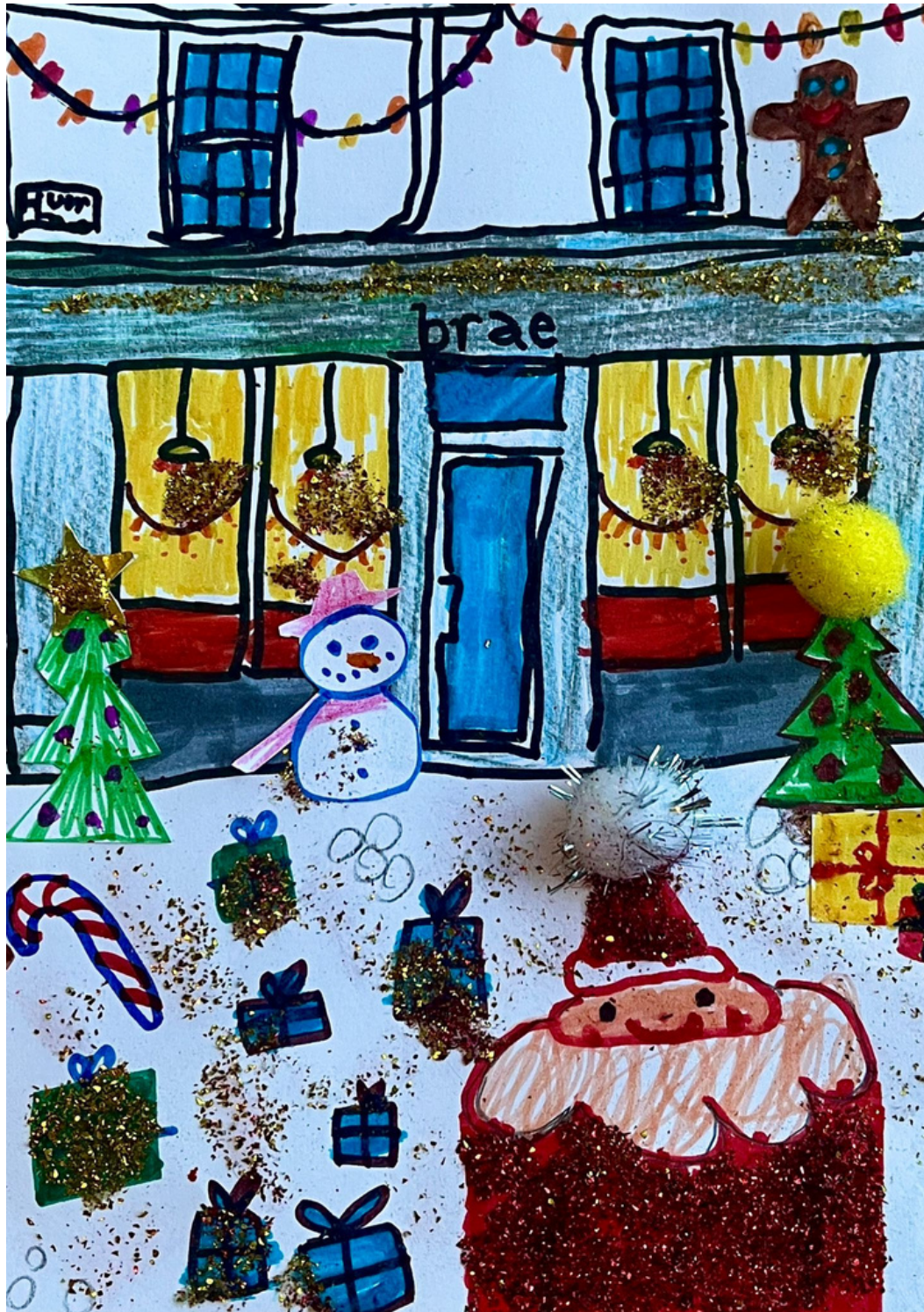


Chapelton Chat

Community News



This picture has been beautifully created by Autumn, Age 6

Issue 6

December 2023

Scottish Charitable Incorporated Organisation SC051928



**Chapelton
Community
Association**

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From Friday 1st 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.

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They can also be purchased popping into the restaurant during opening hours or if that's not feasible, give us a call.

Hello!

Welcome to the final chat of the year, even though the nights are darker there is still lots going on in our little village!

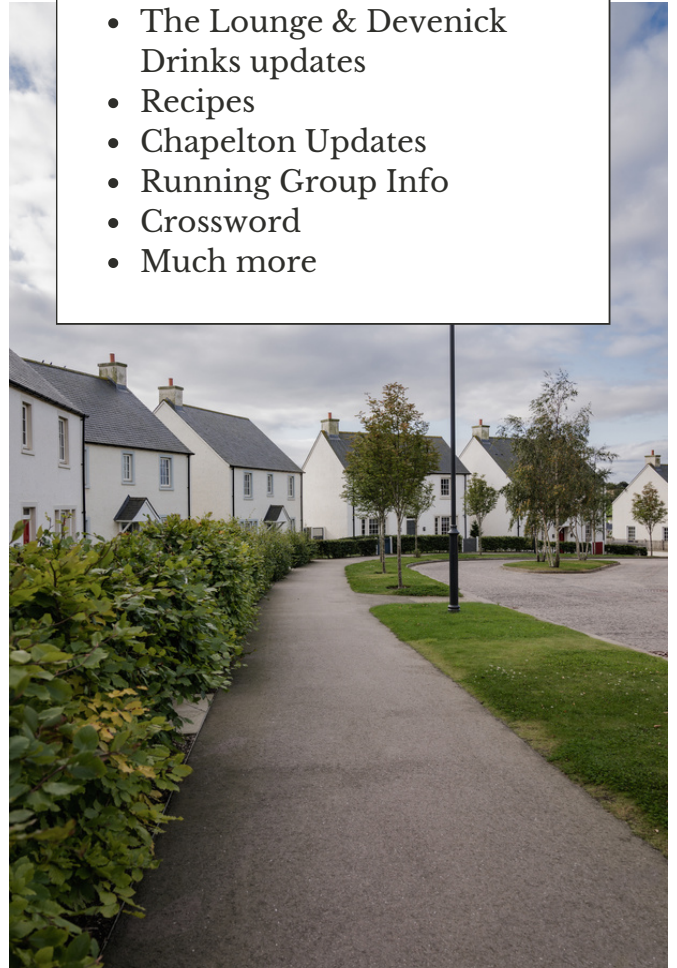
Wishing you all a very happy festive period. Sending you all love, light, and laughter for good memories and a bright and healthy 2024!

