

BELHELVIE BANTER

Balmedie : Whitecairns : Belhelvie : Potterton : Blackdog



EDITION 51

AUTUMN-WINTER 2024

LAWRENCE OF KEMNAY

Your Local Garage

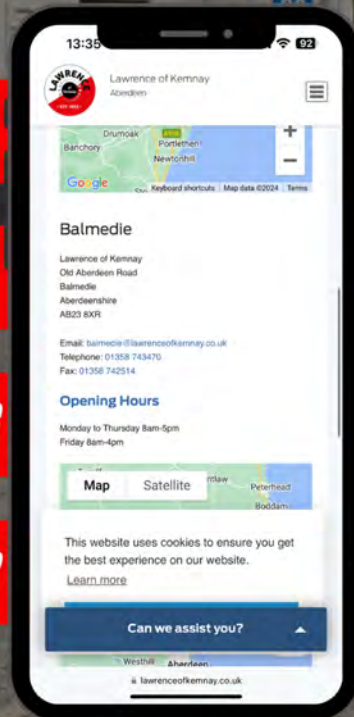


MOT'S

SERVICING

AIR CONDITIONING

FREE COURTESY CAR



01358 743470



balmedie@lawrenceofkemnay.co.uk



EDITORIAL

That's us into Autumn already with temperatures rapidly falling. Time to hunker down and get prepared for the winter months. In this edition of Banter, we have information about how to access support if you need it. Please don't hang back - shout out if you are in need.

We're now entering the season of Hallowe'en and bonfires, followed by all the activities of Christmas. Busy times ahead. So many of these events rely on volunteers and we are lucky that in Belhelvie Parish many people are willing to give their time to support their community in some way. We are all volunteers on the Banter Team, but we could do with more help. I am delighted that the last plea for help has resulted in us now having a wonderful Assistant Editor in the form of Beth, who, despite having a very busy life, is newly married with a demanding full-time job is keen to help. That makes the Editor's job so much easier. We are still looking for an Editor to take over from me, as I reckon it's time for new (younger) blood. The job would be shared with Beth and we now only publish twice a year. Do get in touch if you are interested.

Belhelvie Parish is certainly growing, and new houses are appearing in all our communities. With this comes the need for a considerable increase in the number of Banter magazines printed. There is a limit to the amount of income we can generate from advertising, so we are currently having to consider ways to finance the extra cost. If you happen to have any bright ideas, do get in touch.

Enjoy the festivities of the seasons to come, keep warm, eat well and do look out for others who may be struggling and need help as the colder weather sets in.

Jess Petrie, Editor

ADVERTISE WITH BANTER

If you would like to advertise with Banter, please email belhelviebanter@gmail.com

A5 PAGES	ACTUAL SIZE	ONE EDITION
Whole back cover	148mm wide x 210mm high	£150
Inside front cover	128mm wide x 190mm high	£130
Full page	128mm wide x 190mm high	£110
Half page	128mm wide x 90mm high	£60
Quarter page	60mm wide x 90mm high	£30
Small advert	60mm wide x 40mm high	£20

BANTER DEADLINES	Spring-Summer (Ed 52)	Autumn-Winter (Ed 53)
Articles & adverts	Fri 18 th April 2025	Fri 19 th Sept 2025
Delivery begins	Sat 17 th May 2025	Sat 18 th Oct 2025

A big thank you to Balmedie School P5H pupil, Becca Ross for our wonderful cover illustration.



FREE PRESCRIPTION COLLECTION AND DELIVERY SERVICE

Let us make your life easy by collecting your prescription from the medical practice, dispensing it and then delivering it to your door!

01358 741226

balmediepharmacy@gmail.com

3 Birch Way, Balmedie, Aberdeen AB23 8SJ

CONTENTS

3	Editorial & Advertising Details	38	Pelvic Floor Article Part 2
5	Contents & Community Hub	39	Belhelvie Community Trust (BCT)
7	The Sand Bothy	41	Belhelvie Community Council (BCC)
9	Belhelvie Parish Resilience Group	42	Volunteering
11	Beachside Bakes	43	Belhelvie Bowling Club
13	Inspirational Volunteer Bill Murray	44	A Word from the Doc
15	The Vegan Bay Baker	46	Belhelvie Church of Scotland
18	Beach Wheelchairs & Our Local Hero	47	Clothing Appeal
19	Supporting our Armed Forces	49	Pastoral Care Team & Mainly Music
21	Eyesore No More	50	Congregational Churches
23	Thanks David & Sensory Garden	51	Fairtrade Event, Baby & Toddler Group
25	Better Balmedie	52	Guides & Rangers
27	Turning the Plastic Tide	53	Litter Pick, Scouts & School Dates
33	Granite City Guerillas Dodgeball	55	Regular Community Events
34	Potterton Volunteers	56	Who's Who
35	Potterton Greenfingers	57	Kids' Stuff
36	Leisure Centre & Friendship Group	58	Belhelvie Banter Calendar 2025
37	Banter Volunteering, Christmas Lights	59	Index of Advertisers

Monday morning blues? Feeling lonely after a quiet weekend? Why not switch off your heating and join us for an hour or two for a chat, a hot drink and some good company. We also have books, games and jigsaws.

The Balmedie Community Hub, in the Wee Kirk, opposite the Co-op, is open from 10am to 1pm every Monday and we'd love you to join us. Originally set up to provide a Warm Hub, to be used in the event of an emergency (such as Storm Arwen), or to support people experiencing high energy costs, the Hub has evolved. It doesn't just provide a warm place or a hot drink in a time of need but has become an opportunity for strangers to become friends, folks to come and chat, play games, do crafts, or borrow a book. Young, old, and those in between, can drop in any time. You will be welcomed with a hot drink, a fine piece and friendly chat and there is no charge. And if you would like to volunteer to help host the Hub, please pop in or phone Joni on 07752 768918. The Hub is hosted by Belhelvie Community Trust volunteers, supported by Formartine Rural Partnership.

We hope to see you soon.



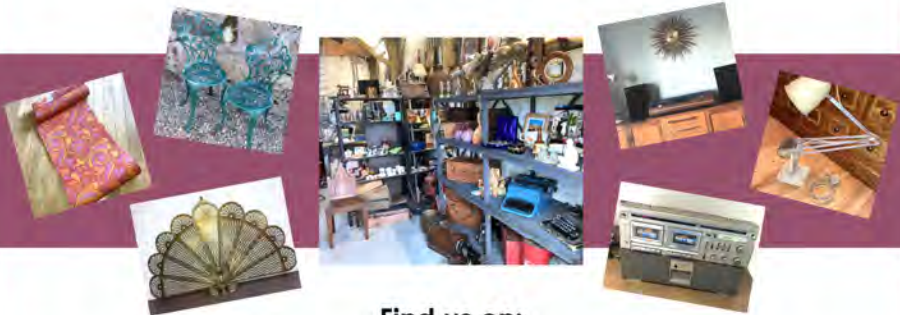
Lynne MacLeod

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!



Old School Vintage

Your local Vintage, Retro and Upcycling Warehouse.
We buy and sell all things vintage, retro, old,
odd and cool stuff!



Find us on:

Facebook Old School Vintage

Ebay old_school_vintage_sales

Instagram old_school_vintage_sales

Email sales@oldschoolvintage.co.uk

Phone 07525 900 884

Real Life Unit 12, The Old Mushroom Farm, Balmedie, AB23 8WU

The Sand Bothy

What an incredible summer it has been at the Sand Bothy! We have been thrilled to welcome so many visitors and are deeply grateful for everyone who joined us for our Summer Fun Day in July. This year, the event was filled with exciting new stalls at the beach, featuring the delightful Highland Alpacas and also Thistleburn Homestead's Eriskay ponies. Thanks to your support we raised an impressive £1,800, which will be re-invested into our Trust groups and projects.

We have also had a fantastic time with Dawn James as part of our Sand Bothy and RSPB Balmedie Beach Explorers programme - from beach-combing sessions that taught us fascinating facts about our coastline to crafting pollinator pots with the Aberdeenshire Council Ranger, Sarah. In September we enjoyed 6 days of North East Open Studios with artists Rachel Sinclair, Sarah Peacock and jeweller Lynsey Allan of Lee:Lie. Thank you to everyone that came along and supported our incredible local talents.

A huge thank you goes out to Emma for leading our Tuesday & Wednesday Crochet groups. These gatherings have blossomed into enjoyable social meet-ups. We also want to recognise our Bothy Kiosk volunteer, Cameron, along with his friend Ben, for launching our Bothy Dungeons & Dragons game night - an evening filled with creativity and laughter! A special thank you goes out to the wonderful Naomi, who Belhelvie Community Trust employed over summer as our Seasonal Bothy Ranger. She has performed the huge job of recording all kinds of data for us at the Country Park - everything from litter collection, fire scorch marks, invasive species, vandalism, all sorts of information that we can feed back to the Council to help manage the effects of both visitors and natural changes to the park. She also worked hard at promoting the Scottish Outdoor Access Code and assisted me with many Bothy maintenance tasks.



As we approach the winter season, we will be taking a short break, but we still have some festive workshops and events planned for you:

Saturday 2nd November: Art Workshop by Rachel Sinclair, 10am-2pm.

Sunday 8th & Monday 9th December: Wreath Making Workshops.

Saturday 14th & Sunday 15th December: The Sand Bothy 'Elves' Postal Service', 12pm-4pm.

I am excited to share I am currently developing a vibrant programme of events for 2025, with a strong emphasis on celebrating the unique beauty of our beach. Our aim is to encourage greater use of the Sand Bothy as a resource for schools and community groups focussed on outdoor learning/teaching. We also look forward to continuing our collaboration with conservation groups and Aberdeenshire Council as part of the Balmedie Country Park Management Plan to ensure the ongoing care of our stunning beach.

While the kiosk window may be closed for ice-creams during the winter months, please remember that the Sand Bothy is available for private hire, events and workshops year-round. Additionally, if you are interested in volunteering, we would love to hear from you. We are eager to welcome new volunteers to join our fantastic team in 2025!

info@thesandbothy.co.uk

<https://www.ticketsource.co.uk/the-sand-bothy>

Joni Corbett 07752 768918
The Sand Bothy Coordinator



Cafe48

We are a community cafe run by staff and volunteers.
Open Wednesday to Saturday
9.15am to 3pm.

Great food and awesome service!

See our facebook page for daily specials. 

14 Oldmeldrum Road
Pitmedden AB41 7AG

01651 842346

cafe@udnycommunitytrust.org.uk



New in 2023!

