshops with the consultants; a Council-led survey circulated to all our residents for their feedback as



to what they would want from this facility; and an Open Day in our Community Park (pictured above) where our residents had the opportunity to meet with and discuss the project with the architects. The process has now reached the stage where a briefing report and initial proposals will be presented to Council members. Whilst we understand that this will be a long process everyone is heartened by the initial progress to date.



The new Kirkwood housing development in Blackdog is progressing vigorously with houses popping up at a steady rate and it will be interesting to see how fast these are populated with the current economic climate. At the same time, the oil-remediation project led by FCC at Blackdog Landfill site has also moved forward and in the coming weeks they will be laying a pipeline through the landfill site to recover the oil that has been seeping from the site to the beach. The community will continue to monitor

these activities to ensure that no safety concerns develop due to the increase in construction traffic carrying materials into the area.

We have at last completed the topography survey for the project to build a bridge over Blackdog burn (in photograph to the left) which will reinstate an easier access route to the beach. This survey is the initial stage of the process and 2023 will be an important year in determining whether this project will be viable in providing all-people access to Blackdog Beach. Finally, the 2023 Blackdog Gala date has been agreed - Saturday 19th August, so please put this in your diaries. We look forward to seeing you at the fun day at Blackdog Community Park.

Alan Neave
Chairperson BRA



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ABERDEENSHIRE COUNCIL NEWS

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Councillor Andrew Hassan shares some news:



It's been another busy few months for your elected members since my last update. One of our highlights was the regular visit to the Ward from the Chief Executive Jim Savege in February. He, Cllr Nicol and I had valuable conversations with the Belhelvie Community Trust at The Sand Bothy (pictured) on their various projects - and with Alan Neave of the Blackdog Residents Association on the importance of delivering on 'placemaking' for the village.

Formartine Area Committee has met a further three times. In January, Committee agreed the award of a contract for the construction of the long-awaited footpath at Blackdog between the village and the A90/A92 bus stops. At the next meeting in February, we had a procurement approval for Phase 2 of the affordable housing project (Strabathie Village) also at Blackdog. This was a welcome report, advising of the properties for social rent, mixed sized homes - all of which will be energy efficient helping to address fuel poverty.

Finally, at the March meeting we were presented with the Masterplan for the future planned Potterton Development which we deferred consideration of for a site visit which will take place following the Council's Easter recess. The other notable item at that meeting saw Councillors agree a 'Formartine Recognition Scheme' - following which Councillors can make suggestions of individuals or groups who have contributed significantly to their community and after a consideration process such nominees would be considered by Committee and thereafter presented with a certificate at an appropriate time.

Residents will have also heard of the issues of schooling locally. A re-zoning Public Consultation took place which proposed re-zoning the whole of Blackdog into Aberdeenshire - with a public event held back on the 10th November. Since then, much discussion has been had on exactly where to build the "next school" to address rising pupil numbers across the two parishes immediately north of the Aberdeen City boundary. At Education and Children's Services Committee on the 2nd February following a vote, a decision has been taken to pursue an option at Foveran to replace the very small school there as the immediate priority.

Finally, Milton of Potterton residents are aware that all four local Councillors have been working to secure a committee discussion on the matter of HGV lorries utilising the rural road network, and the change of frequency of this locally since the AWPR completion. All four Ward Councillors have submitted a joint request for a committee discussion on the subject, which we anticipate at one of the May Formartine Area Committee meetings. If our colleagues agree this is an issue to be addressed, it would be referred to a future Infrastructure Services Committee meeting.

Contact details for our 4 Mid-Formartine Councillors can be found on Who's Who pages near the end of Banter. Councillors are always available to constituents to assist with any Council matters - please do get in touch if we can help.

The Sand Bothy

This season is off to a tremendous start! Despite a cold wind, the Easter Fair was a success! A huge thank you to our visitors, stall holders and our volunteers. Our final total raised was £1,326.45.

We have been very lucky to receive donations through the sales of Rosie Nicol's new book, *Old Balmedie and Belhelvie Parish*. Thank you Rosie for your huge donation and putting together a wonderful glimpse into our local history!

We have had a successful 1st block of The Creative Pod, thanks to local artists Rachel Sinclair and Sarah Peacock. We are very hopeful that a 2nd block will soon follow.

Over 2023, we have a range of events at The Sand Bothy, with more to add, so keep an eye on our Facebook page for updates. Here's a list of what we have in store:



May 8th - The Big Help Out

May 27th - The Bothy Craft Group

May 27th - EGCP Community Beach Clean

June 10th - The Green Boat Workshop

June 17th & 18th - The Postcard Exhibition

June 24th - The Bothy Craft Group

July 8th & 9th - Bothy Kiosk Summer Special

July 29th - The Bothy Craft Group

August 2nd - Balmedie Beach Combing (ACRS)

August 6th - 'Oh what good recall your dog has'

August 26th - The Bothy Craft Group

September 9th - Beowulf

September 16 & 17th - Doors Open Days

September 30th - The Bothy Craft Group

September 30th - Balmedie by Moonlight

Our Kiosk open hours are **Saturdays 12pm-3pm** and **Sundays 12pm-4pm**, however we are available for room hire and other bookings throughout the week all year round.

Follow us on Facebook @The Sand Bothy. Email us at info@thesandbothy.co.uk. Or call on: 07752 768918 for any general queries, bookings, or if you may be interested in volunteering. SEE YOU AT THE BEACH!

Joni Corbett

Sandy Bothy Coordinator



Balmedie Hub



&
Community
Larder



Chat or relax with a hot drink, meet new people, play board games and jigsaws, book swap, bring your own craft/knitting.

Food and refreshments will be provided (with help from Balmedie Co-op). Feel free to take home what you need from the Community Larder.

Mondays 10am-2pm

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Balmedie Beach Wheelchairs

It is always wonderful to welcome in a new season, to meet new volunteers and welcome back our wonderful team, ready to get all our visitors on to the beach.

In the past we normally have a very quiet introduction to the new season but this year it seems to have been very busy.

All the equipment and the bunker has been swept, brushed, mopped, and scrubbed in readiness for an Easter start. Then we had a couple of visits from the

Balmedie Cubs on a couple of cold and wet evenings and they quickly reminded us that we cannot control the sand! Every single chair, walker and baby buggy was given a good run for their money.

Such is the life of a volunteer at the bunker. There is always sand... and a brush.

We would like to say a big Thank You to GGD Engineering for fixing our metalwork and to John Duncan Plant Hire for providing the manpower and equipment to level the stonework outside the bunker. It is the little bits of work that go unnoticed by most that help projects like ours survive. Thank You.

So summer is coming, and bookings are too. We are still open on a Sunday afternoon, but we are always willing to open on request. If you aren't sure, give us a call and we will happily discuss what we can provide for you, whether it is the Baby Buggy, Walkers or Wheelchairs. Have a look at our website for more information. It's at: balmediebeachwheelchairs.co.uk

We also have a Balmedie Beach Wheelchairs Facebook page.

To provide access 7 days a week, we will need more volunteers. Perhaps you can spare an afternoon once a month at the bunker or can maybe help in other ways. If you are not sure about what you could do for us, then come and see us or call me on 07864 350989. We would love to meet you!

