

Chapelton Chat

Community News



This picture has been beautifully created by Jessica Cutler Howie, Age 15

Issue 2

December 2022

Scottish Charitable Incorporated Organisation SC051928



**Chapelton
Community
Association**



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Hello!

We are very excited to be bringing you the second issue of the Chapelton Chat! Thank you to everyone who has taken the time to feedback and share their ideas with us. We strive to grow and improve this newsletter, so any comments are greatly appreciated.

With an amazing effort for Halloween behind us, we are looking forward to watching Chapelton light up this Christmas time.

We hope that you all have a happy and safe time over the festive period and we look forward to being on your door mats again in spring with issue 3.

Wishing you a very Merry Christmas & a Happy New Year!

WHAT'S IN THIS ISSUE:

- What's on in Chapelton
- Fitness update
- CCA Update
- Day Trip Ideas
- Meet Jamie
- DIY Christmas
- 4 Meals for £20
- Winter Wellness update
- Messy Hands Activity
- Green Swaps
- The Power of Peddling
- Hedgehog Info



THANK YOU!

Thank you to everyone who has kindly taken the time to contribute to this issue of the Chapelton Chat and to all of our wonderful advertisers!

A huge thank you to our distribution team, Bethany, Charlie, Charlotte, Jennifer and Sarah, we couldn't do it without you!



WHAT'S ON!

Craft Club at Brae
Thursdays 9-11am

Parent's Club at Brae
Wednesdays 9-11am

Running Club at Hume Square
Wednesdays at 6.30pm

Walking Group at Bettridge Centre
Mondays at 6.30pm

60's Club at Slate & Grain
Last Wednesday of the month

Childrens Christmas Party
4th December

Wreath Making Workshop
11th December

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Get your fitness journey on track!

If you're new to fitness and need an idea of how to get started, the best thing to do first is to get a plan in place to help create a long-lasting routine with your activity & your nutrition.

Ask a friend to help or get a coach.

The simpler the plan is, the easier it is to stick to it long term, nothing fancy needed, just start with the basics.

You'll need to plan out your weekly activity.

You have four types of training.

Cardio, high intensity training, strength training and mobility work. Try to get 30 minutes maximum of each activity each day, from a mix of each above, as they all have their own pros and cons.

Strength work is important for posture & longevity, slowing down the ageing process as well as improving your overall shape.

Cardio is great for your heart, overall energy, blood pressure, asthma & more.

Cardio can be anything from walking, running, cycling to swimming. High intensity training can be any sprints or gym circuit classes. Strength can be bodyweight exercises, using gym weights or strength classes. Mobility work can be yoga, Pilates or any flexibility classes.

Plan out your week and try to set yourself targets, x amount of steps, x amount of classes, get a gym program to follow etc.

Nutrition is the key to your overall health, fat loss or muscle building goals, you only need to be 80% each day. If you eat 5x a day, each meal counts as 20% of your day.

If you plan to have 4 healthy options & one unhealthy option each day, you'll find it easier to stick to, as being too strict isn't needed or sustainable.

Plan out your meals and try to always have some healthy meals batch cooked, in the freezer for times you're too busy to cook or if you get home too late, as easy quick grab food choices are usually not healthy.

If you're looking for some local classes to help you cover a few of these activities, we have some within Brio Retirement Village and at the Banks O Dee Sports club. Personal training sessions as well as online packages are available if you wanted more 1-1 guidance.



The Swinging

60's Club

For those aged 60+
Meet on the last Wednesday of the
month at Slate and Grain between
6:30pm and 8:30pm.

28th Dec - Festive Cheer and Games
25th Jan - Aw Thing's Scottish!
22nd Feb - Local History Talk
29th March - Daffodil Tea



Coming in 2023

Camera Club
Beginners Crochet
Chocolate Making Workshop
Spring Wreath Workshop

Much more...

ASHLEY LANE





WHAT'S ON AT THE POP-UP!

5th December

Happy Howlers

12th December

Devenick Drinks

19th December

Replenish Christmas Veg Collection Point

Subject to change. Opening hours may vary.
To hire the pop up please email
info@chapeltonnewtown.co.uk

CCA UPDATE

It's been a busy few weeks for the CCA trustees - we were thrilled to see so many friends new and old at our members mixer, we came away buzzing with all the ideas that were shared!

We absolutely loved the Halloween decorating competition and our judges had a very hard time choosing (and trick or treating) the absolutely superb winners! Huge congratulations Kae Dows and Lauren Kennedy!

Our first event to go live for booking-the children's Christmas party-sold out in two hours! And we can't wait to see everyone there!! We also have an over 60s club starting-which promises to be full of fun and friendship!! We have a festive candle making workshop booked with Cairnwell Candles and a new photography club starting in the new year with a beginner's intro to DSLR course with Blossom photography to get us all started.

The Cairnhill Community Allotments have also very kindly donated over 3000 spring bulbs which have been planted along the approach to Chapelton. Keep your eyes peeled for information about our 200 club which is going to be starting soon.

We are delighted to be working with the businesses at the Boxes to put on this years Chapelton Christmas Light switch on-on the 1st of December-we are keeping our fingers and toes crossed the weather is kind to us! We hope it will be a brilliant evening-keep an eye on our socials for more details as we finalise plans!

We have been reviewing your survey results from the last issue to help us prioritise plans for next year, but we really need people who are keen to be involved in specific clubs/groups/activities to help coordinate-so if you have something you are really keen to see happen-please don't hesitate to get in touch!



DIY Christmas

With Christmas just round the corner we thought we would share our DIY Christmas ideas with you, these are great for saving the pennies and also fun activities to do on your own or with the kids!

Cookie Jars!

I love making these little jars, I think they are a simple and sweet gift for little ones. I pop them in my children's Christmas eve box to help keep them busy the day before the big man arrives!

All you need is a clean and sterilised jar and your favourite cookie recipe. I usually half or quarter the recipe depending on the size of the jar.

Add in all your premeasured dry ingredients layer by layer and attach a tag with the rest of the ingredients required (butter, egg etc), cooking time and temperature. I usually attach a Christmas cookie cutter too!

It's as simple as that! I love them as they are relatively mess free for the baker, all they need to do is pour into a bowl, it's always the measuring that's the messy part!



Wellness Baskets!

This one can be as cheap or as expensive as you like.

You will need a basket, you can pick up nice ones from the likes of Home Sense, TK Maxx and Home Bargains as well as most supermarkets.

Then you need to choose what you want to fill it with, a blanket is a good idea as it fills lots of space, things like herbal teas, candles, essential oils, chocolates, toiletries always go down well.

Then just attach a gift tag and you're done! I'm sure this will be greatly received by anyone :-)



Christmas Cards!

You will be able to find hundreds of ideas on Pinterest, but these are the ones my family sent last year.

You will need card, brown inkpad/paint, red pom poms/gems and a fine pen.

Take it in turns for each family member to press their finger into the inkpad and then onto the paper, decorate with your pompom/gem nose, draw on some eyes and antlers and then pop your message below!

(I would recommend using an ink-pad if you can, this picture was for demonstrative purposes, I only had paint and it doesn't work so well - but it does work!)