Contact **07359 613769** to get your Campervan adventure booked now



mckenzieprint

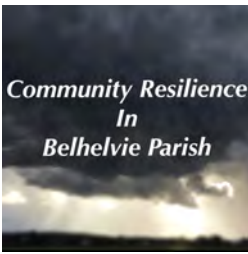
your comprehensive print partner

Unit 12 Wellheads Crescent
Wellheads Industrial Estate
Dyce, Aberdeen AB21 7GA

01224 774161
01224 775000

sales@mckenzie-print.com
www.mckenzie-print.com

Full Colour Litho Printing | Printed Stationery | Flyers | Newsletters | Printed Envelopes | Die Cutting & Creasing
Colour / Mono Digital Printing | Leaflets | Brochures | Books | Perfect binding | Laminating



Your new **Belhelvie Parish Resilience Group** aims to enhance communication between our communities and local authorities, and to provide information about community hubs and services that will be available during a bad weather crisis.

We have set up a new Facebook page (see below) with the intention of posting all relevant and up to date guidance from local authorities, emergency responders, energy suppliers and our own community services.

Local authorities want to emphasise the importance of being self-sufficient for at least 72 hours during a bad weather crisis.

If an emergency happens in your community, it may take the emergency services some time to reach you. This is because they may need to help other, more vulnerable people first. By looking after yourself and your household, you will also be helping emergency services focus their limited resources on the people who are most in need.

Make a plan, don't forget neighbours can help by sharing resources such as gas for camping stoves or food supplies. You should have food that won't spoil, such as canned food, energy bars and dry food. During emergencies, some water sources can become contaminated. Have a back-up supply of bottled water available. Preparedness is key, and it is essential for each household to have their own plan in place to effectively navigate through challenging circumstances. You can find links to templates of such plans on our new Facebook page and at: www.ssen.co.uk (Your Home Emergency Plan). You can also find out about Aberdeenshire Community Resilience Strategies at: <https://engage.aberdeenshire.gov.uk/aberdeenshire-community-resilience-strategy>

In addition to individual preparedness, our community resilience group will be disseminating information about community hubs that will serve as warm spaces for resources, hot drinks and other support. We are now in possession of two mobile phones for you to contact us following a bad weather crisis. These numbers are for you to use when our communities are nearing the 72nd hour that you are expected to be self-sufficient and electricity/heat has not yet been restored to your home.

Our volunteers can give you up to date information of services and locations of community hubs across Belhelvie Parish that have opened to provide warmth/food/electricity/fresh water etc. Please note, these mobile numbers are not to be used in place of the emergency services. If you are in danger and your life is under threat, dial 999 immediately.

Primary Phone: 07886 250738
Secondary Phone: 07425 412876

Please keep an eye on our new Facebook page as well as community notice boards for further updates. If you could spare some time, we are always open to new volunteers. Please get in touch if you would like to attend our next meeting. Stay safe.

Joni Corbett Belhelvie Parish Resilience Group
Facebook: Community Resilience in Belhelvie Parish

BEACHSIDE BAKES

NORTH BEACH ROAD • BALMEDIE

STUDIO HOURS

FRI 3-6
SAT 10-4



Luxury Home Bakes
Espresso • Hot Choc
Coffee Apothecary
Lee:Lie Jewellery

CARD PAYMENTS WELCOME



CUSTOM ORDERS
AVAILABLE WED - SUN

email: jax@beachsidebakes.co.uk

FOLLOW ON SOCIAL MEDIA

   @beachsidebakes



Hi, my name is Pauline Mitchell and I coach people and their dogs to have a better connection and understanding by using Tellington TTouch techniques, Emmett Therapy and Animal Centred Education. I am a certified trainer and a qualified Canine Body Language Instructor. My aim is to help our incredible canine companions and their pet parents to harmoniously live together and bring out the best in their partnership.

I offer a free 15 minute Discovery Call before booking a session.

Emmett Practitioner training is held at Alba Dogs by UK Senior Instructor Tony Sherry.



Grampian Pet Services, Unit 1, Barrett Trading Estate,
Denmore Road, Bridge of Don, Aberdeen AB22 8JW
Tel: 07780 990759 Email: walkies@albadogs.dog
Website: www.albadogs.dog



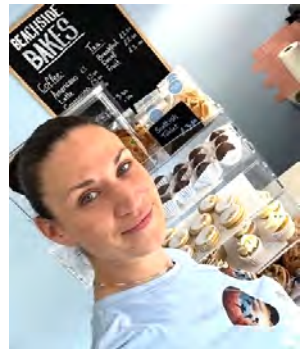


BEACHSIDE BAKES

*"If you go down to the Beach today
You'll never believe your eyes..."*

That's been the reaction of folk making their way down North Beach Road in Balmedie and coming across what once was a house garage and is now a thriving bakery shop, full of tempting [home-made goodies baked to perfection](#).

Beachside Bakes opened this summer and is already a roaring success. This is the brainchild of Balmedie resident, Jax Clibborn whose dream has come true as her baking hobby has turned into a career. Jax is supported by husband, Stuart, who took on the job of converting the old garage building into an attractive, modern, purpose-built shop and bakery. Her two children, Fraser and Emily complete the support team. Jax also pays tribute to her mum and grandma who passed on their baking skills to her from a young age. And now visitors to Balmedie Beach and delighted locals are benefitting from Jax' talents.



With a degree in accounting and finance, most of Jax' career has been spent in that area. The perfect balance of a business brain and her wonderful creative skills certainly bode well for the success of this new business. She has been delighted with the support she has had from visitors from our parish and further afield and has been very busy over the summer. Now that the cooler weather is upon us, Beachside Bakes will still be open at the weekends, providing hot drinks and seasonal bakes. Coffee is supplied by the Coffee Apothecary.



Have a look at Beachside Bakes Facebook page to find out more and see the wonderful array of bakes available. Jax also makes celebration cakes for weddings, birthdays etc.

We are delighted to have this new business in Balmedie. Walks or drives to the beach have now an extra appeal - with Jax' delicious assortment of brownies, blondies, cupcakes, cookies and the best take-away coffee (supplied by The Coffee Apothecary). We wish you all the best Jax, with this wonderful new venture.

Editor

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 2024, taking waiting list applications for 2025.

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

Early Learning & Childcare at Flowerpots

- Qualified and highly experienced staff
- Open Mon to Fri - 7.30am - 6.00pm all year round
- Early learning and childcare from 3 months to 5 years
- Aberdeenshire Council ELC funded provider offering 1,140 hours' funded sessions for eligible 2's and from 3 years of age
- Delivering national curriculums
- Wonderful outdoors space and outdoors focused nursery
- Stay and Play 3-hour sessions during school holidays or when you need us
- 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



OUR INSPIRATIONAL VOLUNTEER

It is great to see Bill Murray rewarded for all his wonderful efforts and achievements during his 24 years of volunteering at Balmedie Leisure Centre. As a “volunteer who goes above and beyond for their community”, he has received the 'Inspirational Volunteer' Award from Aberdeenshire Council.

Bill has been Volunteer Chairman of the Balmedie Leisure Centre for 15 years, and prior to that, he volunteered there for 9 years. He has raised over £1,000,000 in funding for the benefit of the charity and its community projects - the creation of the Beachside Coffee Shop, a new inclusive playground, equipment and sessions for children with ASN, classes and events for senior citizens and the more vulnerable. His current project is improving parking at the football pavilion.

Although retired, Bill's voluntary work at the Leisure Centre has become a full-time job. He has worked tirelessly to help raise funds to finance new projects, equipment and provide a wide range of activities available. He is ably supported by his wife Jackie who is also involved with the Leisure Centre. Thank you, Bill, for all your efforts. You are truly an inspiration to us all. Congratulations on your very well-deserved award.

Editor



Beachside Coffee Shop

Egie Road, Balmedie AB23 8YF Tel: 01358 742003

The days are getting colder and shorter!

Why not come along and enjoy a delicious bowl of homemade soup with a sandwich or panini. Or just have a soup and a pudding from our menu.

We are hosting a 'Boogie Bingo Night' on Friday 8th November, 7.30pm-11.45pm. Tickets £20. Bar open. Christmas Fayre - Friday 22nd November, 7pm-9.30pm. Pizza Box will be in the car park during the fayre.

We look forward to seeing you!

www.balmedieleisurecentre.com

or Facebook page [Balmedieleisurecentre/beachsidecoffeeshop](https://www.facebook.com/Balmedieleisurecentre/beachsidecoffeeshop)





COFFEE
APOTHECARY
CAFES &
COFFEE
ROASTERS

CAFES IN UDNY & ELLON



NOW ROASTING OUR OWN COFFEE

**AVAILABLE IN OUR CAFES
& ON OUR WEBSITE**

FROM UDNY WITH LOVE

www.thecoffeeapothecary.co.uk

Udny, AB41 7PQ
01651 842253

21 The Square, Ellon
01358 721946





VEGAN BAY BAKER

Baker Steven Buchan and his wife Zoe met when they were both pupils at Balmedie School and jumped at the chance to set up their business here. In August, 'Vegan Bay Baker' opened in Old Road, Balmedie, previously the premises of the 'Indi and Will' shop that has moved to Newburgh. Their Balmedie venue is the third to open in the north-east, following their success in Aberdeen and Peterhead, where they often sell up to 200 butteries a day!

Back in 2019, Steven's lifelong wish to own his own business became a reality with the launch of the first craft vegan bakery in Scotland. Zoe had become vegan and was finding it difficult to access plant-based baked goods to satisfy her sweet tooth. Realising there was a gap in the market, Steven started experimenting and adapting recipes from home. This led to them turning their Newburgh home into a bakery and this was only the start.

Now we are lucky to have a Vegan Baker in Balmedie with everything from vegan cinnamon buns to sourdough bread filling the shelves. New lines continually appear, and the plan is to also introduce sustainable living products. Steven and Zoe are delighted with the support they have had in this area.

Do pop in by and see the wonderful baked delights within this new business and meet the lovely Christy who is the manager at the Balmedie shop.



HELP WANTED

We are desperately looking for a new Editor to take over Banter, working with the Banter Team and supported by our Assistant Editor. It's only once every 6 months and it's a great way to get involved with your community. If you think you'd like to volunteer for this, do get in touch. You would be well-supported until you find your feet. Email us at belhelviebanter@gmail.com or phone 07763 314579.

Gary Taylor

**Plumbing
& Heating**

07702 131127

**Boiler and
Bathroom
Installation**



CARLE'S SHEDS

Wide range of Garden Sheds,
Summer Houses, Garages, Stables,
Dog Kennels, Wendy Houses,
Field Shelters and much more.