Fiona Winstanley



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BALMEDIE BROWNIES

The Brownies have been having a busy time. We held our first Autumn Fayre at the Forsyth Hall which was a great success, with a variety of stalls and hot food. Some stalls were run by the Brownies selling things that they made. We also held a bingo night at the Whitehorse Inn, Balmedie. This was a family event which was enjoyed by all who attended.

In December, we had our annual visit to Inverurie Panto to see Dick Whittington. The girls look forward to this every year and they get so involved, singing along, and joining in.

One of our Leaders, Laura McIntosh was presented with her Queen's Guide Award - the highest award in Girlguiding. Our County Commissioner Helen Simpson came to our meeting to surprise Laura with her presentation. Several girls made their promise at the same time, so we had tea and cake to celebrate.



Our biggest highlight so far this year has been our trip to Dublin. This was our first international trip as a unit. Many of the fundraising events that were held during the year helped to fund this trip. This allowed the trip to be available to everyone in our unit who wished to attend. Six girls and three leaders flew from Aberdeen on the Friday to Dublin. We went swimming at Aquazone which is just outside Dublin. On the Saturday we had to be in Dublin by 10am and had various challenges to complete, as a group we did over 20,000 steps! We saw

a lot of Dublin and met some other groups from Wales, and other parts of Scotland. We managed to complete all but 6 challenges which we felt was pretty good for our first attempt taking part in such an event. Some of the challenges that we had to complete were: learning Irish Dancing (Irish Girl Guides were there to help us), completing a quiz on Ireland, saving the Irish stew from the fire (pretend), completing a petal of each flower with a kind word/expression and passing it on to another group, buying and tasting Tayto Crisps, buying a postcard, making the word Dublin out of things you have brought with you and getting a picture on the tram. There were many other fun challenges too. Finally, we met with the other groups and had a silent disco in the park while we waited for the announcement of the winners and special awards. On Sunday morning, we had a quick Easter Egg hunt before breakfast. Then it was time to pack and get to the airport. We had all had so much fun!

Brownies are for girls aged 7-10 and we are always looking for new girls or leaders. Although 2nd Belhelvie Brownies is currently full, you can put your name on our waiting list, or 1st Potterton Brownies who meet in Potterton may have spaces. If anyone would like to volunteer or register your daughter's interest, please do so via the Girlguiding website www.girlguiding.org.uk and click Get Involved.

Marianne McIntosh (Brown Owl)



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POTTERTON BROWNIES

1st Potterton Brownies have lots of fun in their weekly meetings. We are a small unit of 12 at the moment which allows us to fit lots into our meetings. We cannot possibly list all of our activities, but a few of the favourites include: Trash Fashion - making fashion items by recycling waste items.



Need v. Want - looking at things we actually need rather than just want. Magical Mixtures - discovering the reaction between vinegar and bicarb. How to Make a Monster - writing clear instructions for others to replicate a model monster creation. Tent Detective - pitching tents (you might have seen us in Potterton Park). Supergirl - building confidence.

We had a visit from Gillian Martin MSP which everyone found very interesting. We have painted fairy doors which will be placed around the new footpath of Potterton Burn. We joined the Girlguiding Gordon takeover of Ellon Cinema to see Puss in Boots The Last Wish. We went to Inverurie Panto to see Dick Whittington. We visited the Sand Bothy with the Rainbows and had a great time painting stones and playing I spy in the sand dunes.

Brownies gain Skills Builder badges and Interest badges. Recent Interest badges include Grow your Own, Baking, Space, Charities, Aviation, Collecting and My Rights. The activities, Skills Builders and Interest badges lead to gaining The Brownie Bronze, Silver and Gold Awards, the highest awards a Brownie can get.

We are very proud we have presented two Bronze Awards, one Silver Award and one Gold Award this year. There will be more to present very soon.

We have spaces for more Brownies. If you have a 7-10 year old girl who would like to join us please either use the 'Register a Child' function in the parents' tab of the Girlguiding website:

<https://www.girlguiding.org.uk/information-for-parents/register-a-child/>

Or email 1stpottertonbrownies@gmail.com

Katherine Hebron-Scott (Brown Owl)

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1st BELHELVE GUIDES

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

Have you spotted Girlguiding's new logo yet?

Before Christmas, the Guides mainly worked on unit meeting activities which involved designing and experimenting with paper aeroplanes, counting rice(!), making a solar system themed bracelet, creating a bionic hand with card, paper straws and wool, and sewing felt pumpkins. We upcycled cocoa tins for the Upcycling interest badge and created a 72-hour survival backpack for the Be Prepared interest badge.

This term, the Guides have been working on skills builders which has resulted in campfires made of breadsticks, an amazing film trailer including green screen special effects, and healthy stir fry. Over the next few months, we will be doing more programme activities as well as some just for fun including a campfire. We'll also be looking to do some community service as part of the Big Help Out to mark His Majesty the King's Coronation.

If you are over 18 years old and would like to Help Out, why not consider volunteering with us? Presently we have two leaders but would like four so we can meet weekly instead of fortnightly. Full training is provided, and it looks great on a CV.

1st BELHELVE RANGERS

For 14 to 18 year old young women, meeting Mondays, fortnightly, at Newburgh.

We have had a bit of a building theme recently with the Rangers building mini-rafts, making camp gadgets, building Lego rovers, rebuilding mobile phones (after dismantling), and even trying to build mini-roller coasters. We've practiced grouting with chocolate spread and biscuits and putting out fires with vinegar and bicarb.

In January, we used some of the grant money we received from Arnold Clark to attend an amazing sleepover with over 70 Girlguiding participants at Skyline Trampoline Park; the trampolines are surprisingly comfortable for sleeping on. Later in the year, some of the Rangers are off to Holland to a massive international camp.

Over the next few months, the Rangers will be finishing off activities so they can hopefully receive their Bronze Awards, and we will be designing our own hoodies using a heat press. We'll also be looking to do some community service as part of the Big Help Out to mark His Majesty the King's Coronation. Call me if you would like to join us.

Both above articles are by **Susan Osbeck**

If you are interested in joining either Guides or Rangers, need help to get to Newburgh, or would be willing to volunteer as a Leader, please phone Susan Osbeck on 01224 703335 or (for joining) email 1stbelhelvi-guides@gmail.com or register at www.girlguiding.org.uk/get-involved/



By the time this goes to press the Coronation of King Charles will be past. We salute you, Your Majesty. All our members are wearing a special Coronation badge to mark the occasion. As well as replacing the Queen as our patron, The King's Scout Award has been launched to replace the Queen's Scout Award. This is similar to the DoE Gold Award and our members

can work towards it until they are 25. Amazingly there are surviving King's Scout Award recipients who were presented by George VI.

A big shout out to Tuesday Cub's Connor, who has gone above and beyond to achieve his Chief Scout Silver Award - the highest award a cub can achieve and includes a minimum of 6 activity/staged badges and 7 different challenge badges. Connor chose to tackle litter within the village for his Personal Challenge as he wanted to make it a better place. He has done 8 litter picks in the village. You can see from the pictures his effort - 35 bags in total.

Cubs have been busy with a visit to Balmedie Beach Wheelchairs as part of their Disability Badge which was both informative and useful as one Cub has mobility issues. They've been to a curling evening in Aberdeen. They had a Lego evening at Balmedie Library, made pancakes, celebrated Burns Night and Chinese New Year and had a Ukraine evening and having been linking with a Ukrainian Cub pack. Well done to two Cubs who achieved their Chief Scout's Silver award. Fantastic.