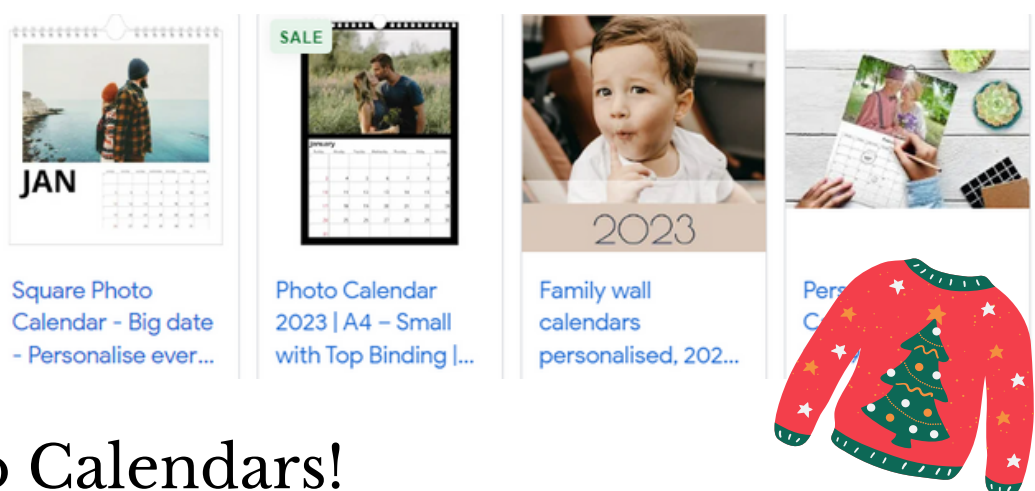


Photo Calendars!

Again, this is another simple idea that is often forgotten about.

It's perfect for family members that love seeing pictures of the family. I'm thinking of all the Grannies out there!

You can find thousands of companies that do them online, in all different sizes and price ranges.

At about £5+ these wont break the bank!

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ARE YOU READY TO CHANGE YOUR MIND ABOUT PAIN?

The old biomedical model (focused only on the physical) still used by most of the medical profession is out of date and now we must look to the new biopsychosocial model (the whole picture of you).

My work is centered around this and using the latest findings in pain science I will teach you to understand pain differently, how to reduce your pain and how you can learn to become pain-free.

Pain is 100% real and can affect every area of your life. However, pain does not come from your tissues (as we used to think). It is a message from your brain about its opinion of how much danger it thinks you are in. Unfortunately, that opinion may be years out of date but still running as if you were in danger today. If that message gets stuck, your system effectively becomes "overprotective". This is what is classed as persistent or chronic pain.

Pain Therapy can work with all sorts of pain including back and joint pain, sciatica, old injuries, migraines, arthritis, raynaud's, fibromyalgia, chronic fatigue, and M.E.

Most of my clients leave pain free or have a drastically reduced level after only a couple of sessions.

This not just pain management, this is getting rid of your old unnecessary pain messages for good and getting your life back! No more painkillers, misery, or sleepless nights.

Master Practitioner & International Trainer



ABOUT EMMA

I was a Paramedic for 17 years before I injured my back in 2010 and had to take medical retirement.

I had many failed treatments including surgery, then in May 2017 I found OldPain2Go®.

I did my Practitioner training and, on the course, had my chronic pain removed. I have been pain free ever since which is why I am so passionate about helping others achieve the same result.



I am Scotland's Master Practitioner and Authorised Trainer and have worked with hundreds of clients and trained hundreds of Practitioners all over the world including Australia, Europe, and the USA.

OldPain2Go® and Pain Therapy is not hypnosis - no trance is required. As there is no physical touch involved, all sessions are done online via Zoom, which has the added advantage of no travelling, and you can do it from the comfort of your own home!



Sharpening services

- * Kitchen knives
- * Scissors
- * Garden tools
- * Wood working tools
- * Hair dressing scissors
- * Clipper blades
- * Clipper servicing
- * Dress making scissors

Knife care tips

- * Use a knife suitable for the task and for the food you are cutting
- * Keep knives sharp, a blunt knife is far more likely to slip off and into your hand
- * Cut on a stable surface
- * Handle knives carefully when washing up. I'd advise washing them first in clean water and then dry them before moving onto other items.
- * Store knives securely after use, eg in a knife block
- * Don't leave knives loose on worktop surfaces where they can be accidentally pushed off
- * Don't try to catch a falling knife
- * Don't use a knife as a can opener, screwdriver, hammer, ice pick, lever etc
- * Don't put them in the dishwasher

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2nd Thursday of the month in the carpark at the boxes



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St Ternan's Update

Rev Mary Jepp



I must admit that it feels as if the dark nights have really crept up on me. Over the years I have lived in many places but even though I am Canadian, and lived in a place where we received Northern Allowance because we were so far north, actually in comparison to here it was pretty far south. For many years I taught school in a place called North West River in Labrador, because of the polar current the snow arrived at the end of September and lasted till mid June and in those days from Christmas till the end of February the temperature would hover around -20 C. In the village there were no cars, we got around on snowmobiles and the Northern Lights were pretty much a nightly occurrence. Although much farther south, a similar latitude to Liverpool, it was pretty dark.

Although we did go out at night, there were times when I was not terribly keen on it as you would often here our local wolf pack doing their best to strike terror in my heart. I remember on one occasion, in a fit of pique, after a long day teaching, I went off on my snow shoes and after a while I realised I had walked farther than expected. I turned around and realised I was pretty much surrounded by darkness. I did manage to find my way back to the village. What a relief it was to see a light in a cabin window. One small light made a huge difference.

This time of year in many places people have celebrations of light, Diwali, for example the Hindu festival celebrates the triumph of light over darkness, good over evil and the human ability to overcome. Another Samhain is a Gaelic festival marking the end of the harvest season and beginning of winter or the darker half of the year, this festival is celebrated with the lighting of fires. Fire/light is important for all of us. Christianity also celebrates the importance of light, at Christmas we celebrate the birth of Jesus, the Son of God. Did you know that Jesus is called 'the light of the World' because he encourages us to bring love, which is light/hope, into the world transforming its dark corners.

On Sunday the 4th of December families from Chapelton will be making very special candle holders out of an orange, the finished candle holder is called a Christingle. You can find out all about them at <https://www.topmarks.co.uk/christmas/Christingle>

There will also be lots of songs and snacks fun for all ages. This will take place at The Hut, if you would like to come along, please book a place on messychurchchapelton@gmail.com

Wishing everyone a wonderful Christmas

SMALL TALK...

Each issue we will be interviewing children from the community and asking them about their favourite local classes. This time we interviewed Sadie, age 2, about her favourite class Storyland Express!

Sadie, why do you like going to Storyland Express?

Parachutes and bubbles, lots bubbles - pop pop pop!!

Is there anything else you can tell me about Storyland?

My like animals; buckets of toys; flashing lights; parachutes

It was fair to say that we weren't going to get much out of a 2 year old, but Sadie really loves this class. As a parent I have been going for almost 5 years now and absolutely love everything that Storyland has to offer, it combines sensory with lots of fun and a chance to catch up and have a chat with other parents at the end whilst there is some free play time.



Classes run at various locations including Den and the Glen which is only 15 minutes from Chapelton and classes range from newborn to age 5. Find out more on their Facebook page or at storylandexpress.co.uk!



WALKING FOOTBALL

Bettridge Centre - Newtonhill

Thursdays 1-2pm (starting 29th September)

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reduced heart rate and blood pressure



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Meet Rudi

This gorgeous pup is Rudi, he's a 1 year old golden retriever.

He is a lovely boy who loves long walks and cuddles with his mum Alanna. Make sure to say hi if you see him on your travels.