**Mosshill Croft
White Cairns
Aberdeenshire
AB23 8XA**



**Tel: 01224 722445
www.carlessheds.co.uk**

ROBERT LAMB

Architectural Services Ltd



**COMPLETE DESIGN SERVICE
FROM PLANNING THROUGH TO COMPLETION**

FREE INITIAL CONSULTATION & QUOTATION
ALL TYPES OF DOMESTIC & COMMERCIAL WORK
HOUSE ALTERATIONS & EXTENSIONS
REPLACEMENT WINDOWS, FRENCH DOORS & PATIO DOORS
DORMER WINDOWS & LOFT CONVERSIONS
DOMESTIC GARAGES
STEADING & LISTED BUILDING CONVERSIONS

BURNSIDE STEADING. 24 SMALLHOLDINGS. BALMEDIE. ABERDEEN. AB23 8WU.
TEL: 01358 742771 MOBILE: 07766 106279
Email: robert.lamb6@btinternet.com

REID

Plumbing & Heating Services

Ellon 01358 701498

Bathrooms, Tiling, Central Heating, Gas Fires &
Traditional Plumbing



01358 701498

07739 044634

reid-plumbing-heating.co.uk

mail@reid-plumbing-heating.co.uk

Air Tightness Testing



Arlene Harrison

Email: info@amhservices.co.uk

Tel: 01358 761438

Mob: 07766 433011

**Air tightness testing for new domestic
and commercial buildings.**

ATTMA Member

Air Tightness Testing & Measurement Association



What an amazing year 2024 has turned out to be. It was a wet start which resulted in many cancellations but by mid-July we were going at full speed. We opened for the season alongside the Sand Bothy, but we noticed a lot of people with walking sticks and baby buggies were taking different routes through the park and not passing by us. We decided to trial working from the Sand Bothy which made us more visible to car park visitors and also meant our volunteers were warmer and closer to a cup of tea and a bathroom!

We were also fortunate not only to get a wonderful donation of £3,000 a year for 3 years from Kellas Midstream but to find out that the company engages with local communities, providing volunteers to help. Over two days they came and took residents from Balmedie and Egie House, to the beach. Everyone had fun, and while chatting later in the Sand Bothy enjoying an ice cream, it was clear any fears about accessing the beach had disappeared.

We look forward to doing this again next year so if you know anyone who would enjoy a trip to the beach but doesn't have family or friends who are fit and able to take them there, keep an eye on our Facebook page for availability in 2025.

We were very happy to participate in the 'Celebrate Aberdeen' parade this year again. We had more volunteers and wheelchairs with us, making us much more visible. It was brilliant to see people's reactions to our chairs. In the meantime, our season is coming to an end, and we are starting to organise the maintenance and tidying away for the winter. A massive thank you to our tremendous team of old and new volunteers who make this all possible. We look forward to seeing you again next year.

Fiona Winstanley

OUR LOCAL HERO



What Fiona has not even mentioned in her article above is the fact that she has recently been awarded a well-deserved 'Local Hero' Award! Aberdeenshire celebrates the many unsung heroes who go above and beyond for other people in their community.

These hard-working individuals do not look for rewards or thanks, they just want to help others. One such volunteer is Fiona Winstanley, coordinator for Balmedie Beach Wheelchairs, an organisation set up in 2018 to help make beaches more accessible for wheelchair users. From day one, Fiona has shown grit and determination in her

goal to bring everyone to the beach despite their difficulties. She gives up family time at weekends, working tirelessly to promote the work done by volunteers, on social media and even on radio and television. She is hands-on, working with visitors and overseeing the maintenance and acquisition of wheelchairs while continually helping to raise funds. Such an award couldn't have gone to a more deserving person. Well done Fiona, our wonderful Local Hero!

Photo shows Fiona receiving her Local Hero award from MSP Gillian Martin.

Editor

SSAFA GRAMPIAN

SUPPORTING OUR ARMED FORCES IN GRAMPIAN

A trusted source of support for serving personnel, veterans and their families in Grampian, our teams of trained volunteers and employees provide practical, emotional and financial assistance to the local Armed Forces community enabling them to thrive.



ssafa | the
Armed Forces
charity

Regulars | Reserves | Veterans | Families

Email: grampian.branch@ssafa.org.uk

Call: 07938 099 547

Visit: ssafa.org.uk/grampian

Registered as a charity in England with Voluntary Number 2107603 in Scotland Number SC035056 and in Republic of Ireland Number 20250901. Established 1885

SSAFA, the Armed Forces charity has been providing support to the Armed Forces community for nearly 140 years. SSAFA understands that behind every uniform is a person. We are here for that person and their family at any time they need us, and in any way that they need us, be it with financial, practical or emotional support. SSAFA works alongside other military charities and specialist organisations to ensure that every individual requiring help is provided with the support that they need.

SSAFA Grampian Branch is a team of 25 committed and well-motivated volunteers, and forms part of a network of 17 SSAFA volunteer led branches across Scotland. Grampian's Volunteer Caseworkers are the lifeblood of SSAFA in Aberdeenshire. They support a growing number of people in need of help. This might be funding for special equipment for someone with a disability, adaptations to a property so an older client can remain at home or funds for a rental deposit. In 2023 we helped 68 Aberdeenshire veterans with over £145,000 of financial support. So far in 2024, 22 veterans have been helped, with more than £26,000 pledged and another 23 are currently in the process of being helped.

Do you have time on your hands or need a sense of purpose? Would you like to use your skills, knowledge and life experience to benefit others? We are looking for people to volunteer with us to help increase awareness of SSAFA services and reach more veterans and their families in Aberdeenshire.

Shirley Lumby Branch Secretary, Grampian 07938 099547
Shirley.Lumby@grampian.ssafa.org.uk




CLOCK REPAIRS

All Types Of Traditional Clocks
Grandfather Clocks A Speciality

*Repairs carried out by a
Time Served Craftsman*

ESTIMATES GIVEN PRIOR TO REPAIRS
t 01651 842216 / m 07932 173090

SIR Joinery Ltd

Joinery & Joinery Manufacturing
and Building Contractors

Westburn Workshop
Belhelvie
Balmedie
Aberdeenshire
AB23 8YL

Tel: 01358 743286
email: steve@sirjoinery.co.uk

MARK HARRISON PLASTERING

Tel: 01358 761438

Mob: 07801 385980

Email: plasterman23@gmail.com

Over 25 Years experience

Free Estimates



EYESORE NO MORE

Balmedie residents will be pleased to hear that at last something is to be done about the crumbling ruin of the old shop building on Old Road, across from The White Horse. This building has been gradually disintegrating for some years, after it stopped functioning as a shop.

Many of us have fond memories of visits there in its heyday, picking up newspapers, groceries, and all sorts of items, often hidden away in the back of drawers and shelves. It was also a bustling post office - a real hive of activity where you didn't mind queuing for it afforded the opportunity to chat and share the topic of the day.

Those days have long gone however, and all that is left is a shell of a building that has not only become a health and safety risk but is an eyesore in the village. Fortunately, planning permission for a new two-bedroom home has been granted by Aberdeenshire Council and contractors are set to knock down the old shop to enable building to take place. It's actually quite sad to be saying goodbye to what was once Balmedie's main shop and post office, but good to see new beginnings.

Editor



GOUGHDECORATORS

Douglas Gough has over 20 years experience as a painter & decorator based in Aberdeen. Will work within a 50 mile radius of the city.

- Domestic & Commercial
- Interior & Exterior Painting
- Experienced Working at Height
- Quality & Competitive Work
- Free Quotations & Free Advice
 - Wall and Floor Tiling
 - Wallpaper Hanging

Call Douglas on 07975 512456
or find us on facebook 

**GB Hendry
Joinery Services**

George | Hendry

GBHJoinery@gmail.com



07305 403352

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

Two centres, more choice!



The **garden bird** section has been changed to allow even more choice. The Parkhill team continue to keep **bird food** very competitively priced by packing on site into 3kg and 6kg bags, with even greater savings on 20kg bags.

Exclusive Parkhill Premium Blend especially for North East birds.

A complete no mess feed with 13 ingredients.

Sundries are also in the glasshouse.



Check out our reconfigured, easier to browse gift and Christmas section.

Keep warm this winter - coffee logs, paraffin, Cannon Premium Grade coal, Ovoids Red, burning peat, with very keenly priced large bags of kindling and hardwood logs.

Real Christmas trees - grown in Scotland! A choice of Nordman, Noble and Fraser Firs, also Blue Spruce. In a range of sizes depending on type, from 2.5ft to 12ft high. 9ft plus must be ordered by early November.

Pot grown Christmas trees - a choice of 4 types.



Holly wreaths - in addition to our usual wide choice there will be a return of the old-style mossed rings with tied bunched holly. Excellent choice of ready decorated wreaths, and a good selection of plain which can be decorated to your own taste by our skilled team.

Seasons Coffee Shop - why not have a nice coffee or tea with a freshly baked scone or even lunch while you are getting your Christmas tree.



Parkhill Garden Centre & Seasons Coffee Shop

Open 7 days

Garden Centre 9am to 4.45pm - Tel 01224 722167

Coffee Shop 9am to 4.20pm - Tel 01224 724711

Parkhill, Dyce, Aberdeen AB21 7AT

On the B977 Dyce to Balmedie Road

www.parkhillgardencentre.com



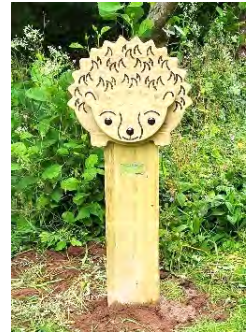
THANKS DAVID!

Balmedie resident David Moss was there right at the very beginning of Belhelvie Banter in 2009 and has continued as our volunteer treasurer for all 50 editions of our community magazine. So, we are sad that he has decided to call it a day, but appreciate that, after all this time, he deserves a rest! We are indebted to David for all his efforts, keeping us on track with our finances.

We shall certainly miss his presence on the Banter Team but wish him all the best for the future. [Thank you, David, for all your hard work over the years. Now you can relax - and enjoy your Banter-free time!](#)

BALMEDIE SENSORY GARDEN

It has been a busy year so far in the Sensory Garden, despite a very soggy summer. Our willow tunnel, planted in February is providing loads of fun for little visitors. Next year it will provide a backdrop to a semi-circle of wildflowers. We were very lucky to receive a donation from the EPIC group in Ellon which was closing, so we bought and installed 2 sensory totem poles and 3 little wooden characters - a hedgehog, a badger and a butterfly. We have created a new perennial bed and installed some nursery beds made from donated pallet collars. Thanks go to Brian Milne for supplying us with a load of topsoil which is shared between us and Better Balmedie. We have a new notice board at the entrance to the garden, designed and created by the Community Payback Team.



Volunteers always meet on Tuesdays from 10am until 12 noon. During August and September, we have also been meeting on Wednesday evenings at 6pm. This is proving popular with people who work all day, so we will be continuing this next year once the lighter nights are here again. Please come and join us, it's fun and very satisfying to be involved in our very special garden!

FOOTNOTE: Last week I was asked about the name of the Woods that surround the garden. The Magnificent Sevens Woods were named by pupils of Balmedie School who planted all the trees that you see today, back in 1990/91. That's one of the reasons that this garden is so important, it is part of our local heritage and as such must be preserved and kept going for generations to come.

Rosie Nicol

HAIR Shack

01651 862066
26 OLDMELDRUM ROAD
NEWMACHAR AB21 0PJ

OPENING HOURS

Monday to Saturday
from 9.00 am

CONTACT

Julie - 07784 239912
Fiona - 07711 921469

BRIDAL PACKAGES AVAILABLE



Fully Qualified Dog Groomer based
near Inverurie.

Now taking on new clients!

I am fully insured and a holder of a
Canine First Aid certification.