Beavers have been busy with Health & Fitness, their Cyclist Badges and Science, part of which was to design a container to prevent an egg breaking when dropped from a height. It was great fun. Four Beavers have earned their highest award, the Chief Scouts Bronze Award. Well done to you all.



Scouts were out in the woods building sleeping platforms, had scavenger hunts, picked litter, have been making short Animated Films, honing their pioneering skills as well as planning for two camps coming up, one a long weekend at Lochgoilhead.

The Aberdeen Mountain Rescue Team came for a visit and talk which was inspirational. Scouts inspected the vehicle and equipment as part of the visit. Scouts and Explorer Scouts along with any leader can attend monthly hill walks lead by our Explorer leader Ali Simpson and these are run for the whole of Gordon District.



All sections 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 have been joined by five new leaders - Adam Brown, Paul Collier, Niomi Watson, Susan Chalmers and Charlotte Saunders. Welcome and thank you.

Balmedie Scout Group is for girls and boys and caters for ages 6 through to 25. Beavers for ages 6-8, Cubs ages 8-10.5, Scouts 10.5-14 and Explorer Scouts 14-18. Please note for Beavers there is a long waiting list. Add name from 5th birthday. 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



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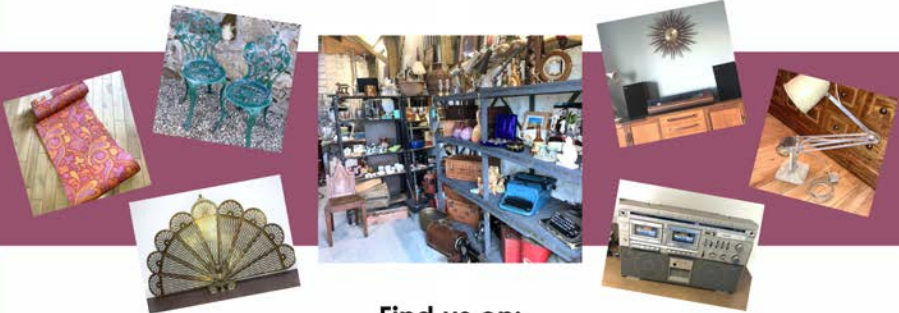
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Each external storage box is yellow with a light on inside it. Call 999 for the code then turn the handle to open. There are clear instructions.

In Belhelvie Parish, defibrillators can be found at:

BELHELVIE - CADGERS GARAGE

Cadgers Garage is on the right-hand side of the B977 (approximately 100 yards from the junction) as you head out of Belhelvie village. The unit is located at the MOT car parking area which is visible from the street. As you look at the garage from the street, the unit is on the wall on the right-hand side.

POTTERTON - COMMUNITY CENTRE

The unit is located on the right-hand side of the main entrance to the Potterton Community Centre.

THE SAND BOTHY AT BALMEDIE COUNTRY PARK

The unit is located on the outside of the Sand Bothy building. It is on the wall facing the road (opposite side to the beach) and can be seen from the road and car park.

BALMEDIE - FOOTBALL PAVILION

The unit is located at the Middlefield Wasps Football Pavilion.

BALMEDIE - LEISURE CENTRE

The unit is located on the left-hand side of the Leisure Centre's main entrance to the building.

BLACKDOG - ARCHER MARKETING BUILDING

As you drive into the village along Hareburn Terrace, the Archer Marketing building is on the right, directly across from the play park and Banbury Cross Nursery. The unit is on the left-hand side of the building.



SPIKKIN' VIKING

Though Scots have long thought of themselves as unique, millions of us betray our international heritage every time we open our mouths. In the Scots dialect, including Doric, there are hundreds of words of Scandinavian origin which we use daily without realising it.

Viking seafarers launched their first raids on Scotland in the late eighth century, with Nordic influence continuing well into the 12th century. And 900 years later, we are still using a rich variety of words they brought to our shores, like bairn (child), midden (dump) and muckle (large/a lot).

For centuries there were political, cultural, and consequently linguistic links across the North Sea. The first Viking raid on Iona is thought to have taken place in 794. Much of the Hebrides and Caithness also came under Norse rule. Orkney and Shetland continued to be earldoms under Norway until 1468, which resulted in the Scandinavian-derived Norn language being spoken on Orkney and Shetland until the 18th century, influencing the Shetlandic and Orcadian dialects to this day. And with the Vikings also invading the mainland in great numbers, present-day Scotland has been left with a spoken language rich in Scandinavian influence. Here are just a few similarities:

ENGLISH	SCOTS	SCANDINAVIAN
good	bra	bra (Swed/Nor/Dan)
drunk	fuhl	full (Swed)
cry	greet	gråta (Swed/Nor), græder (Dan)
house	hoose	hus (Swed Nor Dan)
peek	keek	kika (Swed) kikke (Nor/Dan)
woman	quine	kvinna (Swed) kvinne (Nor) kvinde (Dan)
tomorrow	l morn	imorgan (Swed) imorgen (Nor/Dan)
child	bairn	barn (Swed/Nor/Dan)
large/much	muckle	mycket (Swed)
know	ken	känner (Swed) Kende (Dan)
church	kirk	kyrka (Swed) Kirke (Nor Dan)

While there are some logical explanations behind the similarities, a complicated mix of factors over time led Scots and their Nordic cousins to use similar words.

Old English and Old Norse are themselves related, having a common ancestor like other Germanic languages. The medieval kingdom of Northumbria extended as far north as the Firth of Forth in the ninth century. So the Northumbrian dialect would have been spoken in what is now south-east Scotland. And Scots is consequently closest to that dialect. Northumbrian in turn was influenced by Old Norse because of the Scandinavian settlement there. The kingdom of Northumbria was ruled by Scandinavian kings from the mid-ninth century. So, it's likely that usage and pronunciation of common words in that area were influenced and reinforced by Norse usage.

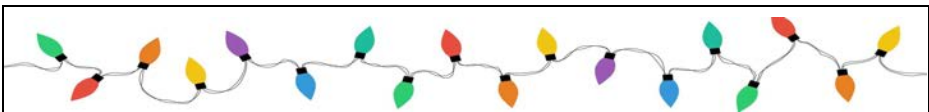
To cut a long story short, we have two related languages - Old English and Old Norse - coming into contact in Northumbria, and in Orkney and the Western Isles, where the usage of Old Norse influences Old English speakers, in terms of both vocabulary and pronunciation. This developed into Scots, with many similarities in northern English dialects.

Our place names also betray a Scandinavian influence. For example, Stornoway is an anglicised adaptation of the Old Norse, stjarna (star) and vágr (bay). And it would be hard to concoct a more Viking-sounding place name than Wick. Its root is derived from the Old Norse word vik (small creek/inlet) and is used to describe the raiders themselves. Lerwick and Uig also share the same origin. Then there's Dingwall (assembly field/meeting place) and Kirkwall (church's bay).

In recognition of the strong cultural ties with our cousins across the North Sea, journalist Lesley Riddoch set up the think tank Nordic Horizons in 2010. Their aim is to push for closer links between Scotland and its northern neighbours. She said: "It's like two cousins who have gone their own ways. Only one of them still has his own hair, but they're still cousins. In many ways, Scotland is the southern, fertile end of the Nordic empire."