As always, we welcome any feedback and suggestions on what you would like to see in the Chat or would like to provide an article/ad for the next edition then please contact editor@chapelton-ca.uk.

Thank you!

WHAT'S IN THIS ISSUE:

- What's On
- Update from Mary Jepp
- Meet the Author
- The Lounge & Devenick Drinks updates
- Recipes
- Chapelton Updates
- Running Group Info
- Crossword
- Much more



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!

AN UPDATE FROM MARY JEPP

I have just looked down at my calendar and realised that in only a few days I will be able to ask the question of the season...."How many sleeps?" Although that question is more often aimed at the wee ones, with a bit of re-framing it should probably be addressed to the grown-ups of this world. The countdown to Christmas, to many holiday seasons, covers presents, food, drink and clothes, maybe some travel...need I continue...just thinking of it makes me go weak at the knees.

Countdowns in our bit of world mean something, but in other places they are beyond our imagination. I wonder what it must be like to count out meagre rations of food, to count the hours you wait at a checkpoint or a food distribution point, perhaps to count your children into bed or count the missiles being rocketed overhead. And closer to home perhaps to count the minutes or hours it takes for an ambulance to arrive, or to count the steady beat of a respirator on a hospital ward.

Those words as I write them seem lonely, perhaps a funny thing to say, can words be lonely? I think that all those situations described, emotions expressed feel solitary, speak of individuals on their own waiting, but that they can be changed with a little bit of love. I know that a hand held in a dark place or a present given with the shine of love in eyes meeting makes all the difference. The world is a big scary place and somehow it feels even more so this year, hand by hand and smile by smile lets change the world starting from where we are today.

What seems like a long time ago Mike, my husband and I were married on boxing day and we sang the carol 'Love Came Down at Christmas', it reminds us of the birth of a baby long ago, the baby Jesus whose birth Christians celebrate each year at this time. That baby was soon to be a refugee, he was a child born into poverty in a country controlled by a foreign power. That story may remind us that love, that care can exist when we take the time to do what we do best that is to simply love.

Wishing you Love, Peace and quite a bit of fun this Christmastide!

Mary Jepp

Priest at St Ternans

Scottish Episcopal Church

St Ternan's is always open so come and have a sit, it is a very good place to escape the chaos of home and you would be more than welcome. It is within walking distance of Chapleton to the south on the same side of the road. Postal code AB39 3PP. So if you need a few minutes of escape you are more than welcome to come and sit for awhile

December and Christmas Services at St Ternans'(AB39 3PP)

Usual Sunday Communion Service with hymns 10.30 am

Midweek Prayer and Chat

Coffee, discussion, prayers and more coffee from 9.30 on
Wednesday (prayers from 11 am)

Community Carol Sing with the Stoney Fiddlers

17 December at 3pm

at the

SLATE AND GRAIN, CHAPLETON

Christmas Eve Morning Prayer 10.30 am

Midnight Christmas Communion 11.30 pm

Christmas Morning Family Communion (reserved sacrament) 9.30 am

ALL WELCOME



What's your name? Trixie

How old are you? Feel like 50, act like 5

What breed of dog are you? Mini Schnauzer. I don't have the normal breed haircut as the fam got fed up cleaning off sand/mud/sticky willows from my coat... not my fault all the best sniffs are in messy places!

Who is in your family? My human servants are Steve and Joan.

Do you like living in Chapelton? Its great here, always doggy friends to meet and greet and sometimes nice humans give me snacks. I particularly like visits to Brae and the Boxes for a Puppacino or a Doggy Ice cream.

What's your favourite food? So difficult to choose as I have such a diverse palate...basically anything that's not moving.

What's your favourite things to do? Sniff and eat mainly but I love going out with my dog walker Jenna (Long Dog Walkies) to meet the gang and have a runabout.

I also really like trips away in our motorhome especially as it usually means a wee trip in my bike trailer. Its great getting out and seeing different places whilst sitting in the lap of luxury whilst Steve does all the hard work.



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Meet the Author

Chapelton resident Rachel Louisa May tells us a bit about herself

Hi, my name is Rachel Louisa May and I'm absolutely thrilled about becoming a published children's author!

Some of you know me but for those who don't, I spent my early childhood in Sussex before my family moved us up to Scotland. We settled in the beautiful village of Aboyne in Deeside. After choosing a career as an Early Years Practitioner a variety of work took me to other areas including London. My Aberdeenshire home however always called me back!

It has been an interesting path that has led me to being an author. I have always loved books and remember reading late into the night as a little girl while the rest of the household were sleeping. Usually by torchlight so I wouldn't get discovered! I loved English at school. To be honest it was the only subject I loved! I tried writing as a teenager, but other things seemed much cooler and more interesting at the time, so it was swiftly cast aside.