To book your next appointment
Call or text Emily - 07513 876 778
Email - bathedandbonnie@gmail.com
or find us on facebook -
[bathedandbonniedoggrooming](https://www.facebook.com/bathedandbonniedoggrooming)

Balmedie Pet Crematorium Ltd



Wardhead Croft, Balmedie,
Aberdeenshire AB23 8YJ

Phone: 01358 742753, Mobile: 07818 408195

www.balmediepetcrematorium.co.uk

*At Balmedie Pet Crematorium
we offer a dignified and private
cremation service for your pet.*

*Please call or visit our website
for further information*

**Cadgers Taxis
and Minibus Hire**

**4/8/16 Seater Cars/
Minibuses
People Carrier,
Contracts, School runs**



**3 Scott Terrace
Belhelvie
AB23 8YT**

01358 742370



BETTER BALMEDIE

Better Balmedie volunteers have had a very busy summer. We have repaired, replaced and painted planters and barrels so we could provide colourful features around Balmedie. We still have an allocation of plants from Aberdeenshire

Council but these are far fewer than before, so our volunteers have supplemented the plants from their own gardens and greenhouses. I hope you will agree that despite many batterings from the rain, we have created some lovely colourful beds. We held a very successful plant sale in June, raising funds to allow us to continue our work around the village, including the purchase of a new lawn mower. Thanks to all our customers and supporters who came along on a sunny day. We still have logs for sale at £4 a bag. Thanks also go to the Congregational Church members for providing a meeting place for our meetings and coffee breaks! [If you would like to join us please contact us](#), you don't have to be a gardener, just have a little time to give and an interest in keeping our village looking good.



Rosie Nicol

*Bring along this advert when you dine with us for lunch or dinner Monday to Friday to receive a 20% discount on your final bill **

** Only valid for parties up to a maximum of 6 people*

T: 01358 743249
E: info@thecockandbull.co.uk
W: www.thecockandbull.co.uk

Cadgers Garage

Local Pick-Up & Delivery Service Available

Mon - Fri : 8am - 6pm

- MOT's
- Repairs
- Servicing
- Body Repairs
- Paint Spraying

**MOT
TESTING
STATION**



Belhelvie Village, Aberdeenshire

T: 01358 742284

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



T: 01358 742127

M: 07776 256000

E: admin@jdplanthire.co.uk



Hill of Menie • Balmedie • AB23 8YD | www.jdplanthire.co.uk



TURNING THE PLASTIC TIDE



We have had a jam-packed year here at the Turning The Plastic Tide Project in Aberdeen City and Shire. The East Grampian Coastal Partnership (EGCP) is a not-for-profit organisation based along the City and Shire coastlines. It runs free community beach cleans for all (including schools and companies), helping to encourage marine and coastal stewardship. Through our Turning The Plastic Tide project (launched in 2018) we are raising awareness of plastic pollution and how anyone can help today to reduce the impact plastic is having on our environment. So far in 2024, we have helped organise and run over 40 beach cleans all along the Northeast coast with the help of over 800 amazing volunteers! (that's nearly 100 volunteer hours). Our project reaches out to communities as far as Arbroath and Fraserburgh but we have spent time with communities and schools in areas including Foveran and Belhelvie to further raise awareness about plastic pollution and our coastal environment. There is a fantastic strong core community in this area, and we have run several community cleans at Forvie NNR, Newburgh beach, Balmedie beach and Blackdog beach.

Here are some statistics for your interest: At Foveran and Balmedie Beach we had 15 beach cleans, 255 volunteers came along, and we removed 1,153.9 kg in weight. Members of the local community came out to help us during Climate Week Northeast this year at Balmedie. A great effort was put in by everyone, resulting in 104 kg removed from the beach, walkways and dunes.

Many thanks to The Sand Bothy team for helping us on beach cleans and promoting our events. We attended their fantastic Family Open Day in the summer where we had our pop-up beach litter pick pool to teach families all about the benefits of beach cleaning.

A big bravo to the Balmedie Cubs for their beach clean at Balmedie in May. They removed a huge 144.8 kg off the main beach. We also teamed up with the Formartine Council Ranger to run a coastal workshop day for Kintore School. We ran some mini beach cleans with the classes and Ranger Sarah went beachcombing to explore coastal habitats.



Did you know we have handy 'Take 4 for the Shore' kit boxes at Blackdog beach, Newburgh beach, Waterside car park and by the Sand Bothy? Next time you are down for a walk have a wee look and do a litter pick. Remember to use good hygiene practices and keep yourselves safe.

We as an organisation help schools, youth clubs, local teams and members of the public to get back in touch with nature and out on the beach doing their bit. We lead beach litter workshops, beach cleans for all ages and group sizes, loan out beach picker kits, share the communities success stories on social media and much more! Do get in touch if you would like to get involved lauren.dunkley@egcp.org.uk or lauren.smith@egcp.org.uk You can also find us on social media and Eventbrite.

Lauren Dunkley & Lauren Smith

THE STEAD INN

Potterton

Tel: 01358 742071

PUBLIC BAR

* DARTS * POOL * POKER

Bar opening hours: Monday closed, Tuesday to Sunday 4pm onwards



FUNCTION ROOM

* Holds up to 50 people * Private functions * Funeral teas
* Private parties * Kids play area * Beer garden



UPCOMING EVENTS:
BINGO EVERY SUNDAY EVENING



Please phone for further details

Manse Road, Potterton, Aberdeenshire AB23 8UB



INDIAN RESTAURANT

★ **NOW OPEN** ★

Bookings available

Serving normal menu right through the festive season

TAKE AWAY

Order by phone or online - home delivery available

Tel: 01224 539571

www.shishinstead.co.uk

email: info@shishinstead.co.uk

Opening Hours: Tuesday to Thursday 5pm to 9pm,
Friday to Sunday 5pm to 9.30pm, Monday closed.

Manse Road, Potterton AB23 8UB
Bar & Function Room Tel: 01358 742071



Skelmuir Glazing
WINDOWS & DOORS

North East Scotland



Windows: Timber|Aluminium|uPVC
Composite and Timber Doors
French Doors| Patio| Bi folding Doors

Call or WhatsApp: 01771 705885
www.skelmuirglazing.co.uk



We can discuss your requirements remotely and, using our windows and doors visualiser we can overlay your choices onto photos of your home - all in real time.



Creating places for people

MAC
CHARTERED ARCHITECTS



Residential Award
Winners



Home Improvement
Winners



f in

▲ 24 OLMELDRUM ROAD · NEWMACHAR
ABERDEEN · AB21 0PJ

T 01651 862688

E info@mac-architects.co.uk

W www.mac-architects.co.uk

THE WHITE HORSE INN

BALMEDIE



**Lounge and restaurant
open evenings and
weekends:**

**Monday to Sunday
12 noon until late**

Function room available,
perfect for weddings, parties,
anniversaries.

23 Old Road : Balmedie : AB23 8XR Tel: 01358 747646

Facebook: [The-White-Horse-Inn-Balmedie](#)

Instagram: [@the_white_horse_balmedie](#)

Michael Duncan Builders Ltd

Tel: 01358 789 562

New houses • Extensions • Concrete work • Roofing
All drainage & siteworks • Septic tanks • Patios & driveways



Est. 1985

michaelduncanbuilders.co.uk



THE GRANITE CITY GUERRILLAS DODGEBALL CLUB

Based in Bridge of Don, the Granite City Guerrillas (GCG) run adult and juniors sessions weekly. It's not just a movie (or a bad memory from PE), dodgeball is a grassroots sport that has been gathering momentum and growing in the UK and internationally. And yes, there are rules!

GCG was the first dodgeball club in Scotland and has been running for over 12 years. Many of our players have gone on to represent their country in competitions internationally, most recently at the World Champs in Austria.



GCG Juniors was started to encourage youngsters to get involved with dodgeball. It's open to all genders and requires minimal equipment - just some trainers. Some of our former juniors have now moved on to adult sessions, with one even returning to coach!

The first session is free for all new players. We're especially hoping to see more ladies and juniors aged 11-13 get involved, but we're open to all looking for a fun activity.

The Granite City Guerrillas - open to all genders, ages 16+			
Mon	Jesmond Centre	£6 per session, free if out of work	20.00 - 22.00
Guerrilla Juniors - open to all genders, under 11s			
Wed	Danestone Community Centre	£3 per session	19.30 - 20.15
Guerrilla Juniors - open to all genders, under 16s			
Wed	Danestone Community Centre	£3 per session	20.15 - 21.00

Please message our Facebook pages for more information or to sign-up:

Adults - facebook.com/TheGraniteCityGuerrillas

Juniors - facebook.com/GCGJuniors



**Anthony Aldred
& Robyn Smith**
GCG Coach & GCG
Juniors Coach

POTTERTON VOLUNTEERS



The arrival of Spring meant we could progress our current projects whilst admiring all the new plants and bulbs in the woodland area, and the long flower bed awakening along Panmure.

Our prep work for the Willow Arbour became a full-on mini digger excavation to remove the tonnage of granite revealed. It was completed with the help of Nick from Deeside Willow and additional volunteers. The arbour and rainbow bench have been a popular addition to the garden and were funded thanks to a wonderful donation from 'The Propeller Fund'.

The Bug Hotel was completed by our Cub Group. Using locally sourced items, they have provided a natural habitat for bugs and other wildlife. They also helped paint the raised flower beds which have now been planted with colourful perennials provided by Aberdeenshire Council. The Cubs, 1st Potterton Brownies and 1st Belhelvie Rainbows will be decorating our trees with natural Christmas baubles, thanks to a donation of wooden blank shapes from 'Trees Are Us', Tree Surgeons, Drumoak.

The wildflower meadow has returned with an amazing mix of plants, and two additional areas at Kirkhill and Manse Road have been sown with Cornflower and wildflower seeds. Autumn will see Yellow Rattle seeds scattered along the burn to try and curb the smothering couch grass. The local burns are regularly cleared of algae and blockages to maintain the ecosystem and flow of water.



We have been delighted with all the positive comments received. Anyone who would like to help on an ad hoc or regular basis will be more than welcome, even if just to drag a hose across the street to water the beds and conifers during a dry spell! The community garden and floral displays wouldn't be this special without our small band of dedicated volunteers.

Come down and see us, we are always happy to stop and chat, exchange ideas etc. [Follow us on Facebook @ Potterton Volunteers.](#)

Christiane Taylor



With a mix of perennials and bedding plants provided by Aberdeenshire Council, we filled the planters and areas in the village with summer colours. We received a large wooden planter for the north entrance to the village, this provided a larger area to display plants.

We have created a new area for planting where the old telephone box once stood. A colourful display has replaced rocks and weeds. In addition to the planters, we maintain another small flowerbed. Thank you to everyone who shares their positive comments as they pass - and to the gentleman who gave us some hosta plants.