Meet Jamie

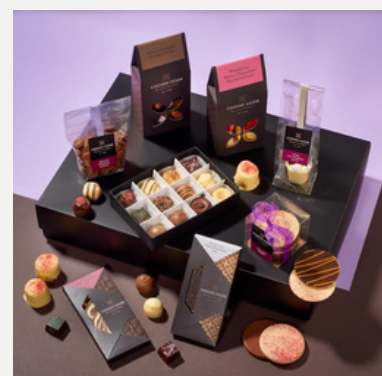
Owner of Cocoa Ooze



Hello! I am Jamie Hutcheon. I am a former chef who turned my knowledge into making chocolate and founded my own company Cocoa Ooze (over the hill at my parents in Netherley), at 17 years old back in 2008. More recently, I have also started working for Aberdeenshire Council as Business Gateway Manager, responsible for the North East service. I am proud to now look after a service that supported my business with free advice and support back in 2008.



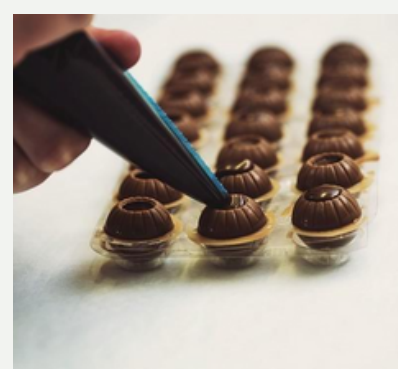
I have always loved food and have a passion for small and local businesses that work so hard to handcraft products like us at Cocoa Ooze.



My journey started at 8 years old, helping my Nana with baking and then taste testing all the treats we made! My love for cooking and baking continued throughout my school years. I started my first Saturday job at the age of 13. Then I left school to study hospitality while embarking as a trainee chef at the Marcliffe. I gained experience in all areas of the kitchen and finally ended up in the pastry section, where my passion came to fruition. I found my real passion – chocolate and pastry. I enjoyed creating all sorts of flavours that the guests and my family enjoyed. From there, I was asked by friends and family to make some chocolates. This is where the idea of the business began. Truth be told, I had never thought of starting a business, but it wasn't until a corporate customer approached me through a family friend. From here, Cocoa Ooze was born – and the rest they say... is history.



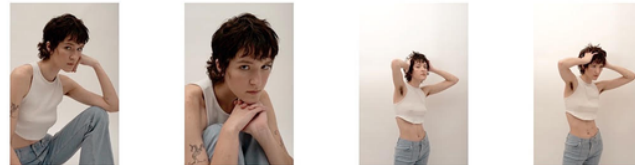
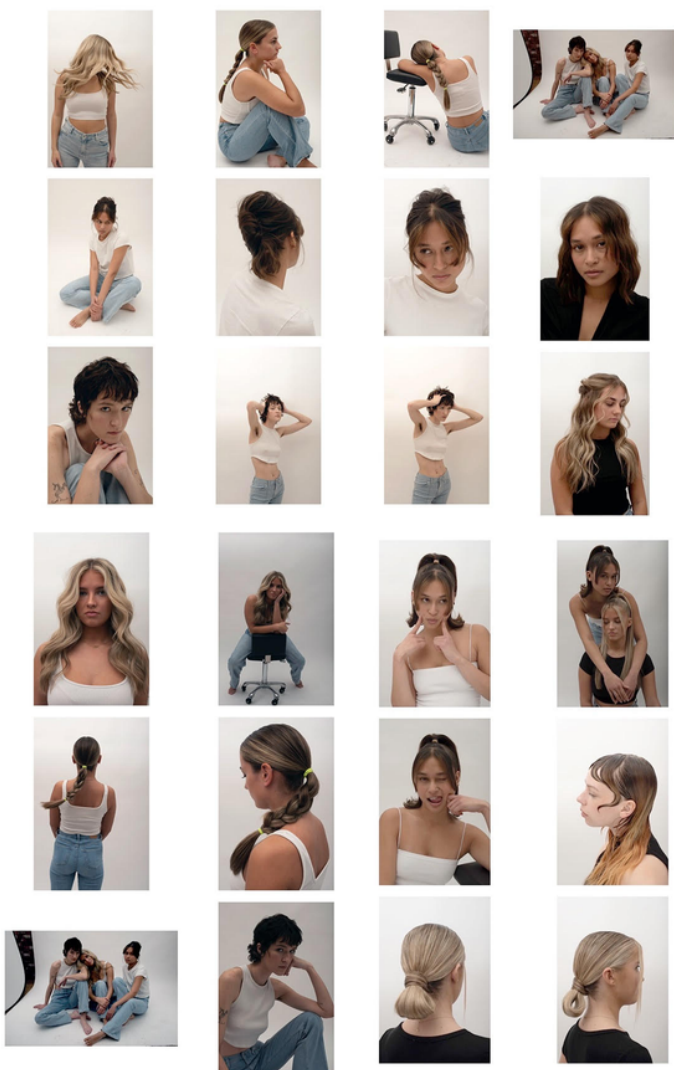
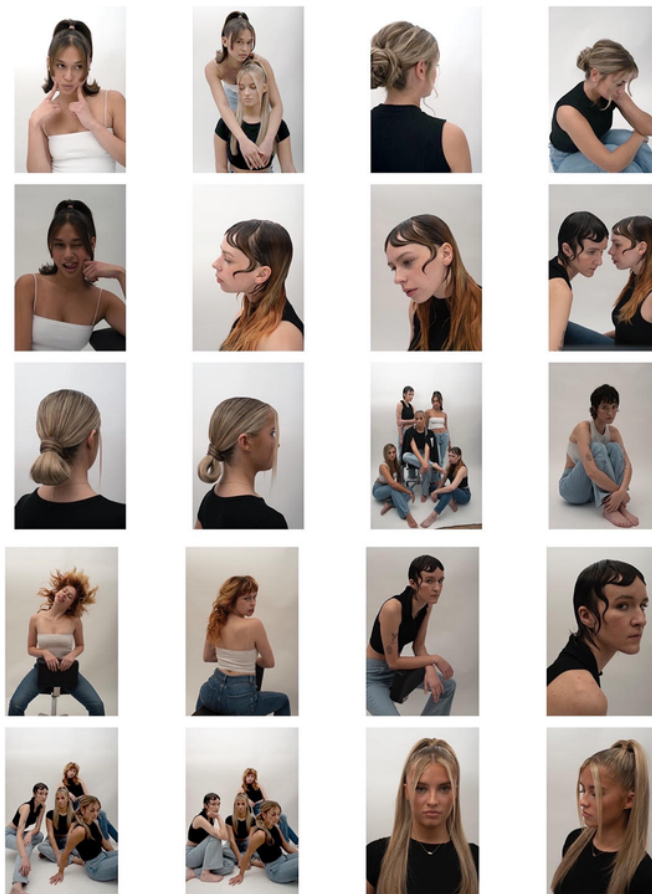
Cocoa Ooze produces a range of luxury handmade chocolates in a variety of selections and host children's parties and chocolate making workshops.



For more information on Cocoa Ooze please visit www.cocoa-ooze.co.uk and if you are looking to setup a business or get support for your businesses please visit www.bgateway.com/local-offices/aberdeen

A treat for all Chapelton residents - visit www.cocoa-ooze.co.uk use code CHAPELTON for 15% off all our products. Please select "collection" within the delivery option, and we will hand deliver this to you if you live in Chapelton. T&C Apply ends 31/1/23

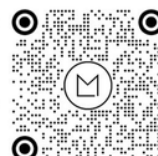
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Come along to our Parent Meet up at Brae!