It is perhaps unsurprising that certain parts of Scotland feel as Scandinavian as they do British. Jo Grimond, former Liberal MP for Orkney and Shetland was asked to give the name of his nearest train station on a parliamentary expenses form. He wrote: "Bergen, Norway".

Pete MacLuir



BALMEDIE CHRISTMAS LIGHTS

It's that time of year again to start some planning for Christmas lights 2023. You may be aware that in December, the day after our successful light switch-on event, we had our set of 3 snowmen vandalised. It was impossible to use them as part of our display as they were so badly damaged. We hope to replace them this year with something different and would be happy to have some suggestions from local people. In the meantime, the Christmas tree has been taken down for us to get it in better condition before replanting it later in the year.

This year we will be attending the Balmedie Gala to raise funds for Christmas with our Jar tombola. We will then be hosting our Christmas Bazaar event on Saturday 8th July at the Community Garden by the Wee Kirk and the Co-op. There will be a variety of stalls giving you the opportunity to support small businesses and local groups. Do come along. If you'd like to support Balmedie Lights Group, please call 07850 235215.

Diane Cassie



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Spring has finally sprung and it's lovely to see our wonderful playground being enjoyed by all the families visiting Beachside Coffee Shop and Leisure Centre. It was a lot of work to get the playground off the ground so to see it being used is absolutely fantastic.

The latest major development for the Leisure Centre has been the completion of our Fitness Suite. We have been delighted by all the lovely comments we have received about it and it's amazing to see so many of you enjoying using it! It was a much-needed upgrade, and it has been satisfying to finally offer this service to our community. You can pay as you go for £5, or you can buy a month's pass for only £20. If you are thinking about joining, feel free to come and chat with us and have a look around the room.

With the new equipment arriving, we were delighted that the previous equipment would not be wasted. It has been donated to a very deserving charity in Peterhead, Men United SCIO which is a mental health support network and a safe space for men to use. We hope they are enjoying using it.

In March, we held another Balmedie Bingo Bonanza and what a night it was! After the success of our first event in September, we were once again blown away by the support not only of the community, but also the fabulous local businesses and community members who donated prizes for the games and raffle. Every penny raised goes straight back into the Leisure Centre to be able to provide all the wonderful services we can!

In April, we had Wray Thomson, Comedian, come and do a comedy night here. It was a great night. It was excellent to be able to offer something different for your Friday night entertainment.

As summer approaches, we look forward to welcoming you back for our Summer Gala. We have worked hard to ensure that this year's Gala is the family fun event you don't want to miss! Keep an eye on our social media pages to see who will be joining us. The Gala is on Sunday 28th May 2023, 12-4pm. You are guaranteed a fabulous day out with lots of entertainment for the whole family. We can't wait to see you!

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@btinternet.com or drop in and see us. If there is an event you would like to see at the Leisure Centre, please let us know and we will see what we can do!

Lisa Proud
BLC Committee



SLEEPING IS SOMETHING THOSE WHO ARE GOOD AT IT, TAKE FOR GRANTED

Sleep is a gift - to our body, mind and emotions.

It is the time to regenerate and heal not only the physical but also the mental and emotional. I am sure you have had a time when you didn't sleep

well and the effects it had, so I won't list them here but, as we know, when we are irritable and have difficulty concentrating, it affects all around us - and our health. The way you feel in the morning is a good indication of sleep quality.

Pain frequently interferes with sleep. Osteopathy, massage, and other bodywork help the body to produce more pain-relieving chemicals. A good posture is important not only for work and play but also for sleeping. If we have spinal misalignments, they can affect us when we curl up in our favourite position. 'Stuck' bits and muscle spasm may affect how we lie and make relaxing almost impossible. Realigning the spine reduces imbalances. Improving the structure of the body makes it more efficient for everything, including sleep. In a past article, we discussed how adjusting spinal restrictions and improving posture, can help breathing. An important part of this was the ability to relax. Breathing is an important tool in relaxation and sleep management.

Why not get in touch with how you are breathing now? Place one hand on your heart and the other on your belly. Is the lower hand rising? In an ideal world, we want to feel a rising of the belly as we breathe.

Massage helps to relieve tensions. This improves the blood going in and out of your muscles. Waste out - healing stuff in. A by-product of massage and other bodywork therapies is improved energy. With more energy, we will feel more inclined to exercise during the day (preferably in nature) - again helping in the falling asleep process. Too much computer work and screens will tire us mentally but not physically. Bodies don't like that! Brains don't like these blue screens. We suggest no screens for two hours before you want to go to sleep.

Nutrition is important, eat a healthy unprocessed diet, no caffeine in the evening, drink water to help keep your body hydrated. Camomile tea can help the relaxation.

Have you ever tried to establish a sleep routine? Try going to bed at a regular time, no big meals or exciting movies or worrying news just before. Take a warm bath with a few drops of lavender essential oil (diluted in milk first) and listen to your favourite relaxing music. If your brain won't shut off from worries - then write down what you are thinking and feeling.

Now when you are in bed, lie down and slowly breathe out. Tense your feet, then relax, then your legs, hips, back, hands, arms, shoulders, neck and jaw. Finish by screwing up your face, then letting go. Take your time - there is no rush. Repeat if necessary.

Scan your body for tensions. Breathe into them (through your nose). Don't think - just feel and breathe. At the same time, feel your body being supported on the bed, feel your legs, your arms, your torso, your head on the pillow. If thoughts come in, go back to feeling your body. It will take practice. You may need to write the unwanted 'brain blethers' on a notebook by your bed. Remember, good habits are always more difficult to adopt than bad ones!

If an area wants more attention - great that you found it - breathe into it again and exhale slowly. How does it feel, does it have a colour, a shape? If the left shoulder is a bit tense and you feel the colour is dark, bring in another colour to lighten it. See the colour infiltrating every cell and soothing and healing. Colour is an amazing tool. Does your body need a specific colour to help it drift into sleep? Imagine your body being nurtured and nourished with this colour.

Research from the Touch Research Institute in Miami found that Massage Therapy was effective in helping to get to sleep and sleep longer. Try massaging your feet - especially your toes, use a lavender lotion. Breathe with that longer outer breath, as you do it. (*Massaging baby's toes and feet should help with restless nights, too.*)

These are tools that you can modify to suit you. Our body stores our emotions, thoughts and past experiences so paying attention to it pays dividends.

Maggie Brooks-Carter, DO, RN, SMTO



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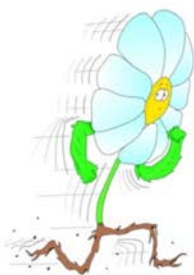


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Local groups can apply for funding if they are planning to deliver a project that enables people to access food and co-operate to feed everyone. Groups that help to improve people's mental well-being and groups that can offer young people opportunities to develop new skills and make a difference in their community can also apply.

GARDEN WASTE PICK UP POINT AT BALMEDIE

Bring your garden waste in bags to the **Balmedie Library Car Park** for pick up by a Council truck which will be there every **Saturday from 1pm to 4pm.**

You can empty your bags into the truck and then take your bags home.