In August 2000 I became a Mum and started creating ditties and poems. Mainly to make the children laugh but I also did a few for friends, family celebrations and weddings. Back in April 2019 I moved into my gorgeous flat in the pretty community minded town of Chapelton. I was sitting admiring the surroundings in what is now originally called 'the writing chair' when it occurred to me that I should write a children's book. I have found nurseries and schools full of little people over the years who were just as interested and passionate about the world around them as myself. It seemed there was a message to get out there. A story to be told! I started to write. Amazingly enough the words came easily. Before long a story line had been established, characters formed, and a small adventure was sitting in front of me. Pleased about this I put the iPad away and carried on with life.

In November 2021 our family were shocked to the core when my beautiful sister became very ill with life threatening Meningitis. She was rushed into hospital where she fought with all her might for the next few weeks. Weeks that turned into months when I couldn't see her due to infection control and Covid regulations. It was going to be a bleak long winter! A colleague at work suggested I should pass the time by going back to my writing while I was waiting for my sister to recover. This would give me a goal and something to show her. I dismissed the idea in seconds! How could I concentrate while sitting worrying? By the time I had driven home that evening and closed the blinds on the dark winter night I thought it was a great idea! I dug out my children's story from the depths of the iPad and read it. I started working on it, with a few tweaks here and there it looked ok. In fact, it was more than ok. Feeling brave I sent my submission off to several publishers and waited!

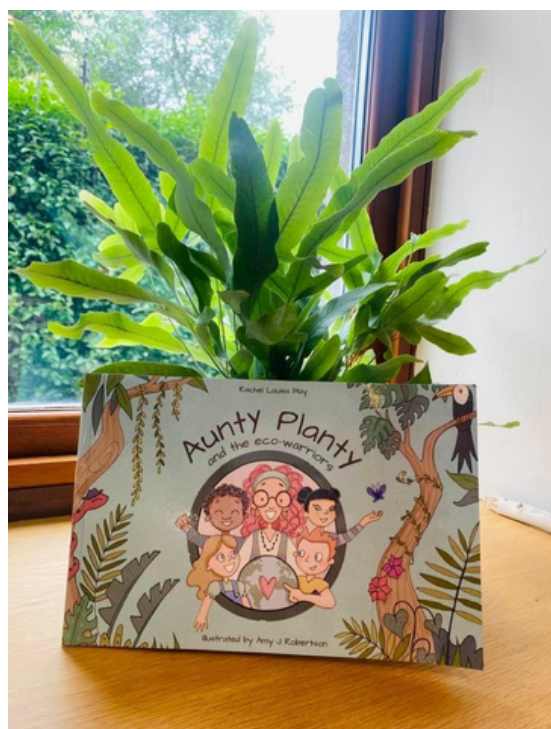
I am delighted to say that my sister has recovered well, which is a remarkable achievement! We spent lots of wonderful days together where we walked, talked, and ate a lot of cake! She read my story, and her support and encouragement allowed me to think it just might be possible to publish a children's book!

The early part of 2022 was a waiting game! Eventually I decided to find an illustrator and a friend put me in touch with a local lady Amy Joy Robertson from Joy Designs, Stonehaven who instantly understood my ideas and vision. Her incredible talent has brought the story alive and working together on a personal level was very important to me. I decided to consider self-publishing and produce an eBook. We were almost ready to rock when out of the blue a game changer arrived by way of a traditional publishing contract! I couldn't believe it! Surely this was the offer to take. After two days I signed on the dotted line and realised I was again embarking on another long wait!

It was July 27th, 2023, when I once again sat in 'the writing chair' thinking the weather was a repeat of the day I wrote my story. Only this time it was book launch day! A day I will never forget. My book *Aunty Planty and the Eco Warriors* had arrived!

My children's story is about an eccentric Aunty who takes her niece and friends on an adventure around the world in her wind and solar powered vehicle Fast Fred! It sends out a gentle environmental message and creates empathy, teamwork, inclusion and celebration. I have written a catchy rhyme on the last page, so the children can clap and sing along. The age range is 4 to 8 but it's never too early to read to your little ones. I am lucky to have some fabulous local businesses stocking my book and it can be found in the wonderful Red Rocks in Chapelton, My Beautiful Caravan in Stonehaven and Yeadon's of Banchory. It is also being sold on Amazon, Waterstones online and directly from my Publishers Pegasus.

Lastly, I would say writing for children has been a special experience in every way. I love reading it in the libraries, schools, and nurseries that I visit. It has received an amazing response from the children. I'm so glad I eventually travelled this road. If you have an idea or something to say, be brave and go for it. You never know what might happen!





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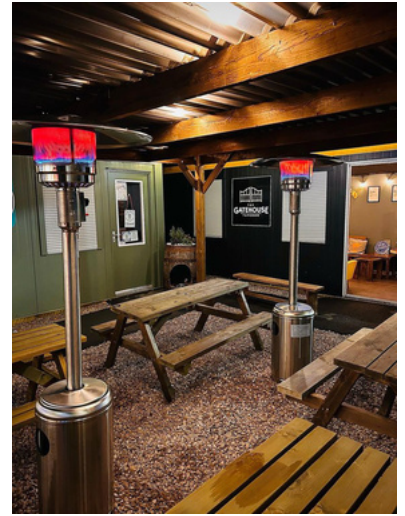
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Our outdoor area has been launched in time for the run up to the festive period which will be a great place to enjoy our soon to be launched ‘mulled booze’ menu along with pop-up events such as the Chapelton Xmas lights switch on, meet the brewer/distiller, gin tasting and comedy nights.

Keep an eye on our socials for updates!

Big love,
Andy & Bryan”



After 7 amazing years on Hume Square. The Lounge at Chapelton are now located at 29 Quarryline Street, at the corner of Liddle Place.

If you haven't visited TLC, we offer a range of services in Hair and Beauty and cater for both men and women. We are a Loreal Salon and a Kevin Murphy stockist.