The community centre is once again a busy area in the village and a large selection of planters provides a colourful and welcoming display. All help is welcomed from anyone with an interest in maintaining the planters. In warmer weather, help with watering is much appreciated. We also welcome any plant donations as the areas for plants increase. If you are interested in helping us, please text on 07918 665114.

Hilary Foxen

QUALITY FRESH FISH FROM PETERHEAD AT REASONABLE PRICES

Delivering to homes and businesses in **Balmedie, Potterton, Belhelvie, Whitecairns** and **Foveran** every Wednesday afternoon. Parked at Balmedie Leisure Centre every Wed, **2.30 to 3.00pm**. Balmedie deliveries thereafter. Potterton home deliveries only. If you are not at home, prior arrangements can be made so you get your fish, just call **Stephen** on **07854 891360** to make arrangements. For weekly and special offers, see our facebook page or email Stephen Bruce: stephen@peterheadfish.com

Fish can also be ordered using our Click and Collect Trawl and Haul service at www.peterheadfish.co.uk Any questions, please call **07854 891360**.



Tel: 01358 743725

Email: balmedie_leisure@btconnect.com

Find us on Facebook

WHAT GOES ON

Beachside Coffee Shop is open 7 days a week from 9am to 4pm. A fantastic range of food, drinks and cakes is available to sit in or take away along with a secure children's play area.

'Paws Pets Supplies' are based in the Leisure Centre car park every Friday from 6pm to 8.30pm. Why not pop along and grab some treats and toys for your pet.

FUTURE EVENTS

Balmedie School disco will take place on 1st November at BLC for all primary ages. Please contact the school for further information and tickets. The Coffee Shop and Bar will be open during this event.

Balmedie Boogie Bingo is on 8th November at 7.30pm. Tickets cost £20, which includes fizz on arrival, 4 games of Boogie Bingo followed by a disco. Top prize of £100 is up for grabs. Doors open at 7pm, eyes down 7.30pm. Tables can be reserved by contacting the Leisure Centre either by FB messenger, email or call 01358 743725.

A Christmas Fayre is scheduled for Friday 22nd November at BLC from 7pm to 9.30pm. Entry is free, so why not come along and buy some stocking-fillers. We are delighted that Pizza Box will be joining us in the car park during this event. BLC are hosting a Christmas Eve Service led by Belhelvie Church at 4pm.

INSPIRATIONAL VOLUNTEER - BILL MURRAY

We are delighted that the wonderful efforts of BLC Voluntary Chairman, Bill Murray have been recognised. He has been recognised as the 'Inspirational Volunteer' he is. We are so proud of him and his achievements. Very well-deserved Bill!

CONTACT US

There is many a fine way you can get in touch. Firstly, if you are passing, do pop in and introduce yourself. Alternatively, give us a call on 01358 743725. You can also 'like' us on Facebook and Instagram to receive regular updates, or email us at:

balmedie_leisure@btconnect.com

Judith Hendry

FRIENDSHIP GROUP



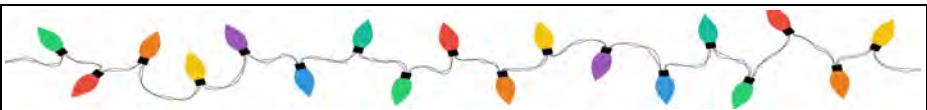
We meet in the Balmedie Leisure Centre every second Tuesday from 1.30pm to 3.30pm where we are entertained by music, talks, Bingo, Beetle Drive or quizzes. We have a Christmas Lunch in December. **We would love you to come along and join us. If you would like to find out more, please get in touch with one of us: Helen 01358 743634, Jean 01358 743283, or Isobel 01358 743122.**

Helen Deans



VOLUNTEERING OPPORTUNITY

Have you been thinking that you may like to volunteer to support a community project - but perhaps hold back because you're not always free to attend regular meetings or events? Banter may be the volunteering opportunity for you! Our present Editor (Jess) would like to 'retire' and we are looking for someone to take her place. You would work as part of a team and be supported by our Assistant Editor (Beth). The job kicks in only twice a year, in April and September, so it's not a year-round commitment. If you think you could do this and would like to get involved, please do get in touch.
Tel: **07763 314579** or email belhelviebanter@gmail.com



BALMEDIE CHRISTMAS LIGHTS

It's near that busy time of year again. We will be having our annual Christmas Lights Family Fun Day at the White Horse Balmedie on Saturday 23rd November 10am-3pm, a day for all the family with stalls for your Christmas shopping, kids' crafts, home-bakes and another fantastic visit from the Critter Keeper. Tickets are available to purchase via our Facebook page. Our light switch-on event date has yet to be confirmed - please check our Facebook page for updates. **If anyone would like to volunteer to help with the Balmedie Christmas Lights Group please get in touch with Diane via our Facebook page.**

Diane Cassie 07850 235215

LEISURE CENTRE LOUNGE GROUPS

Balmedie Leisure Centre is delighted to be able to donate the Lounge free of charge to these groups below.

KNIT-AND-NATTER GROUP

This takes place in the Lounge every Friday morning from 10am to 12noon.

SWRI

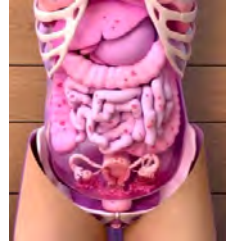
The Scottish Women's Royal Institute meet here on the third Wednesday of the month from 1pm to 3pm.

For further details of these groups, please get in touch with us at the Balmedie Leisure Centre on 01358 743725.

Shona Buchan

PUT THE SMILE BACK INTO YOUR PELVIS

Last time, we talked about the pelvic floor, its functions and how important it is, as it forms the base of our torso and its contents. We focussed on a slack pelvis that needing strengthened. This time, we are going to discuss the implications of a pelvis that *won't* relax. A pelvis in alignment will improve the overall health of your body.



Signs and symptoms of a tight pelvic floor: Constipation, painful sex, pelvic pain, urgency in relation to passing urine or pooping, difficulty in starting or finishing a bowel movement, tailbone pain, slow flow of urine or not emptying the bladder completely and erectile dysfunction are all some of the consequences of a tight pelvic floor. Continuous sitting or walking with a limp because of a non-related injury compromises the pelvis. Even incontinence can be linked to an overtight pelvic floor because when the muscles are continuously spasmed, they can't function to open and close the urethra as they should.

In addition, the hamstring muscles are also often in spasm along with the all-important deep rotator in your bum - the piriformis (which often also causes sciatica) as well as other deeper muscles including around the coccyx/tailbone, the coccygeus. Blood flow is always crucial and essential to your genitals - contraction of the pelvic floor muscles help supply the blood to them. An overtight pelvic floor can be a cause of erectile dysfunction as the penis isn't getting the blood and therefore the oxygen it needs.

How does this happen? Did you grow up not wanting to poop at school? The muscles you used to tighten as a habit, may now still be too tight. This applies to holding on to your urine till the very last minute, too. High levels of stress keep many muscles tight - this may be due to fear or anxiety plus the effects of past traumas and/or abuse. EFT or Matrix Reimprinting are energetic therapies that can help here.

The pelvic floor muscles are attached to your tailbone. Dogs droop their tails when they are sad, anxious or feel threatened - well so do we! Thus, back and/or hip pain can originate in a pelvic floor imbalance, so it is a good idea to get a structural check.



The pelvic floor muscles attach to the coccyx at the back and the pubic bone at the front. Their function is to support the bladder, rectum as it fills and evacuates, vagina, uterus, and the prostate. The different signs and symptoms of a tight pelvic floor - chronic pain due to endometriosis or pelvic inflammation, irritable bowel syndrome, birth trauma, tearing of the perineum during birth, scar tissue from surgery for prostate problems.

Walking around with a pelvis out of alignment puts stress on other muscles that overwork to compensate - this happens all over the body. This muscular imbalance can contribute to pelvic floor problems and for the same reason so can sitting for hours on end or walking funny when you have had a hip, knee or ankle injury.

Basically, the muscles in your lower pelvis are in a spasm. They don't know or have forgotten how to relax. This can come on suddenly or be a problem most of the time. When they are in a state of constant contraction, it is impossible for relaxation to occur. Overworking any muscle and not allowing for recovery time leads to problems.

Massage can help you discover what your body is really doing.

What can we do? Lie on your back with knees bent, hands on belly, breathe and allow the belly to rise. As you breathe in, relax your belly down the way, then your pelvic floor from side to side and front to back. Focus on your genital organs and let the relaxation/letting go feeling from your breath reach them. Then breathe in and allow muscles to contract gently. Repeat 6 times. Do daily.

Maggie Brooks-Carter, DO, RN, SMTO



Since the last edition of Banter, it's been a time of highs and lows for Belhelvie Community Trust. Our projects have all thrived with more volunteers recruited. The Sensory Garden is looking great and is well used by people of all ages. Despite the weather, The Sand Bothy and Balmedie Beach Wheelchairs have been busy, and Potterton Volunteers have been busy developing the park next to the Burn.

In contrast to all the positivity, we had several uncertain months when promised funding from the Scottish Government did not appear and we did not know if we would be able to continue to employ Joni. This affected many charities and community projects all over Scotland. The situation was resolved eventually, and we are pleased to report that Joni's job is secure until the end of 2025. However, it did demonstrate that the work of community volunteers is not understood by some of those in authority, we felt totally undervalued and excluded. Our plans had to be put on hold, and we could not apply for other funding.

Now back on track, we are delighted to have extended our lease on the Bothy until 2041 so we can now draw up plans for the next few years and offer a wider range of activities at the Bothy for our communities, in particular for our local schools. There are other opportunities in our parish communities for community development of projects and services, including acquisition of properties, but we can only do that if people come forward to help. There could be exciting times ahead, but BCT can only continue with your help. Some of our older members would like to do less, but we need folks to hand over responsibility to. ***If you would like to help, please contact me on 01358 742557 or email rosie.nicol81@gmail.com***

Rosie Nicol, Secretary BCT



TRUMP
INTERNATIONAL
SCOTLAND

Celebrate Christmas And Make Magical Memories

- FESTIVE AFTERNOON TEA
- PRIVATE DINING AT MACLEOD HOUSE
- FESTIVE BRUNCH WITH SANTA
- LUNCH & SUPPER WITH SANTA
- CHRISTMAS DAY AT THE DUNES RESTAURANT



Trump International, Scotland, Menie Estate, Balmedie, Aberdeenshire AB23 8YE
T: +44 (0)1358 743300 | E: bookings@trumpgolfsotland.com

www.trumpgolfsotland.com

*Scan QR code to discover
what's on this festive season!*

BELHELVIE COMMUNITY COUNCIL (BCC)

Community Council elections - All Aberdeenshire Community Council elections were moved to September this year. Not all appointments were confirmed before the Banter deadline for articles, so please check our website and noticeboards for the latest information. If you are interested in finding out more about being a Community Councillor, please get in touch or come along to our monthly meetings.