This service is available from **1st April to 28th October 2023.**



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Please email:

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BELHELVIE BOWLING CLUB



We opened for the season on 23rd April, hoping for some new members to boost our numbers. Our hall was flooded in December due to a burst pipe. This has hindered our request to obtain a lease from Aberdeenshire Council for the hall. We are afraid it may be closed permanently which would prevent Belhelvie having a bowling green. It would help if we could increase our membership, as 2024 is the Centenary of the Club.

If you would like to know more, contact the secretary Marion Donald on 07729 817718 or email marion.donald@btinternet.com. You can also get information on our website: www.belhelviebowlingclub.com.

Marion Donald

Celebrating our 100th Year!

The Club is inviting new members to try bowling on
Monday evenings at 6.45pm

with other opportunities to join in throughout the week
and even train for club competitions!

Coaching is available weekends or evenings.

Bowls are available for practice!

No experience necessary, no restriction on age, you will be
very welcome to come give it a go!

***Why not go along, have a go, and help the Club
move into its centenary year?***

Any queries to Marion Donald on 07729 817718
or email: marion.donald@btinternet.com

Belhelvie Bowling Club, The Green Hut, Belhelvie, AB23 8WT



A WORD FROM THE DOC...

Summer Survival

We have managed to stagger through the last winter, which for all of us has been a challenge and really exhausting as well. With summer on the way, I do hope that we will be less busy, but I fear that hope is mis-placed as we are almost daily swamped with people wanting advice for what really should be things that you do not need to speak to a doctor about - or any health professional. Most acute illnesses we encounter are what we medics call 'self-limiting', which means they eventually settle and there is no specific therapy beyond using medication such as paracetamol to relieve symptoms. Many seek to use the internet for advice or to self-diagnose, and instead of finding reassurance become convinced that they have a need to be 'checked over', creating a significant workload. It is important to remember that the most used search engine is American, and so will drive you to seek medical advice as our medical colleagues across the pond earn more when they see you - if you have insurance, or the money to pay that is. NHS Inform is a good starting point for online advice - this is the Scottish Health Service information site and is the most useful and relevant.

I hope that this missive will give some simple advice to help you to help yourselves and hopefully reduce the huge number of calls we get daily, as some days we near 1,000 calls when we are open (and that is sadly NOT a typo).

With summer you will still encounter various viral illnesses such as coughs, colds and dear old Covid-19 too. Upset tummies with travel or a dodgy bit of barbecuing are common too. Almost always these are things that we do NOT need to be contacted about. I WOULD recommend contact if you have severe, bloody diarrhoea, have been abroad to somewhere exotic, or perhaps have eaten poorly cooked food as we would then need to consider checking for certain infections such as giardiasis, campylobacter or salmonella. Most dicky tummies need no specific therapy beyond plenty of clear fluids, at least 24 hours off solids and paracetamol for pain. Anti-diarrhoeal and anti-sickness medications can be taken if you are facing a journey, for example, but taking plenty of clear fluids, resting, having paracetamol if needed for pains and staying home is best. You can get these medications for free (in Scotland) from the pharmacy under the Pharmacy First initiative or buy them over the counter.

A very important infection to be aware of is malaria, so if you are going to the tropics, you MUST take the appropriate preventative medications recommended for the area you are visiting. Malaria is a very serious disease and if you have been to a part of the world where malaria is, and you develop symptoms of fever, chills or shaking (we call this rigors) then you must seek advice immediately.

Please do NOT contact your GP about travel vaccinations or advice. This aspect of work has been taken over by the Health Board and the best place to start looking is NHS Inform.



Wherever you hope to go this summer, and I suspect many will venture abroad after the recent Covid deprivations, it is a good idea to be prepared and have a 'first aid' kit ready. Sun cream and ensuring good sun sense is important, even at home, as sunburn is avoidable if you are sensible.

I would recommend that your first-aid kit should have the following:

- Cleansing wipes, clean cotton swabs and plasters for cuts and scrapes.
- Antihistamine tablets, or mixture if you have younger children (Cetirizine and Loratadine are regarded as non-drowsy and are usually once-daily medications, Chlorphenamine is sedating but a great 'rescue' antihistamine as it works more quickly) for hay fever, insect bites, stings and allergies.
- Antiseptic cream, antihistamine cream and hydrocortisone 1% cream for sting/bite relief.
- Re-hydration sachets in case of diarrhoea.
- Paracetamol/Ibuprofen tablets or mixture if you have younger children.
- A tick remover pack (if you develop a rash or feel unwell in the days or even weeks after a tick bite then it is important to contact us so we can check for Lyme's disease).
- Lastly (but not least) suncream with a good SPF and aftersun cream, even in Bonnie Scotland!

I do hope that this will be useful and mean that you will be better able and feel more confident to 'self-care'. Being prepared and having some basics handy will be very helpful, particularly if travelling away from home.

Please do remember to make sure that you have appropriate travel insurance for foreign travels, particularly in this post Brexit world. Consider getting the new, free, UK Global Health Insurance Card (UK GHIC). This replaces the European Health Insurance Card (EHIC) and means that you can access emergency necessary care in most of Europe. To get a GHIC card requires an online application, take care to avoid websites which charge, this is a FREE card. Be aware the GHIC, like its EHIC predecessor, does not replace insurance which should always be taken out, and remember to declare any pre-existing conditions or you may find yourself uncovered.

I hope we can all enjoy another warm, sunny summertime and that everyone can get a break. Remember, stay active and eat healthily to avoid becoming a regular visitor at the surgery, we have plenty work to keep us going!

Dr Alasdair Forbes

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POTTERTON VOLUNTEERS



We tried rather ambitiously to get off to an early start with our work at the Potterton Burn in 2023, scheduling our first workday for a Saturday in early March. Unfortunately, on that day snow lay thick on the ground and it just wasn't a day for gardening! So, we rescheduled for the next Saturday only to be greeted by torrential rain. It was third time lucky, and we managed to get a start on the 1st of April.

We sorted out the far side of the burn, cutting back trees and bushes to avoid leaves blocking the burn. We planted the perennials that we had received from the council along the fence line (photo, right). We added to the fruit trees and bushes by planting out apple and plum trees along with blackberry, redberry and gooseberry bushes. Honeysuckles were planted adjacent to mature trees, where they will hopefully climb up the trunks of the trees. We also planted out some Eared Willow trees.



We were lucky with the weather again two weeks later where we managed to do some more work. Wildflowers were planted, edges along the burn trimmed and we tried to revive some very sorry-looking Christmas trees.

In November 2022 we applied for a grant to buy garden tools for the Potterton Volunteers. We applied to the Formartine Rural Partnership for £500, we were granted the funding. We now have a big bag of tools, which includes a strimmer, a hedge cutter, kneeling pads, trowels, secateurs, and many other goodies.

We meet at the Potterton Burn fortnightly from 11:00 until 13:00 - weather permitting! Keep up to date with information about our activities on Potterton Volunteers Facebook page. We would love to have more group members to help with planting around the village. Do come and join us, no gardening knowledge is necessary. Just come along and help us make our village beautiful - and make new friends at the same time!



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DELICIOUS DANDELIONS



Dandelions appear all over our parish and we so often get out the weedkiller to regain a perfect lawn. However, in the grass verges and open ground they provide a wonderful speckly carpet of golden heads, adding to the excitement of summer picnics and outdoor games. Dandelions herald the onset of spring and summer, being one of the first bloomers. There are over a hundred species of dandelion, all lumped under their scientific name of 'Taraxacum Officinale'.