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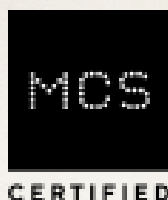


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WHAT'S ON!

05 December 2023

Dried Flower Wreath Making with Karen at This is 36

10 December 2023

Last Yoga Brunch of the Year

10 December 2023

Santa & Elves will be parked up outside Brae, this is a NVA event.

Chapelton 200 Club

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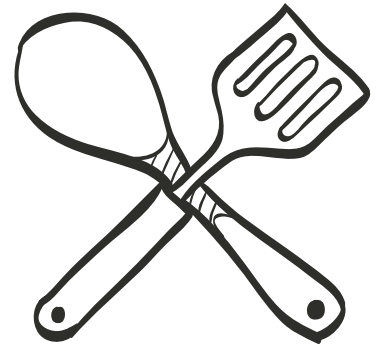
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Recipe Time



Thank you Helen for sharing
this recipe with us!

I'm a convert to fresh prawns since buying from the A&J Strath van on a Tuesday. I buy 300 grams for the two of us and they are meaty and delicious and deserve to be cooked well. I searched for a while for a recipe that would do them justice and gathered information from a few to make this dish. Most of it can be prepped in advance and doesn't take long to cook once you've got it going.

Prawns with orzo, Asparagus in a lemon butter sauce

Veg - Bunch of asparagus - if you don't like asparagus miss it out and maybe add frozen peas once you combine the ingredients at the end

Prawns - 300 gm deveined fresh prawns - in a bowl mix together with half teaspoon of Italian seasoning and chilli flakes, salt and pepper. (Check how to devein if you are not sure)
2 tablespoons of Olive oil for frying

Orzo - 1 Cup of orzo to 2 cups of chicken stock - you could use water but the chicken stock adds more flavour.

Lemon butter sauce - 4 cloves of garlic (or to taste using , minced or pureed if you can't be bothered peeling and crushing), Juice of two lemons, A splash of white wine (could be omitted but alcohol will evaporate), 3 tablespoons of salted butter

Optional but will add another layer of flavour - 3 tablespoons of capers added at then end when combining all ingredients (I think essential to give a briny flavour to the finished dish)
Small amount of fresh basil and thyme as a garnish

Method

Trim asparagus, cut onto 2 inch slices and cook in boiling water for no more than 5 minutes (baby asparagus about 3 mins). Drain and remove from the pan into a bowl. You can do this in advance along with deveining the prawns.

Using the pan you boiled the asparagus in add the orzo and the stock. Simmer gently covered with a lid but check regularly to ensure it doesn't stick to the bottom of the pan. The liquid may all absorb so you might have to add a dash of water but it may need drained, - mine needed drained because I was heavy handed with the liquid. Just ensure the orzo isn't undercooked and is soft.

Sear the prawns and seasoning mix in a large skillet or frying pan in the olive oil which should only take 3 - 4 minutes until the prawns are pink - don't overcook! Remove the prawns from the pan into a dish.

In the hot frying pan add the garlic, lemon juice and white wine to deglaze to combine with the left over juices and seasoning from the prawns. Stir for a minute reducing the heat so as not to burn the garlic then take off the heat and add the butter to melt and complete the sauce.

Combine the asparagus (or peas if you are using), the prawns, the drained orzo and the capers to the sauce and heat through. Garnish with chopped basil and thyme. Serve immediately and enjoy!

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Thursday 7th December - 7.30pm
Friday 8th December - 7.30pm
Saturday 9th December - 2.30pm
Saturday 9th December - 7.30pm

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DECEMBER UPDATE

by Cllr Mel Sullivan

Disappointing news for parents of Newtonhill Primary School children with the withdrawal – yet again – of the school bus from Chapelton. Despite a well presented petition to the Education & Children’s Services Committee (ECS) from parents and a lot of work in front of and behind the scenes, the ECS members could not be persuaded to set aside policy in this case.

My focus now is on the building of Chapelton Primary. Although the council has some major funding challenges, I’m relieved to see that the Chapelton plans are progressing on schedule, and it still has the capital funding allocated. In a recent meeting with the Director of Education, I asked about the provision of community facilities and a public library in the school. I’ll let you know when I get any details!

Weekly news emails continue to be sent out. These include the latest planning applications and other local items of interest. Please let me know if you would like to receive these. My email address is cldr.m.sullivan@aberdeenshire.gov.uk You can find me on Facebook as ‘Councillor Mel Sullivan, North Kincardine’. My webpage is <https://melsullivan.mycouncillor.org.uk>.





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

The Community Collective

Stonehavens newest community group

The Community Collective are a new community group based in Stonehaven with big ambitions and even bigger hearts. A not-for-profit voluntary organisation with charitable aims, by the community for the community. With backing from Aberdeenshire Council's Tackling Poverty & Inequalities Group Innovation Funding they have launched 'The Living Room' located within what formerly was the cafe space at Stonehaven Community Centre.

The Living Room is a cosy, safe, welcoming, non-denominational space open to all, manned by people who listen, who treat everyone the same, who don't judge or try to fix each other. Visitors can expect conversation, support, friendship, community, games, art supplies, WiFi, food and drinks. This innovative concept will be Aberdeenshire's first Public Living Room and has been inspired by the Camaredos movement. It offers community members the opportunity to access breakfast, hot drinks, homemade soup, fruit, sandwiches or a hot homemade meal on a pay as you can basis. Aiming to fill some of the gaps within current provision and giving everyone in our community the opportunity to make social connections. Open to ALL - no catch - no agenda.

Fancy popping by for something to eat? Need a bit of heat? Want to meet new people? Need a change of scenery? Are you in the Community Centre for a class? Come and visit us at The Living Room. All of our hot drinks and meals are available on a PAY-AS-YOU-CAN basis. If you only have a little to give, that is OK. If you have a little bit more to spare, then please donate or pay-forward what you can to help someone else in our community.