Village improvements - We are continuing to work on new benches for our villages, refurbishing and replacing our noticeboards and installing new planters. New noticeboards will soon be installed in Belhelvie (replacing the current board) and in Balmedie near the Premier store. We are also installing two new benches in Balmedie on Eigie Road (what3words: coil.painters.form) and in the Country Park (what3words upholds.germinate.splits). You can see the location of the benches on our website <https://belhelviecc.org.uk/work.html>. If you have ideas for new places where you would like to see benches installed, please get in touch.

Community Awards - We were delighted to award our first Special Recognition Award to Mario Chiru, owner of the White Horse Inn and previously owner of the Balmedie Premier Shop, last summer. We are planning to make the award a regular event and introduce an award for younger members of the community (under 18 years old). Please keep an eye on our noticeboards, website and Facebook page for more about the awards soon.

We would also like to congratulate Bill Murray from Balmedie Leisure Centre for winning the Inspirational Volunteer award at this year's Aberdeenshire Council 'Inspiring Aberdeenshire' Awards. And a big thank you to Bill and his team for their continuing support of our meetings at the Leisure Centre.

Aberdeenshire Local Development Plan 2028 (LDP) - Aberdeenshire Council has started work on the Aberdeenshire Local Development Plan (LDP), which they anticipate will be approved in 2028 for the period between 2028 and 2038. You can find out more about the Plan on the Council's website: <https://www.aberdeenshire.gov.uk/planning/plans-and-policies/ldp-2028/>. There is also a Local Development Plan Engagement Hub, where you can find links to the surveys and polls that the Council is using to ensure that community views are taken into account in the development of the next Local Development Plan. <https://engage.aberdeenshire.gov.uk/hub-page/local-development-plan-2027>

Autumn Covid vaccination appointments taxis - We can co-ordinate and pay for taxis to help parishioners attend covid vaccination appointments. We will need your name, pick-up address, destination address and appointment time. Phone (vaccination transport help): 07733 322244.

Monthly meetings - Monthly meetings are held **every third Monday at 6.30pm, in person at the Balmedie Leisure Centre with online access where we have resources available.**

Meeting dates, agendas and minutes are available on our noticeboards and online at: www.belhelviecc.org.uk/meetings.html

Contact us

Email: belhelviecommunitycouncil@hotmail.com

NEW Phone number: 07902 256616

Facebook: www.facebook.com/BelhelvieCommunityCouncil

Carolyn Wood



We have so many different volunteering opportunities in Belhelvie Parish.

Why not volunteer for one of the following groups? It's a great way to get out there and meet new people.

Group	Contact	
Balmedie Sensory Garden	Joni Corbett	07752 768918
Belhelvie Banter	Jess Petrie	07763 314579
Belhelvie Community Council (BCC)	David Wallace	07902 256616
Belhelvie Community Trust (BCT)	Rosie Nicol	01358 742557
Better Balmedie	Rosie Nicol	01358 742557
Blackdog Residents' Association	Gary Sanders	07947 583671
Christmas Lights	Diane Cassie	07850 235215
First Responders	Theresa Thomson	07931 251993
Guiding	Susan Osbeck	01224 703335
Potterton Volunteers	Bernard Humphrey	07710 416003
Scouting	Ian Thomson	07743 844040
The Sand Bothy	Joni Corbett	07752 768918

Pilates

Varying levels within each class.

Please call Elizabeth on
0771 4421244

DON'T FORGET...

The deadline for submitting articles and adverts for the next edition of Belhelvie Banter is

Friday 18th April 2025

Please email:
belhelviebanter@gmail.com



01358 743 672

07960 196 196

gary@lokalloksmith.co.uk

www.lokalloksmith.co.uk

K. F. Watson Electrical

All electrical work undertaken

Ellon: 01358 789739

Aberdeen: 01224 566450

www.kfwatsonelectrical.co.uk

BELHELVIE BOWLING CLUB



We are now at the end of the season for 2024. It has been an eventful year, being our 100th anniversary. We are now the lease holders of the bowling green, the pavilion and the surrounding old tennis court and car park. The year has seen several new members join us, who are keen to continue the club's success. Hopefully 2025 will see more people join.

Alan McBain, a long serving member of the club, since 1982, was given Honorary Membership at the closing of the green. He twice served as president in 1994-95 and 2004-05 as well as winning many accolades in the club, the Bennachie and A&K competitions.

The hall is now available for anyone to use on request. If you would like to book it, or have any queries, please contact me on 07729 817718.

Marion Donald Club Secretary

AN INVITATION TO BELHELVIE BOWLING CLUB

If ye're trevelling throw Belhelvie an ye tak e Udny wye
Ye nicht jist see an iron hut, ye nicht jist pass on bye
So if ye're passin foo nae stop an hae a look aroon
Oor boolin club's a richt gweed place for ony quine or loon.
E fowk here are a motley crew fae different walks o' life
Faimly fowk fae roon about some teams o' man an wife.
Er's Jiners, Plumbers, Sparkiesfowk fae different occupations,
Retired aal mannies aat come oot te hae a conversation.
Fowk aat like e competition, fowk aat wint a hobby,
Aal Fermers an aal Engineers an ane or twa aal Bobbies.
Ivery booler passes throw they come an syne they go
Some pit doon e bool real quick and some a bittie slow.
It disna mak much difference if ye're winnin or ye loose
Files it's grand jist bein there te hae a richt gweed news.
Some boolers shine and leave their mark, their name up on e waa
File ithers dinna get e luck an dinna win at aa.
Bit boolers are jist human they're really aa e same
Er's mair important things in life, it's only jist a game.
We've noo been here a century an aye we still survive
Oor very ain community we fecht te keep alive.
Oor doors are ayewis open so come awa inside
We'll guarantee aat eence ye're here ye'll aywis wint te bide.

Brian Thomson



A WORD FROM THE DOC...

Self-Care

This year has been racing by at breakneck speed, and weather wise it has not exactly been a vintage one either! We are now facing a long winter with little memory of a warm summer, and for some readers no winter fuel payments either! Adding in the general doom and gloom, with talk of economic black holes and wars raging how can we help ourselves feel better?

I have talked before about resilience, but practical steps can be a challenge for us all. We now live in a society where it is more acceptable to talk about and admit mental health challenges, yet I have never been busier dealing with anxiety and low mood in people of all ages. We doctors have a fancy word to describe the causes of this, it is 'multifactorial', meaning many things are combining to cause this problem. Solutions can be a challenge.

People with marked symptoms or those whose issues have been troubling them for some time will usually seek help. Many feel a little bit worried or occasionally down, so what can you do to prevent getting to the stage that you may need professional help? How can you 'self-care'?

This is where I will return to familiar themes of activity and good eating habits. A problem with this is where can you get reliable information? What can you follow and who can you trust? There is a bewildering amount available on the internet and it takes quite a bit of time to try and work out what is safe and what is quackery. So I will try and help!

Some of you will find a cuppa and a chat with family or friends can help, but this is not always possible or indeed they could be the source of your worry! To 'self-help', the 'NHS Inform' official website is a good starting point. It has comprehensive information on all health matters and there are links to useful sites such as 'Moodjuice' or 'Breathing Space Scotland', which have been checked and can be trusted. YouTube can also be a good source of help and information. Search for Dr Dan Seigel's 'Brain on Hand - neuroscience for kids', for a simple yet informative clip on how the brain works, particularly with anxiety symptoms. There are things you can download if you are struggling, for poor sleep try www.sleepio.com/nhs and for anxiety www.trydaylight.com/nhs. These apps are commercially available but are free if you put in the /nhs when searching on a device.

However, I felt it would be good to highlight one of my favourite sources of patient friendly advice and practical steps, namely the 'Just One Thing' podcasts by the late Dr Michael Mosley. He had a great ability to communicate and explain medical issues to people and this series is well worth a listen.

It is freely available on the BBC Sounds App. I have enjoyed listening to this myself and do follow some of the tips that have been on this, so I am not recommending anything that I have not tried myself!

Making sure that you take the time to look after yourself is important, even the emergency advice on the aeroplane seat card is to put your own mask on before helping others. The reason that I like the 'Just One Thing' approach is that these tips are not difficult to do, or take a huge amount of time. It is easy to pick and choose the ones that appeal to you. I do think that it gives a very good way to help you follow my oft repeated advice to eat better, move more and keep healthier, both in mind and body. I am sure you don't really want to spend time seeing me or my colleagues!

With winter approaching make sure you look out for your letters about flu jabs and covid boosters. Remember that this now does not involve GPs so please do not call us, contact the Vaccination Service instead. Also a little tip, if you cannot traipse to Inverurie, ask for an appointment at the Bridge of Don Centre or Central Aberdeen clinic as these are far easier to access on public transport and are a shorter drive.

I hope that the next year brings better weather, and I'm jumping in early to wish you a Merry Christmas and a more active, self-caring 2025 when it comes.

Dr Alasdair Forbes

	BROOKS-CARTER CLINIC
	Braehead Way Shopping Centre, Bridge of Don, Aberdeen AB22 8RR
<p>OSTEOPATHY ADVANCED REMEDIAL MASSAGE SPORTS & REMEDIAL MASSAGE ACUPUNCTURE / DRY NEEDLING CHINESE CUPPING SHIATSU ON-SITE MASSAGE REFLEXOLOGY</p>	<p>You may not have to 'learn' to live with...</p> <p>Back and leg pain, neck and shoulder pain, arthritis, headaches and migraines, repetitive stress, sports injuries, asthma, chronic fatigue syndrome, digestive problems, vaccine injuries and adverse effects, long covid... and more.</p> <p>To book an appointment or to chat to someone: Tel: 01224 822956 / 822960 Email: info@brookscarterclinic.co.uk www.brookscarterclinic.co.uk</p>



BELHELVIE CHURCH OF SCOTLAND

11am every Sunday at Belhelvie Church

It seems daft to be notifying you of Christmas events when it's 16 degrees and blue skies outside but given that social media is telling me it's only 100 days to Christmas, perhaps there's a method in my madness! Despite the unseasonable (and long awaited) warm weather, Autumn is upon us and things are picking up again within congregational life after the quieter summer months.

Mainly Music - our parent and toddler group continues to meet on Tuesdays at 1.30pm in The Forsyth Hall. It's a really welcoming, fun space for pre-schoolers and their parents/carers. Contact jeanettelamb@btinternet.com for details.

Remembrance Sunday is the 10th November this year, and as ever we'll have a special Sunday service at 10.50am followed by a short service of remembrance outside the church at the War Memorial. Later in November there's our annual **Church Fayre**, stacked with festive goodies, which is running on Saturday 16th November from 10am to 12noon in The Forsyth Hall.

By popular request, we're planning another **Gingerbread Village** event for Saturday 14th December. We'd love as many of you as possible to make a gingerbread house at home (preferably with lighting) and bring it along to The Forsyth Hall between 1.30pm and 3.30pm on the Saturday. Then at 4pm we'll have the grand opening, complete with refreshments and carols. Get involved and help us create a little winter wonderland this Christmastime.