Thought to be from the French 'Dent-de-Lion' (Lion's Tooth), the dandelion is also called 'Piss-en-Lit' (pee-the-bed). Some north-east folk may also use that name for other plants, usually associated with childhood games of yester year. Dandelion leaves are diuretic, increasing urine production (hence the 'piss-en-lit' name), so can act as a detox for the blood and helps improve kidney and liver function.

Dandelions are hardy and often grow in areas where other plants cannot flourish as the soil is too hard, has too little calcium or is too acidic. It's worth noting that if you try to pull out dandelions during their growing stage, the roots will be hard to remove completely, and they will tend to grow back twice as strong.

Insects benefit from the dandelions as it provides their first food after hibernation, and unlike most other plants, it produces both pollen *and* nectar. Each bright yellow head contains around 100 individual flowers, meaning bees, butterflies and hoverflies flock to them, feasting on their goodness.

Dandelion flowers are delicious to eat too. It used to be called 'gold (or 'honey') of the poor'. The flowers are very sweet and can be used in jam, sauce, or salad. (Check out dandelion recipes online.) Dandelion tea can also have many positive effects on the digestive system (but do check this with your doctor if you are taking prescribed medication).

Eventually these beautiful flowers turn to white globes of exposed seeds ready to be dispersed in the breeze. Children play their own part in this as they pick the puffballs, close their eyes, make a wish and blow the seeds, helping to disperse them and produce a new generation of dandelions.





BELHELVIE CHURCH OF SCOTLAND

It has been great to see numbers increasing after the pandemic period, and we thank God for new members and younger folk joining us at church, in the various organisations and at events. Our Sunday School for children aged 3-11 runs on the first Sunday of the month, and now starts in church, with the rest of the congregation, before heading over to the Forsyth Hall for their own programme. On the third Sunday of the month, we move into the Forsyth Hall for All Age Worship. We meet round tables and have coffee and tea in the interval, so please know that you are most welcome to come with your children to this less formal time.

The Guild are hosting interesting talks at 7.30pm on 20 June, 19 September and 17 October. The outing this year is to Birkhall Gardens. The ladies of the Guild are organising Afternoon Tea (£17) on 15 August at 2.30pm in the Annexe, and the Men's Breakfasts, usually at 9.30am on the last Saturday of the month at the Cock and Bull (cost £10), meets from now until the end of June. Please contact Allan Ritchie at allan.ritchie@btinternet.com or 01224 704386 in advance if you wish to attend any of these.

The upstairs of our new Annexe may be available as a business let. If you're looking for big or small spaces to hire for your group or event, please contact our Hall Convenor, Carole Wood, at forsythhalllets@gmail.com or 07545 347721. This complex has a modern, industrial standard kitchen and is an excellent addition for events using outside caterers.

Our regular services continue to be uploaded on YouTube. For more information please contact me, Allan Ritchie at allan.ritchie@btinternet.com or 01224 704386.

Sunday 14 May	Christian Aid Sunday Service, 11am, Belhelvie Church
Friday 19 May	Christian Aid Quiz Night, 7.30pm, The Forsyth Hall
Sunday 4 June	Elders Service, 11am, Belhelvie Church
Tuesday 6 June	Coffee Haven, 10am-12noon, The Forsyth Hall
Sunday 2 July	Sunday School Prize-Giving
Tuesday 4 July	Coffee Haven, 10am-12noon, The Forsyth Hall
Early July, date TBC	Gin Tasting/Afternoon Tea, 2pm, The Forsyth Hall
Tuesday 1 August	Coffee Haven, 10am-12noon, The Forsyth Hall
Saturday 2 September	Fun Day to promote Annexe suite of Halls
Tuesday 5 September	Coffee Haven, 10am-12noon, The Forsyth Hall
Mid-September, date TBC	Garioch Fiddlers, 2-4pm, The Forsyth Hall
Sunday 1 October	Harvest Festival, 11am, Belhelvie Church
Tuesday 3 October	Coffee Haven, 10am-12noon, The Forsyth Hall

Allan Ritchie

COME AND JOIN IN THE FUN AT MAINLY MUSIC



Our group meets at the Forsyth Hall every Tuesday afternoon during term time, from 1.45 - 3.00pm. It caters for babies up to pre-school children. We have lots of fun, singing songs and creating opportunities for interaction and development of basic motor skills, numeracy and language skills. The children then get to play together, and mums/carers/grandparents get a chance to chat and have coffee and cakes. We are delighted to be back to pre-Covid numbers and now have a waiting list - if you would like to join us after the summer holidays, now is the time to put your name down. Contact: jeanettelamb@btinternet.com

Jeanette Lamb

COFFEE, ZUMBA & FRIENDSHIP

Coffee Haven takes place on the first Tuesday morning of every month, from 10 - 12noon in the Forsyth Hall. All are welcome to come and join us for tea/coffee, home baking and a chance to chat. Feel free to come on your own or bring a friend.



If you feel the need for some gentle exercise, then why not join the senior Zumba class on Monday mornings in the Forsyth Hall from 9.45 to 10.30am. If you require any further details, then please contact Caroline on 07754 185283, or any of the Pastoral Care Team. We look forward to seeing you.

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BALMEDI CONGREGATIONAL CHURCH (The Wee Kirk)

11am every Sunday at the Wee Kirk in Rowan Drive, Balmedie, next to the Co-op. For details contact Rev Andy Cowie on 07715 279478

We were very grateful to the Rural Communities Fund (Scottish Government) for a grant to purchase a generator - to allow the Church to become a Warm Hub in the event of an emergency e.g., an electricity black out in the village and area.

In such an event, the generator will provide some warmth and a hot cuppa, be it tea, coffee etc, and will allow us to recharge mobile phones etc. More details soon. The project allowed us to provide a Warm Hub, from January until now - again teas, coffees, table games etc, 3 times per week. The volunteers are a great group, and they always give a warm welcome.

Although that part of the project finished at the end of March, the Monday Warm Hub run by Belhelvie Community Trust Volunteers is to continue - perhaps after the summer. They did a magnificent job. Well done to all involved, thank you.

Weekly use of the building:

- Sundays 11am - Church Service
- Mondays 10am to 2pm - Warm Hub
- Wednesdays 9.30am to 11am - Under 5's Group
- Wednesdays 2pm to 3pm - Ladies Group - for tea and a chat
- Wednesdays 6.30pm to 7.30pm - Craft Club
- Thursdays - Better Balmedie
- Fridays 3.30pm to 4.30pm - Boys' Brigade
- Saturdays - Better Balmedie

Good to see the wee building, yes, a Church on a Sunday at 11am, but also fulfilling the 'dream' that it would be a useful facility for the community. If any group is looking for a home, please contact Catherine on 07710 502490. If you have not visited the building, please drop in, be surprised - it's bigger than it looks from the outside. The folks at Church appreciate the support from various groups and from Better Balmedie, who keep the Church Garden well maintained. Thank You.

POTTERTON CONGREGATIONAL CHURCH

I also minister to the Congregational Church in Potterton which has not yet resumed regular services. We tend to meet on an ad hoc basis. If you would like to be informed as to when and where we meet, please contact me.