If you would like to find out how to support the project or become more involved pop in past to see us, message us on Facebook or email our Chairperson Julie Gray j.graythecommunitycollective@gmail.com

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CCA DECEMBER UPDATE

There's always something happening in Chapelton and the last few months have been no exception!! The book swap is well stocked with books, games and toys for the sand pit! We would love you to tag us on socials if you use it!!

The trustee team have been busy building a new website-we would love to know what you think!!

The 60s club meets on the last Wednesday of the month in Brio at 6.30pm-its a very friendly and welcoming group-all are welcome and there's no need to book. They have a packed schedule coming up with martial arts, chair yoga and trips planned!!

The Crochet Club is a lovely vibrant group which meets on the last Thursday of the month (6.30-8.30 in The Hut). Everyone is very welcome regardless of skill level and there is always someone willing to help if you've got stuck on a project. Knitters/embroiderers are also more than welcome. (No meeting in December!)

The 200 club continues to go from strength to strength-it is drawn live on the last Monday of the month on our social media channels-and we try to give you a wee update of anything that's happening in the next few weeks as well-so it's always worth a wee watch. The club runs from January for 12 months, so its time to start choosing your numbers for next year!! Numbers are now available for next year through our website. www.chapelton-ca.uk

We have had a busy autumn with a fabulous autumn wreath making class with Hollie Berries Flowers, and we have a lovely Christmas wreath workshop in a few weeks which has sold out! We also had a brilliant winter wellness evening with Shona from ABWR, and have more dates planned for the spring-so keep an eye out for those!

The fabulous Hannah Hadden organised a baby and kids swap shop which was a genius idea and meant that local parents were able to swap clothing and items their wee ones had grown out of! We have been granted 3500 bulbs from the council; and as I write we are waiting on delivery and hoping to get them in the ground ASAP for a beautiful display in the spring and summer!! The bingo night was a huge success-and Halloween was, as always, super spooky and ghoulish in Chapelton! Huge congratulations to the winner of our Halloween decorating competition!!

Huge shout out and thanks to our friends at the Newtonhill Village Association for putting on another incredible firework display this year for Bonfire night-we are so lucky to have such a fabulous event in walking distance!

As I write we are busy organising the Christmas light switch on which promises to be a brilliant evening (praying for dry weather!!) with the wonderful Sweet Adelines coming to sing to us, and the big man himself switching on the lights at 6PM in Hume square! Santa will also be in his grotto in the hut before and after the switch on ready to meet all the young people!!

We want to wish everyone in our community a joyous and peaceful festive season and a very happy and healthy 2024.



MEET THE TEAM

COLIN STRATTON - FUNDRAISING CO-ORDINATOR



A couple of years before I retired, I told my wife that I would like to give something back to the community in Portlethen, and so decided I would volunteer to drive the Community Ambulance - I have now been driving the Ambulance for 11 years.

I was born and raised in Aberdeen. I had experience in a variety of jobs before joining Shell UK in 1977, where I spent the next 35 years. Shell afforded me tremendous opportunities to develop my career. Prior to retiring I worked in the Marine Logistics Department, chartering offshore supply vessels, which allowed me to travel to

Norway and Holland on a regular basis.

I joined the Community Ambulance as a relief driver and, after a few months was offered a permanent slot as the Tuesday morning driver, which I have been doing ever since. I enjoy driving the Ambulance, as well as helping residents it also allows me to meet a lot of interesting people. For some passengers, the driver and the medical staff may be the only people they see that day.

Here, I would like to say "Hello" to all my regular passengers.

In 2016 I was asked to take on the role of chairperson from Noreen Harding, which I did for 6 years and was happy to hand over the reins to David Walton last year. I enjoyed the role as it kept me busy for about 8 hours a week. I was involved in purchasing our current vehicle and whenever I could, I publicised the work of the Community Ambulance in the local press. Of course, running a charity is not a one-man band and I was ably supported by the excellent volunteers on the committee.

Whilst on holiday in May this year, I missed a committee meeting – *big mistake (ha ha)*. When I returned home, I was told I had been nominated as the Fundraising Co-ordinator for the new vehicle we were in the process of purchasing.



**Portlethen and District
Voluntary Community
Ambulance Association**

Scottish Charity Number: SCD 31829

Since then, I have been busy contacting community councils, local businesses and the Community Funds of large companies, who have a presence in Portlethen and Newtonhill, seeking donations to assist in raising the funds to buy the new vehicle. We have had some success but are still looking for more donations.

If anyone reading this article would like to support us by giving a donation towards the new vehicle, we would be most grateful. Please give me a call on 07875 179861.

Hopefully you will soon see the new "wee blue bus" out and about on the roads of Portlethen, Newtonhill, Muchalls and Chapelton – please give the driver a wave as it will make their day!

We have had one new recruit join our team since the last edition of this magazine, but we are still looking for more relief drivers to give our busy team more occasional breaks from their regular half-day slots.

If you have some spare time and have category D1 on your driving licence, and would like to be part of our hard-working friendly team, please get in touch to discuss your availability.