Every Wednesday from 9am-11am the Chapelton Mum's group meets at Brae on Hume Square.

A group open to all new and soon to be Mum's (and Dad's) and babies to get together for a coffee and chat in a child friendly environment. Brae are very accommodating and of course serve delicious coffee and cakes and there are snacks and drinks available for the little ones as well.

Feel free to pop along and join us or join our Facebook page 'Chapelton Mum walking group' for more details. Natalia can also be contacted on 07394713094.

We are a friendly bunch and love seeing new faces.



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Winter Wellness

Written by Sally Munro



Seasons come and go, that's their magical job! With each one, we might feel differently, whether energetically, mentally or physically, and some may notice nothing at all.

For many this is an exciting time of year, where we can get our 'comfies' on, get snuggled up under a blanket and watch some cheesy movies as the daylight sneaks away earlier. However, for some folks as the dark nights draw in, so can other unwanted feelings. If you struggle at this time of year, for whatever reason, please reach out to someone you can trust and get the help you need. Similarly, if you know someone is struggling, can you offer a listening, non-judgemental ear, or give a hug?

The biggest gift we have is our health. If you are feeling under the weather, or just a little off, please consider taking some time to assess what your body needs. More sleep? More fruits & veggies? More water? Less stress? Less drama? It is vital we support our bodies over these colder months by eating nutrient dense foods, hearty soups and stews for example load in the vegetables, lentils and good quality ingredients. By prioritising healthy eating our bodies are better equipped to handle the sweet treats that appear around the holidays-mince pies, hot chocolates. Everyone has their favourites-what's yours?

In addition to eating well, movement is very important to keep our muscles and joints healthy all year round. Getting outside during daylight for a daily walk would be ideal. Go for a gentle swim, cosy up in the sauna, or take a nourishing yoga class. If you feel short of time, set yourself a small, but achievable goal. Some of our friends in the community have been doing a daily squat challenge to raise money for charity-fantastic effort all. These challenges, whether 100 squats a day, press ups, planks are a great way to incorporate some movement into your day, in bite sized chunks, you don't have to spend hours in the gym! Grab a friend, go for an evening walk, have a chat (not a gossip!), but a supportive, beneficial, uplifting soul to soul chat. Share solutions, suggestions and useful tips to support each other.

Managing expectations at this time of year can be tough. Maybe this is the year you outline your boundaries, when it comes to family gatherings, gifting, hosting and so on. If something doesn't bring you joy, it is time for change. I can highly recommend a little but powerful book called 'Calm Christmas and a Happy New Year' by Beth Kempton. Beth invites you to honour your wellbeing at this time of year, whilst inspiring connection, belonging and magic, if that is what you wish.

As a Registered Nutritionist I see many people throughout the year that suffer with low energy levels, poor sleep and frazzled minds. If you struggle to regulate your nervous system, can't seem to catch a break and are worried about heading into a burnout, please get in touch for a free initial chat. I teach weekly yoga classes online, where we move our bodies gently, breathe mindfully and give ourselves space to think. You do not have to be flexible, or have any desire to do headstands! If you fancy giving it a go, you are invited to contact me to book a free taster session. If you haven't been for a while and would like to get back into it, rest assured we will go easy and it won't be as tough as you imagine.

My final winter offering is swimming! A random activity to take up in winter, however that said, it is an excellent way to move your body, meet some other people and get fit. Whether you are a complete beginner or can already swim but would like to improve technique or increase stamina, we have a class for you. We also run children's lessons from age 3+ and currently have some of our Chapelton kids aka mermaids achieving excellent swimming results.

So, in a nutshell if you have any health and wellbeing concerns and would like to work together, please get in touch. If you fancy giving yoga or swimming a whirl, please ask. You would be most welcome.

I wish you all a very happy & healthy winter season, Sally x

You can find me on Instagram @Salthewellnesswarrior or contact me directly on 07894505661

4 Meals for £20

With the cost of living at an all-time high we thought it might be helpful to share some budget friendly recipes with you. These are based on a family of 2 adults and 2 children. We hope you enjoy!



Shopping List

Chicken thighs, Orzo, Carrot, Tomatoes, Mushrooms, Parsley, Lemon, Garlic, Onion, Gnocchi, Peas, Pesto, Prawns, Linguine, Rocket, Craime Fraiche, Pitta Breads, Baking Potatoes. **Total £19.82**

Chicken Orzo

Ingredients

Chicken thighs, skin removed (I cook them all and use the leftovers for the pittas on the next page)

300g orzo

1 onion diced

Juice of 1 lemon

1 carrot diced

4 mushrooms chopped

6 cloves of garlic, left whole

1 handful of cherry tomatoes, or diced salad tomatoes

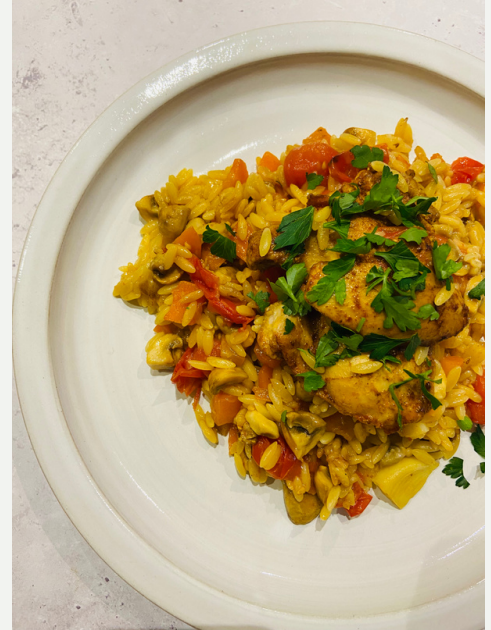
500ml chicken Stock

2 tsp paprika

1.5 tsp all spice

0.5 tsp turmeric

handful parsley



Method - Coat your chicken thighs in the spices of you have them in the cupboard and set aside while you chop all the vegetables.

Heat some oil in a large pan and cook your chicken thighs until they start to brown, on all sides. Remove them from the pan.

Add some more oil and fry off the onion, carrot, mushrooms and garlic until the onion becomes translucent.

Add the tomatoes, lemon juice, 100ml chicken stock and the chicken back to the pan with the vegetables, cover in foil and pop into the oven at 180c for 20 mins.

Carefully put your chicken to one side, add the orzo, parsley and the rest of the stock and stir. Pop your chicken back on top and cook for a further 20 mins with the foil off.

Vegetable Gnocchi

Ingredients

Gnocchi

1 heaped tbsp pesto

Leftover tomatoes

100g peas

1 clove garlic

Pine nuts (If you have)

Method - Heat some oil in a frying pan and add your chopped garlic, after a minute, add your gnocchi and fry for 10-15 mins on a medium-low heat, stirring regularly so it doesn't catch.

Once the gnocchi is cooked through add your peas and pesto, I normally add about 2 tbsp's, but you can add as much or as little as you like.

Stir in your tomatoes and then serve with toasted pine nuts if you have them!



Prawn Linguine

Ingredients

Prawns
Garlic
Creme fraiche
Linguine
Rocket
Chilli flakes (If you have)

Method - Fill a large saucepan and bring the water to the boil. Add your linguine and set a timer for the cooking time stated on the packet.

Meanwhile, add some oil to a frying pan and then add clove or two of minced garlic, fry this off for a minute and then add the whole tub of creme fraiche to the frying pan, simmer this for a few minutes and then add your prawns and rocket until they are cooked through.