Rev. Andy Cowie

Baby & Toddler GROUP



Our group has seen some new people join this year from Balmedie and the surrounding areas which has been lovely to see. The group is suitable for babies up to school age/age 4, with suitable toys, baby mats, ball pit and Messy Play. We run Wednesdays in the small hall opposite the Co-op from 9.30-11am. The cost of £3 includes snack, tea/coffee and a fine piece.

Our messy play runs a few times a month where we have a variety of tuff trays with different real-life resources such as foam, spaghetti pasta and so much more for little ones to touch, smell and explore. We have a Facebook page to follow for updates.

Diane Cassie



We have had lots of fun this year so far, but it would great if we could have some more children join our weekly craft club - suitable for school age children. This year we have created lots of crafts using our imagination, from colourful rainbows, lanterns, boxes to our most recent which was mini drawers for all our secrets. Over the next term we plan to do some seed planting, baking, clay modelling and so much more.

We run every Wednesday during term time in the Wee Kirk hall, opposite the Co-op from 6.30-7.30pm. It's £2 per week and paid in blocks. If you would like a space, please message our Facebook page or contact Diane on 07850 235215.

Diane & Catherine

Old Balmedie and Belhelvie Parish



HOT OFF THE PRESS!

Local author Rosie Nicol has produced a collection of old photos and information about our parish, from the 1870s through to the 1970s, highlighting how our village communities have developed over this time. The cost is £11.95, and every penny goes to The Sand Bothy.

BELHELVIE COMMUNITY COUNCIL (BCC)

Community Council elections 2023 - We're looking for new Community Councillors to represent the communities of Balmedie, Belhelvie, Potterton, Blackdog and Whitecairns. There are lots of opportunities to work on issues and projects that matter to our communities such as local parks, speeding, planning applications and supporting our communities during emergencies. We also work closely with other community groups: the Police, our Aberdeenshire Councillors and Aberdeenshire Council's Formartine Area Office. Find out more about the work of the Community Council here:

<https://belhelviecc.org.uk/work.html>

Community Council election dates and deadlines - If you would like to be a Community Councillor, please submit your nomination form to Aberdeenshire Council's Formartine Area Office by 5pm on 31 May 2023. **Please check Aberdeenshire Council's website for the latest information on deadlines.** You can download the nomination form, find out where to submit your form and see the key dates (submitting nominations, ballots, results, and AGMs) for the elections on the Aberdeenshire Council website:

<https://www.aberdeenshire.gov.uk/communities-and-events/community-councils/cc-election/formartine-elections/>

Annual General Meeting 2023 - We will be holding our Annual General Meeting (AGM) on **Monday 19 June 2023, starting at 7pm**, (in person at the Balmedie Leisure Centre and with online access) this will be followed by our monthly meeting starting at 7.45pm. Our AGM includes the election of Office Bearers for the Community Council. For the latest information on our meetings please see our website: belhelviecc.org.uk/meetings.html

Community Speedwatch Scheme - Community Speedwatch is looking for volunteers. The scheme aims to help tackle speeding and anti-social driving in our communities. It is recognised and supported by Police Scotland. Register to join the Formartine group using the link below. When registering please select the following options in the drop-down menus: Police Scotland - Aberdeenshire North - Speedwatch - Formartine - enter your details. You will be asked to complete a short test when joining.

<https://www.communityspeedwatch.org/WIZ-FRONT-v2-GetInvolved>.

If you have any questions or need help with registering, please contact Aberdeenshire Council's Formartine Area Office at: formartineareaoffice@aberdeenshire.gov.uk

Spring 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 at our contact details below.

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>

Local foodbanks - 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.

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 webpages 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 webpages include a search tool, ability to save your searches, track applications and set up notifications. <https://upa.aberdeenshire.gov.uk/online-applications/>

Monthly meetings

Everyone is welcome at our monthly meetings. They are held **every third Monday at 7pm, in person at the Balmedie Leisure Centre and with online access**. For meeting dates, what's going to be discussed and what we talked about last time see our website: www.belhelviecc.org.uk/meetings.html

An archive of meeting minutes is also available on our website, and minutes are posted on our noticeboards each month. <https://belhelviecc.org.uk/meetingminutes.html>

Contact us

Email: belhelviecommunitycouncil@hotmail.com

Phone: 07767 237644

Phone (BCC vaccination transport help): 07733 322244

Facebook: www.facebook.com/BelhelvieCommunityCouncil

Website: www.belhelviecc.org.uk

Carolyn Wood

Banbury Cross Nursery Ltd

A nurturing environment for your child

We are a family run business in a homely environment, providing high quality Early Learning and Childcare for children aged 0-5 years.

- Set in the quiet village of Blackdog just off the AWPR.
- We have a team of warm, caring, highly skilled and experienced staff.
- Consistently high grades with the Care Inspectorate.
- We are a partner provider with Aberdeenshire Council providing free ELC funded places for children aged 3-5 years.
- Providing rich learning experiences both indoors and out.
- Limited spaces still available for 2022, taking waiting list applications for 2023.

Contact Lisa or Laura on 01224 702300 Email info@banburycrossltd.co.uk

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- Open Mon to Fri - 7.30am - 6.00pm all year round
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- Delivering national curriculums
- Wonderful outdoors space and outdoors focused nursery
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- Home-made meals prepared daily, and breakfast and tea club also available



Based at Kingseat, Newmachar and Turriff

Call us on 01651 869078 or email bookings@flowerpotschildcare.com

The library has usually been open on a Wednesday morning 10.30am to 12.30pm and a Friday afternoon 1pm to 5pm. Now, following a public survey, the library is now open on a Wednesday afternoon from 4.30pm to 6.30pm and a Friday afternoon 1pm to 5pm.

BOOKBUG - Songs, rhymes, and story sessions for pre-school children are on weekly on a Friday morning from 10.30am to 11am. We recently had a visit from Childsmile, and it was a great session with lots of toothy stories and puppets for the children to practice their teeth brushing skills on. The Bookbug Challenge is running until 27th May and the children have enjoyed filling up their cards with stamps and collecting their certificates.

LEGO CLUB - Held fortnightly on a Wednesday afternoon, 3.30pm to 4.15pm, the Lego Club has been very popular and as always, the children have made some fabulous models.

BOOK GROUP - The Book Ends Book Group meets monthly in the library on the first Thursday of the month.

LIBRARY VISITS - The Balmedie Cubs had a great time at the library in January and February enjoying a Lego WeDo Session, this involved building Lego models and using iPads to input code that connected to the models that made them perform different actions. The children worked well together and there were a few Lego models racing round the library.

SCHOOLS/NURSERIES - Over the past year there have been visits from the primary school and local nurseries and it is always good to see the children enjoying the library. I have also managed to get out and about and I had a lovely visit to the Balmedie School Nursery in December to do a Bookbug session with almost 30 children.

ECALM - Every Child A Library Member, promotes library membership from key stages from birth to primary school. Please ask a member of staff or for more information go to www.everychild.scot

SUMMER READING 2023 - The theme for 2023 is Diversity and will take place from 15th June until 26th August. In 2022 there were 2,667 sign-ups (an increase of 181% in 2021), let's make 2023 even better!