Contact Hugh Wheelan on 07834 559547 (hwheelan1@gmail.com) or David Walton on 07468 883289 (j.d.walton@btinternet.com)

Bettridge Centre Regular Groups

MON	Baby Sensory	9:15	-	16:00
	La Jolie Ronde – pre-school French	10:00	-	11:00
	ReActive8 Singing Group	11:00	-	11:00
	Line Dancing	13:30	-	14:30
	Walker School of Highland Dance	17:00	-	20:00
	Choi Kwang Do	18:00	-	20:00
	Centre Stage	18:00	-	20:00
	Newtonhill Netball Club	20:00	-	21:30
	Maitland Badminton	20:00	-	21:00
TUE	Busy Bees baby & pre-school group	9:30	-	11:30
	Chair Yoga	11:00	-	12:00
	Splat Messy Play	13:00	-	15:00
	Open Pickleball	13:00	-	15:00
	Newtonhill Netball Club	17:00	-	21:00
	Beavers/Cubs	18:00	-	20:00
	Aberdeen Astronomical Society (last Tues of month)	19:30	-	21:30
WED	ReActive8 Meetings	10:00	-	12:00
	Teeny Tunes	9:00	-	12:00
	Library Service	15:30	-	18:00
	Yoga	18:20	-	20:30
	Scouts	19:00	-	21:00
	Lethen Archers	19:30	-	21:30
	Harding Badminton	21:00	-	22:00
THU	Yoga	9:30	-	11:00
	Open Pickleball	10:00	-	11:00
	Disabled/Inclusive Sports	13:00	-	14:00
	Jacob Badminton	18:00	-	19:00
	Yoga	19:00	-	20:00
	Newtonhill Community Club 2014 Football	19:00	-	20:00
	NNC Bounce Back Netball	20:00	-	21:00
	Auld Boys Football	21:00	-	22:00
FRI	Parents & Toddlers	10:00	-	11:30
	La Jolie Ronde – pre-school French	10:00	-	11:00
	Library Service & Craft Session	13:00	-	15:30
	Dance Dimensions	15:30	-	17:00
	Choi Kwang Do	18:00	-	20:00
	La Jolie Ronde – primary school French	18:00	-	19:00
	Jacob Badminton	19:00	-	20:00
SAT	Dance Dimensions	08:30	-	15:30
	Footstars	09:00	-	14:00
SUN	GRCC	09:00	-	15:00
	Centre Stage	15:00	-	17:00



Newtonhill Out of School Club

Runs every week day from 07:30 – 09:00 & 14:45 – 18:00

Holidays and in-service days – 07:30 – 18:00

The club can be contacted on 07793-561748

Sharon Sorrie's Dance Dimensions



**EXAMS, SHOWS, EVENTS, OR JUST FOR FUN
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Portlethen
AB12 4UF**

**The Bettridge Centre
Greystone Place
Newtonhill
AB39 3UL**

FOR MORE INFORMATION CONTACT SHARON JENKINS:

 dancedimensions@outlook.com

 Sharon Sorries Dance Dimensions



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CHAPELTON RUNNING GROUP UPDATE

On 27th October, members of Chapelton Running Group took on the challenge of running a 24 hour non-stop virtual relay in order to show support for the Chapelton Running Group founder and Chapelton 10k creator and director, Ann Gallon, who is bravely fighting another courageous battle with cancer, and at the same time raise some money for Maggie's Aberdeen, who have been a fantastic support to Ann.

Each runner was allocated a 1 hour slot with the aim to keep the relay going all through the night! The relay kicked off at 4pm with a trans-Atlantic team of Rachael in Hume Square in the drizzly rain and Michael all the way in sunny San Diego!

We managed to span the North East with runners battling the wind and rain from Findhorn and Nairn, Newburgh, Aberdeen Beach, Stonehaven and even on a platform in the middle of the North Sea!!

We had special guests from Jog Scotland Bridge of Don who enjoyed a running tour of Chapelton (followed by coffee and cakes!), support from the boys and girls in blue, and some members enjoyed themselves so much they ran more than one slot!

The relay concluded with Ann bringing in the last hour with family and friends. The whole event was an outstanding success and we are delighted to be donating over £4000 to Maggie's, a very worthy charity close to the hearts of many. A massive thank you to all those that supported us so generously! Chapelton Running Group is an informal social group offering the opportunity for like-minded runners of varying abilities to meet and exercise together in a group.

We meet every Wednesday at Hume Square at 6.30pm, so if you fancy coming along for a run and a blether, check us out on facebook, instagram and strava.



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A mortgage is a big commitment, so value for money really matters. It's vital to have access to the best deals in a complex, uncertain market. We'll scour a comprehensive range of mortgages from over 65 lenders across the market to find you the most suitable rates for your individual requirements and circumstances.





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To arrange a review of your mortgage needs and life insurance get in touch email david@portfs.co.uk or call 01224 679330

Impartial & Unbiased advice of all your mortgage and insurance needs

Find us on  MortgageBrokerAberdeen  ChapeltonMortgageAdvice
 Portlethen_financial_services  ChapeltonMortgageAdvice

Your property may be repossessed if you do not keep up repayments on your mortgage

Equity Release refers to home reversion plans and lifetime mortgages. To understand the features and risks, ask for a personalised illustration

For Equity release advice we will charge a fee of £495 and we will also receive commission from the lender.

SMALL TALK...

Each issue we will be interviewing children from the community and asking them about their favourite local classes. This time we interviewed Hugo, 2 about the Bourtree 2s Club in Portlethen.

Hugo, why do you like going to 2s club?

Had fun. Boys and girls play

What do you think of your teachers?

They are naughty

What do you think other boys and girls would like about 2s Club?

Naughty teachers

What has been your proudest moment so far?

I did tidy up Duplo

What have you learnt from your time at 2s group?

Nothing. Digger Outside

Daily 9.30-11.30 bourtreeschool@gmail.com



We want to say a HUGE congratulations to our very own Gillian Steven who was nominated and WON a Places for People Community Matters Award for her work setting up and running the 60s club!!!

Greg Reed, Chief Executive of Places for People, said: "We exist because of our Customers, and we aim to change lives by creating and supporting thriving Communities. It is our Customers who bring a Community to life - whether they're showing up to a class at their leisure centre, moving into a student accommodation at the start of their new university year, or living in one of our Communities. We wanted to recognise and celebrate those People within our Communities who are going the extra mile, looking out for others, or achieving something exceptional within their area. We are delighted to have been able to celebrate Customers from across our organisation and show them our gratitude for helping create thriving Communities."