Drain the linguine and add into the pan with the sauce, adding some of the pasta water to loosen. Serve with some more rocket on top and chilli flakes if you have them.



Chicken and Rocket Pitta Breads

Ingredients

Leftover chicken
Baking potatoes
Pitta breads
Rocket
Tomatoes

Method - This is a great way to use up what's leftover from the previous meals.

Cut your potatoes into wedges, drizzle with oil and scatter onto a baking tray, cook them in the oven at 180C for 45 mins.

When your potatoes are just about ready, toast your pitta breads and then start assembling them.

I used the leftover chicken and rocket along with some cucumber and houmous that I had in the fridge. Enjoy!



I hope you have enjoyed these recipes. Please get in touch if you found them useful and would like to see more in future issues!



ST MARGARET'S

SCHOOL FOR GIRLS

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Friday, 3rd February 2023

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Messy Hands Activity

Colour Hunt Egg Boxes

This is my go-to activity when I need to get the kids out of the house on the days, they are slightly more reluctant to do so!

Its super simple, and your little one will be so excited to go out and fill their treasure box!

What you will need -

Egg Box

Paint

String (optional)

This one couldn't be easier, all you need to do is get your little one to paint each section of the egg carton with a different colour, its best to do the painting first thing so that it has time to dry before you head out on your walk!

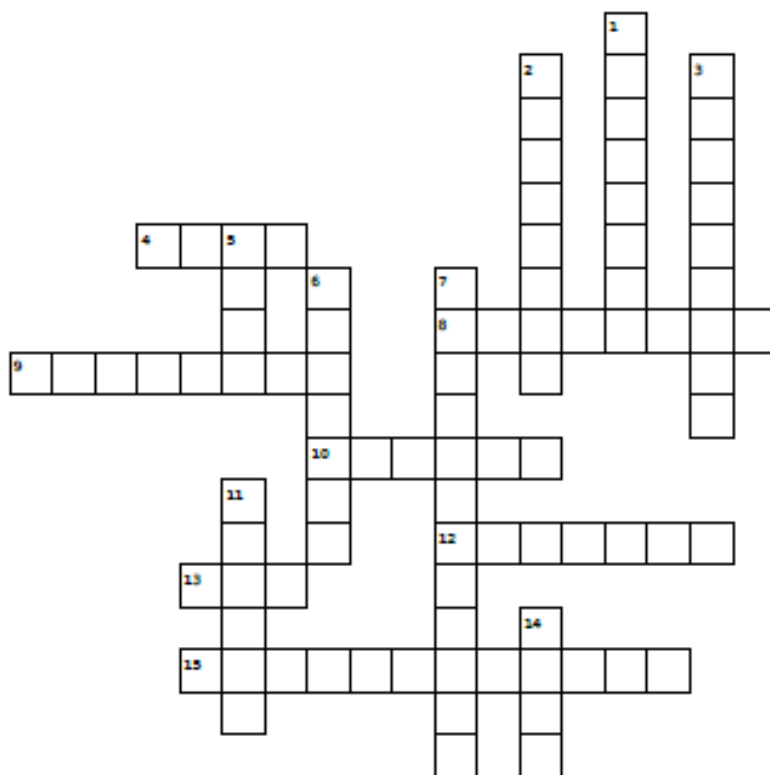
Then you need to get those cosy jackets on and set off exploring, your little one needs to find anything that matches the colours in the box!

If you want, you can tie some string at either end of the box so that's it a bit easier for them to carry (or you, when you inevitably carry them, and the egg box home).

Happy making!



christmas crossword



Down:

1. ___ and seraphim (8)
2. don't leave it till the eve! (8)
3. seasonal fireplace adornments (9)
5. helleborus niger (4)
6. one of Santa's reindeer (7)
7. cosy drink (3, 9)
11. yuletide countdown (7)
14. spruce etc (4)

Across:

4. virgin mother (4)
8. bauble, star etc (8)
9. someone concerned with ovine care (8)
10. small white or coloured bulbs on a cable (6)
12. Jacobs cream (7)
13. hollys friend (3)
15. seasonal messenger (5,7)

The Power of Peddling

Alastair Struthers

The Chapelton Bike Ride started more than 6 years ago and was conceived of as a marketing exercise to bring people to Chapelton and see for themselves just what an amazing place it was.

When we set about figuring out how to run such an event I had rather cheekily approached North East Sensory Services (NESS) who ran the Stonehaven Bike Ride. Rather serendipitously that event had gone a tad stale and so we decided to join forces and create a new, exciting event. We were thrilled; not only did we get their expertise but it also meant that the event could be used to raise funds for a local charity (one that was, unbeknownst to me, helping my grandmother by providing audio books and verbal newspapers).

The event has changed greatly since its inception. The first few years incorporated a sort of farmers market with many craft stalls, we had live music and we were somehow always treated to brilliant weather. That has since been scaled back and we decided to focus on the cycle itself and of course the food. You never know, maybe live music will make a come back in the future - I still love that post race atmosphere that it generated.

The amazing thing is that the event has now raised more than £40,000 for the charity. I genuinely feel that it is one of the biggest accomplishments of my life, being a part of the team that instigated that and continues to run it.

I know the whole team is very grateful to everyone at Chapelton who either competes, comes out to support the cyclists or even just politely puts up with us closing the roads once a year and asking people not to park on Greenlaw Road.

The funds that are raised each year go to such a wonderful local charity and just in case anyone wondered, I can confirm that every single penny raised goes to NESS. All the organisers volunteer their time gladly, as do our many helpers on the day including residents and the Rotary Club.

It takes a lot of organisation and resulting stress - one year we are going to get thoroughly drenched! - but I'm convinced that it's an event worth the effort. I hope you enjoy it too and that we can look forward to many more years of peddling fun and raising funds.



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R

REPLENISH
refill reuse reduce

PAPRIKA CHICKEN

THE HAIRY BIKERS, "PAPRIKA CHICKEN" (BBC
GOOD FOOD WEBSITE)

SERVINGS: 4

PREPPING TIME: 30 MINS

COOKING TIME: 1-2 H

FROM THE BAG

3 medium chicken breasts
knob butter
1 onion
2 cloves of garlic
2 tbsp sweet paprika
1tbsp flour
chicken stock (dissolved in
285ml boiling water)
3tbsp fresh flatleaf parsley
2 peppers
4 large ripe tomatoes
250ml sour cream

FROM YOUR LARDER

olive oil
salt and pepper

Serve with rice or mash.

RECIPE

1. Rub the chicken pieces with salt. Heat the oil and butter in a large pan and brown the chicken all over for a few minutes. Remove the chicken from the pan and set to one side.
2. To the same pan, add the onions and garlic and sweat for about 5 minutes. Add the paprika, then the flour, and stir until combined- take care not to burn.
3. Add the stock and stir. Return the chicken pieces to the pan, adding a bit more stock if the mixture seems too dry. Add half of the parsley and bring to the boil. Add the pepper strips, reduce the heat and simmer for 10 minutes. Stir in the tomatoes and simmer gently for about 1 hour.
4. When the chicken is cooked, remove the pan from the heat. Stir in the sour cream and the remaining parsley. Check the seasoning and serve.

This wee bag holds a selection of locally sourced ingredients designed to make a delicious, low waste dinner.

Maryculter Driving for the Disabled

George Masson



We have come to the end of the season which ended on the 28th September 2022 and we will restart again next year 2023 in the first weeks of April, with training courses for helpers/volunteers. This will be well advertised, as we do need to recruit new helpers/volunteers to ensure that we have enough trained people to help people with disabilities mount the carriage safely, or if they are in a wheelchair, safely load the wheelchair and disabled person onto the specially modified horse drawn carriage.