On Sunday 1st December, in morning worship, we will have the **Bon Accord Silver Band** with us for a service of lessons and carols and that evening at 6.30pm, we'll have our **Christingle Service** - a wonderful **candlelit service** prepared with kids in mind. All being well, we'll be having our usual Community Carol Service in **Balmedie Leisure Centre** on Christmas Eve at 4pm, and **Watchnight Service** up at the church at 11pm, with a short service at 11am on **Christmas morning** too.

Before then, we continue to have regular worship on Sundays at 11am and have provision for children on the first and third Sundays of the month. On the first Sunday of the month, we run a Sunday School and on the third Sunday, we have **All Age Worship** in The Forsyth Hall, a more informal, relaxed time together in a café-style setting.

As ever, we'd love to see you come along to any of these events - you'd be more than welcome - and remember I'm always on the phone for anyone who needs/wants to talk to someone in confidence.

Paul McKeown Minister 01358 742227
PMcKeown@churchofscotland.org.uk

CLOTHING APPEAL

Four years ago, I telephoned the Rev Paul McKeown to tell him about an initiative I am involved with at Crown Terrace Methodist church, providing Sunday lunches for homeless people in the city. As winter approached, we saw a need for warm clothing for many of our guests. Having raided the wardrobes of our members, we soon had to look further afield, and I asked if the Belhelvie Church could help. Hoping for a few carrier bags of clothes I was amazed to get a call from Paul asking, "Have you got a big car?" The generosity of Belhelvie parish was moving and so much appreciated.

Four years on and we still provide the Sunday lunches, but now also have an **OPEN HOUSE** Monday to Friday from 2pm to 4pm offering a warm space, hot drinks and warm food, someone to talk to, table games and crafts or the opportunity to just sit. As the weather gets colder the need for warm/weatherproof clothing is increasing and we would be grateful for any help that our community can give in that respect. The items we need (mainly for men but we do have a few women guests) are outdoor warm/weather-proof jackets/coats, warm sweaters, trousers, woolly hats/caps, gloves, scarves, t-shirts, strong shoes/boots. If you only have one or two small items, please don't feel it won't make a difference - it will to someone!

We have arranged drop off times below at the **Forsyth Hall Annexe at Belhelvie Church** (AB23 8YR). Someone will be there to receive your goods. If it is more convenient, items can be left at Craigie Park, Whitecairns any time.

Friday 1st November 6.30pm -7.30pm, Saturday 2nd November 10am - 11am

Monday 4th November 6.30pm - 7.30pm, Thursday 7th November 10am - 11am

Joan Ørskov 07493 336677



BACK COPIES OF BANTER

Sometimes we are asked if we have extra or back copies of Banter but unfortunately, we don't. If, for any reason, you do wish to check out things in current or previous editions, just go on to our website www.belhelviebanter.org. There, you can access all 51 editions of Banter, should the inclination take you! Thanks to our very talented Balmedie resident, volunteer Philip McHardy who keeps our website up to date.

THE JOY OF DANZ



CLASSES:

BALLET • TAP • HIGHLAND • SCOTTISH NATIONAL • STREET DANCE
MODERN / CONTEMPORARY • COMPETITION CLASS

LOCATIONS:

ABERDEEN / BALMEDIE / KINELLAR

Classes available from Age 2+

Teachers: BATD/ISTD Qualified

T+ 07980 861711 or 07733 222852

danzcreations@btinternet.com

WWW.DANZCREATIONS.CO.UK



BELHELVIE CHURCH PASTORAL CARE TEAM

Coffee Haven continues to be well supported and takes place on the first Tuesday morning of every month, from 10am-12noon in the Forsyth Hall. All are welcome to come and join us for tea/coffee, home baking and a chance to chat. Easy access is available from the side entrance if required. For further information please contact: caroline.daniel@btinternet.com or phone 07754 185283.

The money raised at Coffee Haven pays for the ongoing support of a young Kenyan teenage girl called Brilian, from whom we receive regular updates. As our numbers continue to increase, our fundraising means we are now able to support other charities on an occasional basis. Our intention is to donate to Macmillan Cancer Support over the next couple of months and then to Abernecessities nearer to Christmas. Heartfelt thanks to all our regulars for their generous donations which allow us to support Brilian and other causes.

If you feel the need for some gentle exercise and enjoy dancing, then why not join the Zumba Gold class which takes place in the Forsyth Hall on a Monday at 12.45pm. The class lasts for about 45 minutes and costs just £5. To find out more please contact: jeanettelamb@btinternet.com



Caroline Daniel

LOTS OF FUN AT MAINLY MUSIC

As summer ends and holidays for most of us are a thing of the past, we focus again on the groups we join that get us through the bleak winter months. Mainly Music ended on a high note last term by celebrating our 10th anniversary. We had a wonderful session with lots of people who had joined us over the years coming back to our celebrations. In church we updated our congregation on how things were going and the many lives we had touched through our outreach within Mainly Music. A true reason for celebration. We also thanked all those people who have helped us over the years especially those members of the team who have been with us from the start: Mrs Sheila Anderson, Mrs Pat Forbes, Mrs Rhona McKeown and Mrs Jeanette Lamb. Well done ladies!

Now it is time to look forward to the future and put in place the planning for another year. Our sessions take place every Tuesday at 1.30pm in the Forsyth Hall. For anyone new to the area or thinking of coming along, our sessions are for 0-5 year olds. We start with 30mins of fun songs and actions. The children then get a small snack and a drink followed by time to play with the other children. It is then that we focus on the mums/carers who come along and give them a hot drink and lovely cakes (made by our dedicated team of bakers) and time to chat. We welcome back our regular members and look forward to seeing them again. If you would like to come along and join us please contact me at: jeanettelamb@btinternet.com and I can provide more details if needed.

Jeanette Lamb



BALMEDIE CONGREGATIONAL CHURCH

11am every Sunday at the Wee Kirk
in Rowan Drive, Balmedie

A Scottish Charity - Number SC022803

As well as our weekly church service, our Wee Kirk beside the Co-op also hosts many other activities:

Mondays 10am to 1pm - Warm Hub

Wednesdays 9.30am to 11.00am - Under 5's Group

Wednesdays 2pm to 3pm - Ladies Group - for tea and a chat

Thursdays 10am to 12noon - Better Balmedie

Fridays 3.30pm to 4.30pm - Boys' Brigade

Saturdays 10am to 12noon - Better Balmedie

We are delighted that our **Boys' Brigade** company is growing and would be pleased to welcome any school age boys or girls on school day Fridays. We have **Coffee Mornings** every second Saturday of the month. Our traditional **Remembrance Service** is on Sunday 10th November at 11am.

Our Christmas events include:

Sunday 1st December 2024 at 11am - First Sunday of Advent

Sunday 22nd December 2024 at 11am - Family Nativity

Tuesday 24th December 2024 at 11pm - Carol Service

All welcome!

Rev. Andy Cowie 01224 703248

POTTERTON CONGREGATIONAL CHURCH

A Scottish Charity - Number SC038121

Meets at the Potterton Community Centre on an ad hoc basis every fortnight
and over the Christmas period. All welcome!

Minister: Andy Cowie 01224 703248 or 07715 279478

acowie999@btinternet.com



Co-op Membership helps our local community

Every time members buy selected Co-op branded products and services, 2p for every pound spent goes to you, and the same goes to support local projects and groups in the Belhelvie area. Ask at the Balmedie Co-op store if you would like a card. Local groups can apply for funding if they

are planning to deliver a project that enables people to access food and cooperates 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.

cards crafts clothes food jewellery cards crafts

clothes food jewellery cards crafts

clothes food jewellery cards crafts

Fair Trade Open House



*You are very welcome to
Bonnyton Farmhouse,
Pitmedden*

**5th - 10th November
Tuesday to Sunday
10 am - 10 pm**

**Refreshments
Bread and
soup lunch!**



**Bonnyton
Farmhouse
AB41 7QA**

cards crafts clothes food jewellery cards crafts

This year's Fair Trade Open House at Bonnyton Farmhouse, Pitmedden, will start on Tuesday 5th November and run to the Sunday. Every year it is such a highlight in our household. Welcoming such lovely folk and sharing our passions for trade justice - not to mention the joy of eating cake together! We so hope that you can join us again this year - or if you have never made it yet - make this year the one that you come along. We are looking forward to stocking up with a whole range of fabulous Fairtrade products for everyone to enjoy. See you then.

Anne Aspden



BABY & TODDLER GROUP

Our weekly group is held on Wednesdays from 9.30am to 12noon in the Wee Kirk hall opposite the Co-op. The first Wednesday of the month is messy play suitable for all ages. Our group is suitable for babies up to school nursery age with lots of toys, books, snacks and FUN! No need to block book, pay as you go! Come along and meet other local parents and grandparents. All welcome.

Diane 07850 235215

1st BELHELVIE GUIDES

We were very pleased to be able to present a Bronze Award to Indi, a Silver Award to Erin, and a Gold Award to Aseel last term. Erin also worked over the summer to complete her Gold Award which we were able to present at her Ranger meeting.

We're also very happy to announce that Guides are now meeting **weekly on Tuesdays in Balmedie 7pm to 8.30pm**. With the extra weeks added to our term, we are hoping to be able to work on a few more exciting and challenging things. We started off easy though by learning to tie knots with strawberry laces. The Guides are currently working on their chosen Skills Builders for which I have so far been asked to provide baking supplies and cardboard boxes. I look forward to discovering what they have planned.

We'll be having a campfire towards the end of term where we'll be discovering the delicious art of making cheese dreams on a fire.

Guides are for girls aged 10-14 years old. We currently have three volunteers but are always happy to welcome more. Volunteering is flexible and can be a regular meeting commitment, or a support role outwith the meeting. If you are interested in joining us as a Guide or volunteer, please get in touch by giving me a call on 01224 703335 or emailing 1stbelhelvieguides@gmail.com or register online at:

<https://www.girlguiding.org.uk/get-involved/>

1st BELHELVIE RANGERS

We ended last term with a lovely presentation of Ranger Gold Awards to Ava, Elspie, and Fiona at Newburgh beach before they finished as Rangers. Well done girls. We also enjoyed a campfire and sausage sizzle with Newburgh Guides.

This term we have moved back to **Balmedie and are fortnightly on Tuesdays 7pm to 8.30pm**, with new girls just starting. Our new Rangers have so far tried tea tasting, and retro fashion design, and have planned a campfire and relaxation night for this term. They are all also Young Leaders in Girlguiding, so they are working on their Young Leader Development Program at the meetings as well. This is a great programme consisting of 12 modules, and they can choose how many and which modules they want to work towards. For every four modules completed, there is a badge, and all modules contribute to the adult leadership qualification when reaching 16 years old.

The Rangers are young women aged 14-18 years old and are great fun. New members (and volunteers) can join at any time with no previous experience in Guiding required. Please also get in touch if you are interested in being a Young Leader.