We offer a warm welcome at Newtonhill & Portlethen Library over the winter months.

In Newtonhill Library at the Bettridge a Coffee and Craft Group meets on a Friday from 1.15-3.15pm. This is a free event, and you just bring your own project along. It is a great opportunity to share ideas and meet like-minded people.

In Portlethen we have our regular activities including Lego Club on Monday 3.30-4.30pm; Bookbug on Tuesday 10-10.30am; Craft Group on Wednesday 1.30-3.30pm and of course our regular book groups.

In the new year we are looking forward to bringing some new activities including a Relaxed Lego Session on a Saturday and a Genre discussion group.

Please note Portlethen is closed Christmas Day until Wednesday January 3. Newtonhill will be closed 22 December – 5 January.

Newtonhill Library is open Wednesday 3.30-6pm and Friday 1-3.30pm. Portlethen is open Monday 9-5, Tuesday 9-1, Thursday 3-7, Saturday 10-2.

To book for upcoming activities pop into the library or visit www.livelifeberdeenshire.org.uk

NAVIGATING THE FESTIVE SEASON

by Kirsty Copeland

Christmas is one of my favourite times of year. It is wrapped in nostalgia, excitement, family time, and delicious food. But it can also be very difficult for anyone who struggles with disordered eating. As I battled my own eating disorder many years ago, Christmas was a time I dreaded. I felt triggered with all the decadent food around and the plethora of social events. I felt like I was set up to 'fail' on my goals of eating 'healthily' and exercising 'enough.' My rules were extremely rigid and did not allow for flexibility. Thankfully, I am now fully recovered and help others improve their relationship with food. If you're feeling anxious about the extra mince pies, chocolates, and mulled wine, read on below for some helpful tips.

Remember that food has many purposes As human beings, we need food to survive and we need enough nutritional variety to be in optimum health. But it's not just fuel, and there is a lot of research to show that counting calories, and obsessively tracking macronutrients can actually trigger disordered eating. There are so many other reasons for food. It can be a source of pleasure – think of a warm mug of hot chocolate and marshmallows on a frosty afternoon. Don't underestimate the role of taste and texture in satisfaction. We can eat a lot of food and not feel satisfied if it is missing these components. It also provides connection through social occasions– birthday parties, Christmas dinners, work nights out. Rather than focus on the food, embrace the opportunity to connect with others. We use food to celebrate – birthday cakes, champagne. Rather than worry about the calorific component, embrace the opportunity to celebrate with your loved ones. Nostalgia – Food can trigger wonderful memories. When I think of Christmas, I think of chocolate oranges and tangerines in my socking, and little fruit decorations my grandmother made out of marzipan and food colouring. What can you think of?

Find joyful movement We all know that exercise is important for our bodies. It can build strength, increase flexibility, improve our sleep, and is excellent for our mental health. Some people view exercise purely as a way to 'burn off' calories, or justify what they 'allowed themselves' to eat. Try to shift the narrative away from punishing yourself for eating, and embrace the opportunity for a Christmas walk. Find movement that you enjoy, not that you feel you 'have' to do. And if you can't get outside, have a boogie with your kids in the living room.

Overeating is normal Remember that it's normal to overeat occasionally. Our bodies are very clever – if you listen to your hunger and fullness cues, it's unlikely you will keep overeating. If binge eating or comfort eating are behaviours you feel unable to stop, please do reach out and I can help you find some other coping strategies.

Talk to someone If you are feeling anxious about the festive period, whether that be because of all the food around, the lack of routine, or the finances, a problem shared is a problem halved. Seek support and give your loved ones suggestions on how they might be able to help. There are also many helplines and charities available to support your specific needs.

Remember that your worth is not defined by your body or how much you eat! We live in a world that puts an excessive amount of pressure on looking and eating a certain way. Every body is unique, and every person is valuable. What you eat does not make you a good or bad person. I hope you can enjoy this season remembering that you are amazing just as you are.

If you struggle with disordered eating or poor body image and would like to improve your relationship with food and your body, I can help. I provide a non-judgemental space to discuss your goals and work towards a place of food freedom. Check out my website www.mayyoumend.com or email me on info@mayyoumend.com to arrange a free discovery call.



MARYCULTER DRIVING FOR THE DISABLED.

Maryculter Driving for the Disabled operates at Home Farm, Maryculter on Wednesday afternoons from 1pm onwards from May to September. The main purpose of the group is to take people with disabilities, both ambulant and wheelchair bound, out on a horse and carriage which is driven by a qualified driver. No we do not drive Brodie our RDA Horse as the sketch above shows, though some of the Disabled would like to! To be able to do this we need volunteers to walk alongside the carriage and also to help bring fun and laughter and make the afternoon a social gathering for our disabled friends.

We have a wonderful team of tea ladies who come along with lovely home bakes and make our teas and coffees which our disabled friends love but we are looking for more tea ladies to join the team. If you would like to join the team please contact Carol on 01569739283. We have a BBQ at the end of the season and also a Christmas Party with a visit from Santa.

You do not need horse experience to be a volunteer as training and guidance will be provided so please get in touch with Kate our group Organiser on 07871531079 or George on 01569739283,

You would be made very welcome by our volunteers and disabled friends.