The name of the game on a Wednesday afternoon is ENJOY but in a safe manner that takes account of the disabled, helpers and horses. The second is to help the disabled and interested helpers how to manage the horse and cart, and to drive the horse. The disabled are taught within their capabilities to whoa (bring the horse to a stop), walk and trot while driving the horse through fields, tracks, or obstacles.

On a Wednesday afternoon through spring and summer, there are on average 20–30 people consisting of the people with disabilities, Tea Ladies, Helpers, Carers, and Coaches (Instructors) having an enjoyable afternoon. The finest pieces you will find anywhere, along with hot/cold drinks are dispensed by our dedicated team of Tea Ladies.

Maryculter Driving for the Disabled Group is an independent Charity registered in Scotland and a member of the Federation of RDA (Riding for the Disabled including Driving). The aim of the Group is to give the opportunity of driving a pony or horse to any person with disabilities who might benefit in general health and happiness. The Group normally meets from the end of April through to the end of September on a Wednesday afternoon at Maryculter Home Farm (next to Templers Park) courtesy of Jane MacInness. The Group was formed in 1985 and has operated every year since then apart for the past two years because of Covid restrictions.

Unfortunately, and sadly the two horses (Corbie and Casse) that I owned (if you really can ever “own” a horse when they become part of your life) and used by the group over the years have both passed away. Casse carried a very special person around Chapelton two years ago, raising money for the Portlethen Larder and delighting the children (young and old) by dispensing sweets. This year we have been hiring Jane McInnes and her pony Jenny with a maximum of 5 disabled at a session, and as we have 15 disabled registered with us, they attend on a Rota. The Group purchased a pony in December last year however it has taken a bit more time and effort to train him to the required standard required for an RDA pony/horse than was thought when he was purchased. However, Brodie’s manners and behaviour are now to the standard required, and we just need to work with him to maintain these standards.

If any of the above has whetted your appetite as a person with learning disabilities or physical disabilities wanting to drive a horse or pony within your capabilities, please get in touch. This would be on a Wednesday afternoon April to End of September. We are also looking for helper’s male and female. Helpers need to enjoy walking or riding a bicycle (electric). They also need to be good at blethering (there are more than a few of us about!). Also, tea ladies, or tea gentlemen (to be politically correct). Tea ladies are on a rota and are only required two or three times in the season.

Through the coming autumn/winter/spring Brodie (Anakin Skywalker on his passport) will need to be exercised by being driven or ridden or both. He is a good riding horse as well as a driving horse. If anyone who is competent riding a horse or would like to drive/learn to drive, on a regular basis, please get in touch.

George Masson
Email: georgemasson@btinternet.com
07711393725



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Green Swaps



My quest to find more green swaps that work just as well (if not better) than my current products, and don't cost any more continues.

I have an irrational ick for kitchen cloths. They always have some sort of crusty bit stuck in the fibres and anything that's damp and warm is just a breeding ground for bacteria.

So when small humans arrived in our lives bringing endless cleaning in the kitchen I ditched the kitchen cloth because I felt I was just wiping bacteria around the space. I opted for either kitchen roll and a spray or a surface cleaning wipe. I am ashamed to say how many rolls/packets we get through. But when I was about to put a four pack of bounty in my trolley at Asda and saw it was £7.50 on offer!), it was the push I needed to look into changing things up.

Ecobees Reusable Bamboo Kitchen Towel

At £9.99 on ebay for a roll of 20 sheets it wasn't much more expensive to purchase than my regular kitchen roll. It reckons each sheet has 100 uses before it falls apart, and once used you just chuck in the washing machine with the next load. So, at 2000 uses per roll that's roughly 0.005p per use. Ok, you have to wash them, but I'm washing anyway. The packaging tells you all sorts of reasons bamboo is great for the planet but I'm more interested in, does it work. The first time I used it straight off the roll, I'll be honest, I wasn't in love with it. It was a bit stiff and didn't seem super absorbent. But after using and going through the wash a few times it's definitely become a lot softer and waaay more absorbent. I'm even using them to wipe the small humans hands and faces now as well so that says something! I am converted. [5 stars]

You still need a kitchen spray with a cloth, so I decided to try concentrated refills to reduce the amount of plastic. I'm not loyal to one particular brand of spray, but I usually pick up flash which is currently £2 for a bottle at Sainsburys. For the purposes of testing these refills I used an empty flash bottle so I wouldn't be influenced by the sprayer.

First up its **Ocean saver Eco-Refill**. At £1.05 it's almost a 50% saving so I wanted to love it. I liked the dissolvable pod, but if you're making it up with wet hands-beware it squishes in your fingers. but it did take longer than I expected for it to fully dissolve (maybe I'm too impatient). But it left everything streaky, and I didn't love the smell of it so wouldn't repurchase. [2 stars]

Most recently I have been using the Smol Kitchen refill which comes as a tablet in a cardboard box in a pack of 6. But even better-they offer a free trial before you purchase! The 6-pack is £6 so it works out at a 50% saving for us. Being a tablet, this was by far the least messy to mix up and dissolved pretty quickly. It has a light scent that I don't mind and doesn't leave streaks or residue. My only issue is it seems watery compared to the other products-but I think that's my issue not the products. [4 stars]

Deodorant

I've tried a lot of deodorants over the years, and usually go for a spray. I've found roll ons to be sticky and messy and never seem to dry on me, and cream sticks just bunch into unattractive white blobs and stain my clothes. Ever an influence-able consumer I was swayed by the marketing around wild deodorant to give it a try. At £12 for the case and first refill it's not immediately a cheaper alternative to my usual spray brand which is generally about £3. The refills are £5 each, which also isn't cheaper, but I think it lasts longer so discounting the cost of the case it's probably about the same as I was paying. There's lots of different scents but I just want to not smell like sweat when I'm chasing small humans around a soft play so I opted for the sea salt and cotton variety.

Well, I was surprised that being a cream deodorant, it didn't leave me with white blobs, but soaked in and left my pits feeling dry and I didn't smell by the end of the day. I shave my pits and have always had what I thought was a bit of shaving rash that never fully went away, odd spots and some redness but after about a week of using wild, I noticed this had gone. For the first time in my adult life I'm not ashamed to wave my arms in the air in a vest top! For this reason, and this alone, I am converted!

Thrilled with the results I suggested to my other half that he try it. He was also suitably impressed on day one, but at the end of a week he was complaining his oxters were feeling dry and itchy. Not one to be beaten, I suggested he try a different "flavour" thinking the sea salt might be drying his skin. He switched to the coconut and loved it-no more dry pits! [5 stars]

Muchalls Village Hall

Available for regular group hire or for a one-off event.

Maximum of 70 persons at one time.

Cost is £10 per hour which includes gas and electricity usage and use of the kitchen.

All that we ask is that you leave the hall as you found it.



To book or for further information , please contact Edith Stephen.

Tel: 01569 730522 or Mob: 07890 747995

or by email edithstephen@hotmail.com

A short update from Cllr Mel Sullivan



The first Bus Forum since the pandemic was held last month. Amongst the things discussed were the reliability and capacity of buses stopping at the park and choose, also the withdrawal of Chapelton's school bus to Newtonhill. A request for the provision of a commercial bus from Chapelton to Newtonhill School at the appropriate times will be passed on to senior management at Stagecoach Bluebird. Parents would still be responsible for their children during such journeys, and the children should all have Under 22 bus passes.