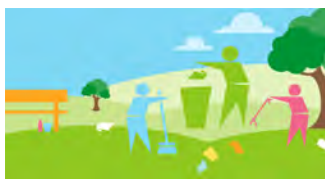
For more information on Guides or Rangers, give me a call on 01224 703335, email 1stbelhelvierangers@gmail.com or register online at:

<https://www.girlguiding.org.uk/get-involved/>

Susan Osbeck

BALMEDIIE LITTER PICK

Meet us at Balmedie School on the first Saturday of the month at 10am. Equipment provided. Everyone welcome.



CAN YOU HELP?

Balmedie Scouts are desperate for more volunteers. Can you spare a Friday evening? Commitment doesn't have to be weekly. You don't even have to be a full leader. Any support you can offer would be most welcome.

Balmedie Scout group has a waiting list and are turning down potential Scouts. Unfortunately, if they do not get any more help, incoming Cub places could be at risk too.

The present leaders are passionate about providing amazing Scouting

opportunities for everyone and they guarantee that you will have fun too! You do not need to have a Scouting background. Scouting activities produce remarkable young people. The aim of the group is to offer opportunities to promote personal growth, and watching this development happen in young people is such a wonderful reward. Come and join the fun! If you are interested, do get in contact to come along any evening and see what we are all about. Phone Mr T on **07743 844040** to find out more.

School Dates 2024/25

Oct	Fri 11 th	Term 1 ends	Balmedie, Ellon, BoDA
	Mon 28 th	Term 2 starts	
Nov	Thu 14 th	In-service day	Balmedie, Ellon
	Fri 15 th	In-service day	Balmedie, Ellon, BoDA
Dec	Fri 20 th	Term 2 ends	Balmedie, Ellon, BoDA
Jan	Mon 6 th	Term 3 starts	Balmedie, Ellon, BoDA
Feb	Fri 7 th	Local holiday	Balmedie, Ellon
	Mon 10 th	Mid-term holiday	Balmedie, Ellon, BoDA
	Tue 11 th & Wed 12 th	In-service days	Balmedie, Ellon, BoDA
Mar	Fri 28 th	Term 3 ends	Balmedie, Ellon, BoDA
Apr	Mon 14 th	Term 4 starts	Balmedie, Ellon, BoDA



GRANT

PLUMBING
&
HEATING

YOUR OIL HEATING SPECIALISTS

Oil Boilers Serviced
& Commissioned
Oil Tanks Supplied & Fitted
KITCHENS
BATHROOMS
BOILER CHANGES
CENTRAL HEATING

CONTACT US FOR A FREE ESTIMATE

☎ **07720 444718**

✉ **info@grantplumbingandheating.co.uk**

🌐 **www.grantplumbingandheating.co.uk**



.....
NVQ

burn(right)



- Traditional Sweeping
- Power Sweeping
- Cows
- Bird Guards
- Nest Removal
- CCTV Check
- Stove Installations, Servicing & Repairs
- Fully Insured



Malcolm Munro : 07854 669170

malcolm@munrostovesandsweeps.co.uk



www.munrostovesandsweeps.co.uk

REGULAR COMMUNITY EVENTS

Weekly			
Mon	Zumba Gold	Forsyth Hall, Belhelvie	12.45-13.30
Mon	The Community Hub	Balmedie Cong. Church (Wee Kirk)	10.00-13.00
Tues	Sensory Garden Group	Sensory Garden	10.00-12.00
Wed	Baby and Toddlers	Balmedie Cong. Church	09.30-11.00
Wed	Ladies' Group	Balmedie Cong. Church	14.00-15.00
Wed	Sensory Garden Group	Sensory Garden	18.00-19.00
Wed	Library open	Balmedie Library	16.30-18.30
Wed	Craft Club	Balmedie Cong. Church	18.30-19.30
Thurs	Balmedie Walks & Coffee after	Balmedie Leisure Centre	10.30
Thurs	Indoor Bowling	Potterton CEC	15.00-17.00
Thurs	Better Balmedie	Beside Balmedie Wee Kirk	10.00-12.00
Fri	Knit & Natter	Balmedie Leisure Centre	10.00-12.00
Fri	Book Bug Pre-School children	Balmedie Library	10.30-11.00
Fri	Library Open	Balmedie Library	13.00-17.00
Sat	Better Balmedie	Beside Balmedie Wee Kirk	10.00-12.00
Sat	Potterton Volunteers	Potterton Burn	11.00-13.00
Sun	Belhelvie Church Service	Belhelvie Church	11.00
Sun	Balmedie Cong. Church Service	Balmedie Cong. Church	11.00
Fortnightly			
Tues	Friendship Group	Balmedie Leisure Centre	13.00-15.00
Wed	Lego Club	Balmedie Library	15.30-16.15
Monthly			
1 st Tues	Coffee Haven	Forsyth Hall, Belhelvie	10.00-12.00
1 st Thurs	Book Group	Balmedie Library	
1 st Sat	Balmedie Litter Squad	Balmedie School	10.00-11.00
3 rd Mon	Belhelvie Community Council	Balmedie Leisure Centre	19.00
3 rd Wed	SWRI	Balmedie Leisure Centre	13.00-15.00
Last Sat	Men's Breakfasts	Cock & Bull	09.30
Quarterly			
4 th Mon	Belhelvie Community Trust	Venue varies - check F'book page	19.30
Term Time Groups for Children and Young Adults			
Mondays	Cubs	Potterton Community Centre	18.30-20.00
Mondays	Ranger Guides (fortnightly)	Newburgh	19.30-21.00
Tuesdays	Mainly Music	Forsyth Hall, Belhelvie	13.45-15.00
Tuesdays	Balmedie Rainbows	Balmedie School	18.00-19.00
Tuesdays	Cubs	Potterton Community Centre	18.30-20.00
Tuesdays	Guides (fortnightly)	Balmedie School	19.00-20.30
Tuesdays	Explorer Scouts	Potterton Community Centre	19.30-21.30
Wednesdays	Beavers	Balmedie School	18.00-19.15
Wednesdays	Craft Club	Balmedie Cong. Church	18.30-19.30
Thursdays	Potterton Rainbows	Potterton Community Centre	17.30-18.30
Thursdays	Potterton Brownies	Potterton Community Centre	18.00-19.45
Thursdays	Balmedie Brownies	Forsyth Hall, Belhelvie	18.15-19.45
Fridays	Boys' Brigade with Girls	Balmedie Cong. Church	15.30-16.30
Fridays	Scouts	Potterton Community Centre	19.00-21.30

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	CLlr Andrew Hassan	07388 956123
	CLlr Paul Johnston	07799 582879
	CLlr Jenny Nicol	07788 453092
	CLlr Derek Ritchie	07788 980814
YOUTH ORGANISATIONS:		
Beavers (Balmedie)	}	All enquiries to Ian Thomson balmedie@gordondistrictscouts.org.uk
Cubs (Potterton)		
Scouts, Explorer Scouts		
Rainbows (Balmedie)	Claire via website www.girlguiding.org.uk	
Rainbows (Potterton)	Pauline Wood	01358 743002
Brownies (Balmedie)	Marianne McIntosh	01358 724231
Brownies (Potterton)	Katherine Hebron Scott	01330 833448
Guides (Balmedie)	Susan Osbeck 1stbelhelvieguides@gmail.com	01224 703335
Rangers (Potterton)	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 Jill Cruickshank	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 Walks	Chris Cane	07590 849226
Balmedie House Eventide Home	Emma Balingbing, Manager	01358 742244
Balmedie Library	Jane Geddes	01358 281070
Balmedie Pharmacy	3 Rowan Drive	01358 741226
Balmedie Post Office	Egie Road, Balmedie	01358 742556
Belhelvie Banter	Jess Petrie	07763 314579
Belhelvie Bowling Club	Marion Donald	07729 817718
Belhelvie Community Council	David Wallace	07902 256616
Belhelvie Community Trust	Rosie Nicol	01358 742557
Better Balmedie	Rosie Nicol	01358 742557
Blackdog Residents' Association	Gary Sanders	07947 583671
First Responders	Theresa Thompson	07931 251993
Neighbourhood Watch	Paul Collier (Belhelvie)	07825 216233
Potterton Volunteers	Bernard Humphrey	07710 416003
Potterton Greenfingers	Hilary Foxen	07918 665114
The Sand Bothy	Joni Corbett	07752 768918
The Sensory Garden	Julie Fordyce	07821 548367

KIDS' STUFF

Please check current status of groups as arrangements may vary.

Two's Group	}	Leisure Centre, Balmedie	01358 743725
Tae Kwon Do			
Parent & Toddler Group			
Kindergym			
Over 8's Drawing Group			
Additional Support Needs Group			
Ian Wilson Soccer Coaching			
Kids Academy (After School Care)	Shona Grant	07880 528816	
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	

BELHELVIE BANTER CALENDAR 2025

Dates for submission of adverts, articles and contributions are shown in **red** squares and should be emailed to belhelviebanter@gmail.com

Dates for start of deliveries of Belhelvie Banter are shown in **blue** squares.

JANUARY

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MARCH

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

INDEX OF ADVERTISERS


GARAGES & TRANSPORT	Page	SERVICES	Page
Cadgers Garage	26	Old School Vintage	6
Cadgers Taxis	24	Peterhead Fish Company	35
Lawrence of Kemnay - Balmedie	2	Balmedie Pet Crematorium Ltd	24
GARDEN SERVICES		Banbury Cross Nursery Ltd	12
Parkhill Garden Centre	22	Clock Repairs	20
HEALTH & BEAUTY		Flowerpots Childcare	12
Balmedie Pharmacy	4	MAC Architects	30
Brooks-Carter Clinic	45	McKenzie Print	8
Hair Shack	24	Newburgh Campervan Hire	8
Pilates	42	Robert Lamb Architectural Services	16
LEISURE		SSAFA Grampian	19
Beachside Bakes	10	TRADES	
Beachside Coffee Shop	13	AMH Services - Air Tightness Testing	17
Cafe 48	8	Carle's Sheds	16
Cock & Bull Restaurant	25	Gary Taylor Plumbing & Heating	16
Danz Creations	48	GB Hendry Joinery Services	21
Inverurie Panto	Back	Gough Decorators	21
The Coffee Apothecary	14	Grant Plumbing & Heating	54
The Stead Inn - Bar & Function Room	28	John Duncan Plant Hire Ltd	26
The Stead Inn - Shish-in-Stead	29	KF Watson Electrical	42
The White Horse Inn	31	Lokal Loksmith	42
Trump International Scotland	40	Mark Harrison Plastering	20
PETS & THEIR NEEDS		Michael Duncan Builders Ltd	32
Alba Dogs	10	Munro Stoves & Sweeps	54
Bathed and Bonnie	24	Reid Plumbing & Heating Services	17
RETAIL		SIR Joinery Ltd	20
Fairtrade Open House 2024	51	Skelmuir Glazing	30

Advert submission deadline for Spring-Summer Edition - Friday 18 April 2025

Email: belhelviebanter@gmail.com

No part of this magazine is to be reproduced without permission.

Inverurie
PANTO



Robin Hood

7th - 24th December

Inverurie Town Hall

01467 207000

www.inveruriepanto.com