FACEBOOK - Balmedie and Ellon library are now under one page, so you can find us at <http://www.facebook.com/Ellonlibrary/Aberdeenshire/>

Jane Geddes, Senior Library Administrator

Tel: 01358 281070

Email: balmedie.library@aberdeenshire.gov.uk

Website: www.aberdeenshire.gov.uk/libraries

Like us on Facebook at <http://www.facebook.com/Ellonlibrary/Aberdeenshire/>

Follow us on Twitter at <https://twitter.com/onceuponashire>

DATES FOR YOUR DIARY

Weekly			
Mon	Senior Zumba	Forsyth Hall, Belhelvie	09.45-10.30
Mon	The Hub	Balmedie Cong. Church	10.00-14.00
Mon	Beginners Bowling	Green Hut, Belhelvie	18.45
Tues	Sensory Garden Group	Sensory Garden	10.00-Noon
Wed	Better Balmedie	By The Wee Kirk	10.00-12.00
Wed	Catholic Mass	Bridge of Don Church	10.00
Wed	Baby and Toddlers	Balmedie Cong. Church	09.30-11.00
Wed	Ladies Group	Balmedie Cong. Church	14.00-15.00
Thurs	Indoor Bowling	Potterton CEC	15.00-17.00
Thurs	Belhelvie Bowling Club	Belhelvie Bowling Green	13.30
Fri	Book Bug Pre School children	Balmedie Library	10.30-11.00
Sat	Better Balmedie	By The Wee Kirk	10.00-12.00
Sat	Catholic Mass	Bridge of Don Church	10.00
Sat	The Sand Bothy at the Beach	Sand Bothy, Balmedie Beach	Noon-15.00
Sun	Catholic Mass	Bridge of Don Church	09.30 & 18.00
Sun	Belhelvie Church Service	Belhelvie Church	11.00
Sun	Balmedie Congregational Church	The Wee Kirk	11.00
Sun	The Sand Bothy at the Beach	Sand Bothy, Balmedie Beach	Noon-16.00
Fortnightly			
Wed	Lego Club	Balmedie Library	15.30-16.15
Every 3 Weeks approx.			
Tues	Potterton Walking Group	Contact J Hutcheon	12.00
Monthly			
1st Tues	Coffee Haven	Forsyth Hall, Belhelvie	10.00-12.00
1st Thurs	Book Group	Balmedie Library	19.30-21.30
Last Sat	Men's Breakfast	Cock & Bull	09.30
Term Time Groups for Children and Young Adults			
Mon	Cubs	Potterton Community Centre	18.30-20.00
Mon	Ranger Guides (Fortnightly)	Newburgh	19.30-21.00
Tues	Mainly Music	Forsyth Hall	13.45-15.00
Tues	Rainbows	Balmedie School	18.00-19.00
Tues	Cubs	Potterton Community Centre	18.30-20.00
Tues	Guides (Fortnightly)	Balmedie School	19.00-20.30
Tues	Explorer Scouts	Potterton Community Centre	19.30-21.30
Wed	Beavers	Balmedie School	18.00-19.15
Wed	Craft Club	Balmedie Cong. Church	18.30-19.30
Thurs	Rainbows	Potterton Community Centre	17.30-18.30
Thurs	Brownies	Potterton Community Centre	18.00-19.45
Thurs	Brownies	Forsyth Hall	18.15-19.45
Fri	Boys' Brigade with Girls	Balmedie Cong. Church	15.30-16.30
Fri	Scouts	Potterton Community Centre	19.00-21.30
EVENTS			
MAY Sun 28	Balmedie Gala	Balmedie Leisure Centre	Noon-16.00
JULY Sat 8	Christmas Lights Saturday Bazaar	Community Garden by Wee Kirk	Noon-15.00
AUG Sat 19	Blackdog Gala	Blackdog Community Park	11.00-16.00

School Dates 2023

July Fri 7	Last day of Term 4	Balmedie, Ellon, BoDA
August Tues 22	First day of Term 1	Balmedie, Ellon, BoDA
September Fri 22	September holiday	BoDA
September Mon 25	September holiday	BoDA
October Fri 13	Last day of Term 1	Balmedie, Ellon, BoDA
October Mon 30	First day of Term 2	Balmedie, Ellon, BoDA
November Thurs 16	In-service	Balmedie, Ellon
November Fri 17	In-service	Balmedie, Ellon, BoDA
December Fri 22	Last day of Term 2	Balmedie, Ellon, BoDA

Dates do not include Balmedie/Ellon school local holidays as they are added just before new session.

HELPLINES

ALCOHOLICS ANONYMOUS (AA) - Free and confidential helpline open 24 hours.

Tel: 0800 917 7650. For information about local meetings call: 0141 226 2214.

AL-ANON Family Helpline - helps relatives, friends, and colleagues of problem drinkers.

Tel: 0207 403 0888 - open 10am to 10pm daily.

ALZHEIMER SCOTLAND, ACTION on DEMENTIA - Free helpline open 24 hours.

Tel: 0808 808 3000. Website: www.alzscot.org

BEREAVEMENT - Cruse Bereavement Support. Free helpline. Tel: 0808 808 1677.

BULLYING or anything worrying children or young people - Childline - free and confidential helpline open 24 hours. Tel: 0800 1111. Helpline for up to 18-years-olds to talk to a trained counsellor to help them deal with their problems www.childline.org.uk

DRUG ADDICTION - Scottish Families Affected by Drugs and Alcohol (SFADA).

Tel: 0808 010 1011.

KNOW the SCORE - gives information about illegal drugs. Scottish Government campaign.

www.knowthescore.info Free helpline open 9am-9pm weekdays, 10am-4pm weekends.

Tel: 0800 587 5879.

EATING DISORDERS - BEAT Eating Disorders. Tel: 0808 801 0432.

MEN'S ADVICE LINE - provides practical advice and emotional support to men who are

abused by their partners. Tel: 0808 801 0327. www.mensadvice.org.uk

MS SOCIETY - Free helpline for information and emotional support.

Tel: 0808 800 8000 - 9am-9pm weekdays.

THE SAMARITANS - will listen and support anyone of any age, about anything - no worry, no anxiety, no feeling that is too trivial. If it matters to you, then talking may help - and they won't tell anyone. Tel: 116 123.

WOMEN'S AID - for those suffering from domestic abuse. Do you need someone to listen, confidential information, a safe place to stay? A support worker can be available in this area. Grampian Women's Aid. Tel: 01224 593381.

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)	Claire via website www.girlguiding.org.uk	
Rangers (Potterton)	Susan Osbeck 1stbelhelvieguides@gmail.com	07743 844040
	Susan Osbeck	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	07715 279478
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	01358 724580
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
Potterton Community Centre	Joanne Murray	01358 727910

Balmedie Beach Wheelchairs	Fiona Winstanley	07864 350989
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	Eigie 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
Potterton Volunteers	Bernard Humphrey	07710 416003
The Sand Bothy Project	Joni Corbett	07752 768918
The Sensory Garden	Joni Corbett	07752 768918

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
Danz Creations		Lee Simpson	01358 743661
Mainly Music, Forsyth Hall		Jeanette Lamb	01358 742684
Pre-School Bookbug Sessions		Balmedie Library	01358 281070

- Manned Plant Hire
- Concrete Works
- Drainage
- Septic Tanks / Soakaways
- Driveways & Patios
- Site Works
- Screened Topsoil



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email: belhelviebanter@live.co.uk

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