You can find me on Facebook as 'Councillor Mel Sullivan, North Kincardine'. My webpage is <https://melsullivan.mycouncillor.org.uk> and you can sign up there to my weekly (non-political) news emails. These include the latest planning applications and other local items of interest.

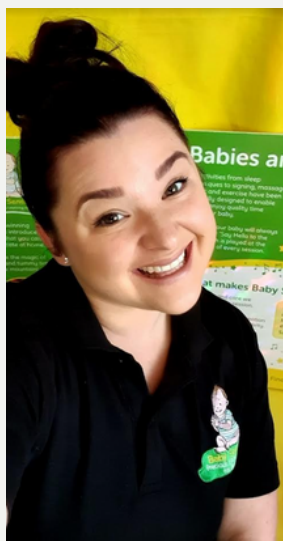
For casework, email cldr.m.sullivan@aberdeenshire.gov.uk



☀️ Baby Sensory gives you a complete experience of all Baby Activities.....☀️

Baby Sensory is the original learning and Development programme designed for babies aged birth to 13 months.

Every activity is based on decades of expert research to ensure that your baby not only has fun but it benefits their development too. You could come for a whole year and never experience the same session twice. Partners/Grandparents are welcome 🧡



- ♥️ Baby Massage
- ♥️ Baby Yoga
- ♥️ Reflexology
- ♥️ Singing
- ♥️ Music
- ♥️ Instruments
- ♥️ Textures
- ♥️ Scents
- ♥️ Light Shows
- ♥️ Puppet Shows
- ♥️ Water Play
- ♥️ Messy Play
- ♥️ Play Ideas
- ♥️ Bonding
- ♥️ Dress up and Themes
- ♥️ Meet other new parents

For more information and to book one of our Award winning Baby Sensory classes with Elisha Martin visit www.babysensory.com/aberdeensouth or you can contact me directly on 07999 452858

Classes run at the following venues. Monday - Bettridge Centre, Newtonhill. Tuesday - The Den and The Glen. Thursday - The Hanover Community Centre, City Centre.

THE STACK

RESTAURANT & BAR

Muchalls, Stonehaven
www.thestackrestaurant.com

Festive Season at The Stack



Come and celebrate the festive period at The Stack!

From Friday 2nd December, come and join in the festivities with friends/family/colleagues. We will be offering our regular menu, featuring some of our most popular dishes as well as a selection of festive specials and drinks using the best, locally sourced produce.

For parties of 8 or more there is a fixed price 3 course option*:

Wednesday, Thursday, and Sunday- £30.00 per person

Friday and Saturday -£36.00 per person

* Please note that we require a non-refundable deposit of £10 per person and a pre-order is also required. The menus can be viewed on our website.

Gift Vouchers

Want to give someone else a treat – you can purchase The Stack gift vouchers for any value.

Hogmanay

Come and say farewell to 2022 with our full menu and seasonal specials.

Food served all day from 12.15pm-8.15pm, and open till late.

Booking is essential

Christmas opening hours

Christmas eve-12.15pm-9pm (last food orders 7pm)

Christmas day and boxing day-Closed

27th, 28th, 29th, 30th, 31st- Food served all day from 12.15pm-8.15pm, and open till late.

Follow us on social media to keep up to date with upcoming events and news.



Teeny Tunes

Classes in Portlethen and Newtonhill

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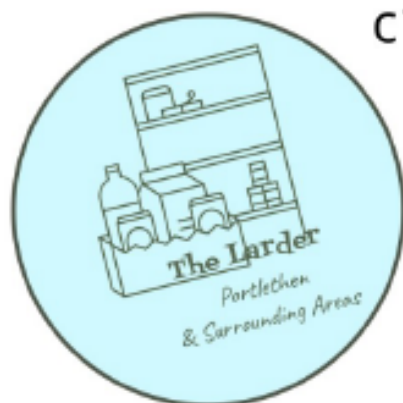
The Larder is based at The Porty Cabin and is available to anyone who could benefit with some help with reducing food costs.

SCAN HERE TO PLACE AN ORDER



[HTTPS://FORMS.GLE/OB8P27
UAJIT8Q3ET5](https://forms.gle/Ob8P27UAJIT8Q3ET5)

You can email any enquiries to
c19portlethenhelp@gmail.com



@thelarderportlethen

The Larder (Portlethen & Surrounding Areas)

The larder, based in the Porty Cabin on Cookston Road started as a result of the pandemic in March 2020. However, three years later there is still a need for a Community Larder.

The Larder has a variety of fresh fruit and vegetables, eggs, fridge and cupboard foods, toiletries, cleaning items and baby bits and pieces. We are run by a small group of volunteers and are open to anyone in Portlethen and surrounding areas. We are open Monday 6pm - 8pm, Friday 2.30pm - 4.30pm and Saturday 10am - 12pm.

The larder can be used as a shop for a cash donation, or we like to accept swap items from your own cupboard. We also help and support local families and individuals that are struggling financially. The cost of living crisis is affecting everyone and The Larder is here to help with top up shopping. We have a Google form on our Facebook page that can be completed so that anyone can place an order for items that they may be running short of. The QR code on the previous page will take you straight to the Google form to place the pre order for collection.

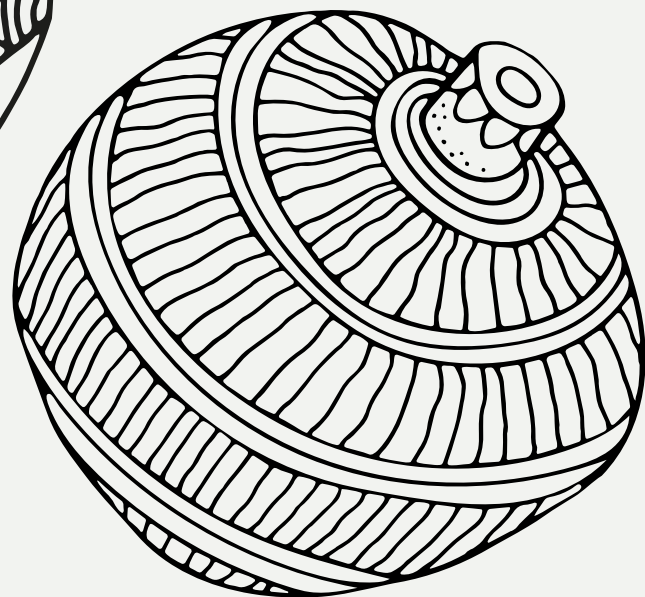
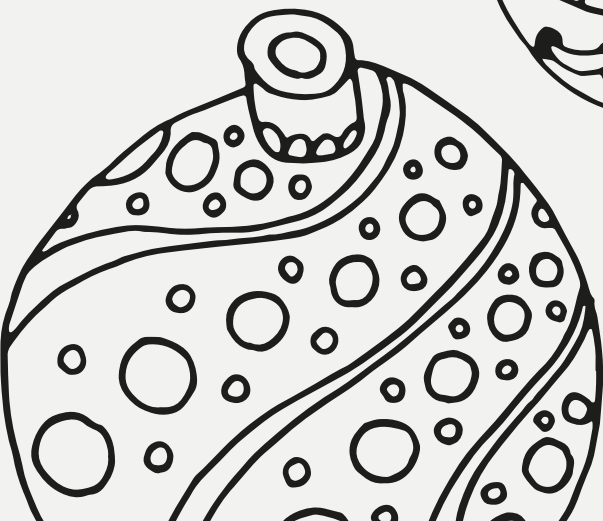
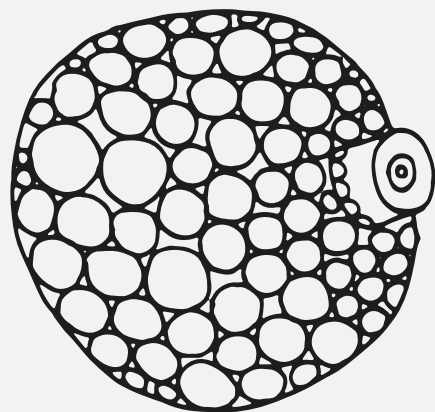
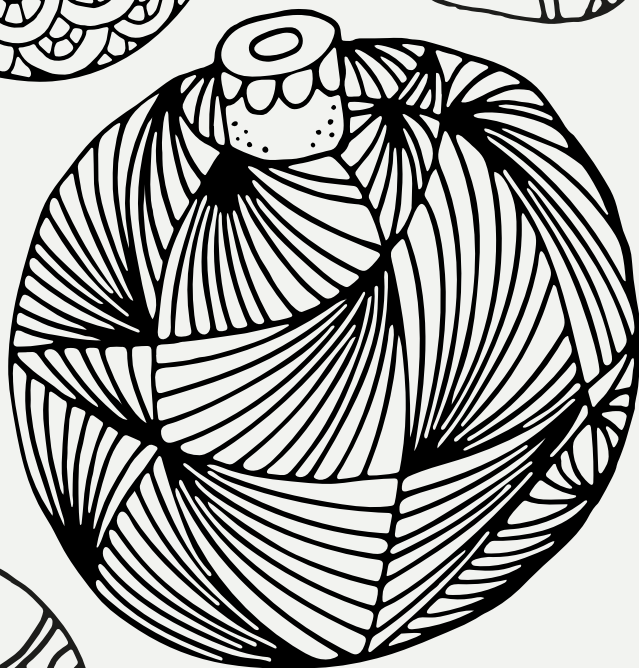
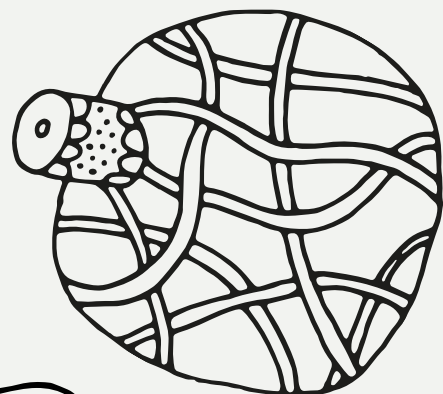
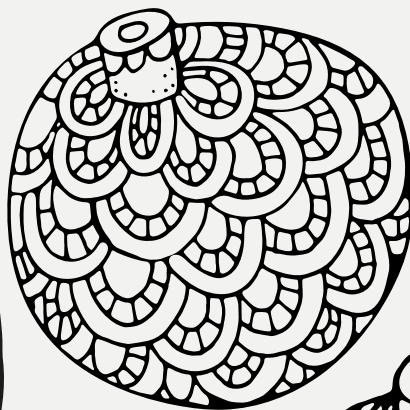
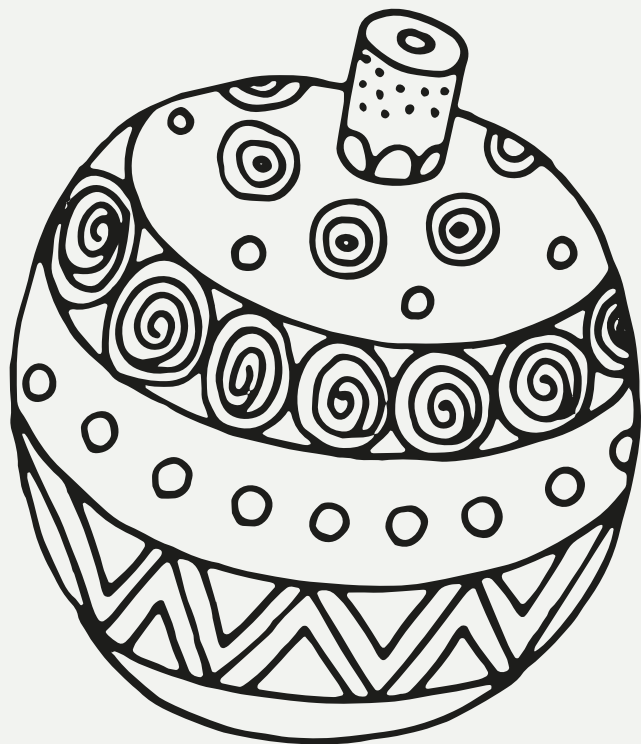
The Larder is registered with FareShare and we receive weekly items from Cfine that would otherwise be sent to landfill. These items vary greatly from week to week and we post a photograph update to Facebook on a Friday morning. These items are for anyone to come in and help us reduce food waste and pop in a small donation if you can.

If you are a local business or a member of our local community and would like to help The Larder, donations of cash or food and essential items are always welcome. The Larder is funded by grants and cash donations, and we are always extremely grateful for any help our local community can give us. We are run by our community for our community.

Please pop into The Larder soon, whether we can help you, or you can help us. We look forward to giving you a warm welcome and sharing the Larder with you.

The Larder Team.

Colouring fun for all ages!





There have been some sightings of Hedgehogs around Chapelton on the run up to hibernation and they could do with our help throughout the year.

Sadly, their numbers are in decline. When we spotted one in our garden during summer 2021, we decided to set up a feeding station to supplement their diet of insects, beetles and any other critters that like to eat our garden plants. We also built a hedgehog house and waited to see what happened.

Within days the house got packed out with the remnants of straw from the redundant scarecrow, leaves from under the bushes and the most was being made of the free buffet we were providing. After hibernation last winter it was a relief to see hedgy was back in the garden again this year

Its lovely to see them around and hear them rustling around under the bushes but as they are nocturnal this year we set up a camera see them up close. It has become quite addictive! We are no experts and very much learning as we go. Hedgehogs of Portlethen & Surrounding Area Facebook Page has been our go to page for advice.

Here are just a few things you can do to help our prickly friends

- 1 – Create an access hole in your garden fence – creating a ‘hedgehog highway’ allows the hedgehog to roam easily between gardens for food
- 2 – Hedges - Chapelton has a load of great hedging – leave the leaves when they fall – a quiet messy corner or space under the hedge in the garden can be a great habitat for them – a log pile will be perfect for hedgehogs seeking insects
- 3 – Always check before strimming – they may be curled up in long grass – many hedgehogs are injured this way
- 4 – Avoid using slug pellets – they are toxic to hedgehogs
- 5 – Make a hedgehog house – there are loads of easy DIY plans available online – be sure to place it in a quiet shaded spot – ideally with the entrance facing away from prevailing winds.
- 6 – Leave out extra food and fresh water – while natural food is best – giving them a helping hand just before and after hibernation is beneficial – there is often not enough natural foods available to help them reach a healthy hibernation weight – those visiting us seem to prefer chicken based dog meat and Purina kitten biscuits – Never give milk or bread as this can kill a hedgehog – even through winter they may still venture out for a food top up.
- 7 – Hedgehogs should not be out during the day – if they are please seek advice / help for them from a wildlife expert.
- 8 – Look out for them on the roads! Drive with care and try to avoid them



This picture has been beautifully drawn by Halle Fraser, Age 6