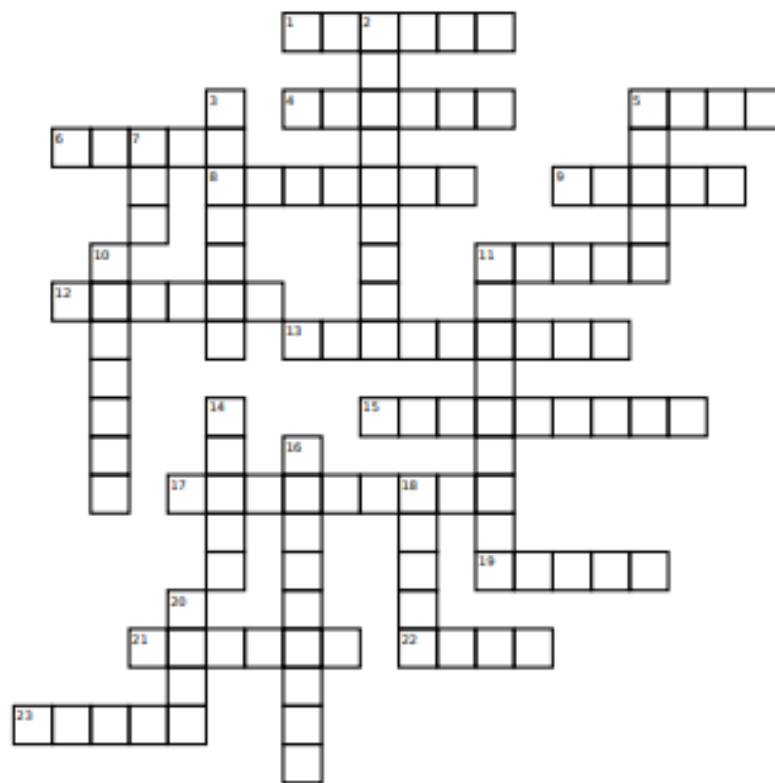
Our Foodie Recommends

I'd highly recommend Las Chicas pibil tacos kit - the zesty one- (bought in Asda). I prefer it to the usual fajita kit I buy for a more authentic Mexican flavour. At first I thought it was going to be bland and dry but once you constructed the taco with the marinated chicken thighs, the pickled pink onions, coriander, lime and the fruity salsa verde it was absolutely delicious. Fierce flavours but not spicy hot.

(if you don't like coriander use shredded cabbage maybe)



Christmas Crossword-Find the missing words from these songs!



Down:

2. God rest ye merry (9)
3. ding dong on high (7)
5. jingle..... jingle all the way (5)
7. the holly and the ---- (3)
10. frosty the(7)
11. all I want for is you (9)
14. in the mid winter (5)
16. while watched their flocks by night (9)
18. last christmas I gave you my (5)
20. oh---- night (4)

Across:

1. you scumbag, you (6)
4. away in a (5)
5. santa..... hurry down the chimney to me (4)
6. Im dreaming of a christmas (5)
8.the red nose reindeer (7)
9. deck the with boughs of holly(5)
11. santa..... is coming to town (5)
12. hark the herald sing (6)
13. the most.....time of the year (9)
15.roasting on an open fire (9)
17. oh little town of (9)
19. ooooh its the little..... nick (5)
21. little..... on the dusty road (7)
22. oh christmas (4)
23. so have yourself alittle christmas time (5)

GREEN SWAPS!

Its been a while since I tried a new green swap-and Facebook helped me out by serving me ads from “The Bower Collective” about twenty million times a day for a couple of weeks, so I was duly influenced, and thought I would give it a try!

The Bower Collective tout themselves as having “natural products” which Im always a little skeptical of, being as natural oil essences and other natural derivatives are some of the most sensitising and potentially harmful/toxic substances you can get (most poisons come from plants!) Im not against natural products, I just think the greenwashing is a bit much, and I would rather have the most effective and evidence based ingredients, be they “natural” or otherwise. Bower also work on a “subscribe and save” system-but I didnt opt for this as I wanted to make sure I liked the products before I committed! I do like their packaging-and the fact that they send a returns envelope with your order so when youve finished something, you can post the packaging back for cleaning and recycling or refilling.They are also a registered B-corp-so kudos to them for seriously working hard to make everything as sustainable as possible.

Hand soap-I went for the geranium and grapefruit 1litre handwash (£7.64) and its smells quite nice, not as heavily fragranced as I had expected, but actually thats quite nice because I sometimes find it a bit overpowering and nauseating to smell fragrance on my hands for hours after washing them. It lathers nicely and does the job, but I did find it slightly drying, and as someone who is classified as a “wet worker” and actually responsible for hand skin surveillance for my team at work Im very picky with hand soaps as I know what a difference they can make in both causing and controlling dermatitis. I wouldnt re-purchase this as its just too drying for my hands. I usually purchase Carex moisturising refill pouch (500ml) which is currently £1.90 on Boots.com so it doesnt make financial sense to repurchase either, and although the carex refill pouch isnt as fully recyclable as the bower one, it is still 75% less plastic so its an improvement.



Cold Weather Training Tips

Graeme from North East Sports Therapy shares his expertise with us.



Winter fitness training can present unique challenges due to colder temperatures and potentially inclement weather, but adapting to autumn and winter weather can be difficult, particularly for outdoor activities such as running, hillwalking and cycling where indoor variations struggle to mimic the real thing.

Whilst we can't control the weather, or have access to top class indoor facilities for every sport located conveniently on our doorsteps, there are steps we can all take to help make the best of the unique climate we have here in the North East of Scotland.

With the colder, darker (and wetter!) nights now upon us, here are our top tips for keeping healthy, strong and injury free over the winter months.

Let's start with the basics:

Layers - colder temperatures can increase injury risk, so dress in layers to ensure you can regulate your body temperature during exercise.

Hydration - even in colder weather, your body loses fluids through respiration and sweat. Drink water at regular intervals to keep yourself hydrated.

Adaptations - autumn and winter weather can be unpredictable, so embracing group exercise classes or strength training can be good options to keep fit.

So what can we adapt?:

Footwear - if you're moving from grass to tarmac, or to an indoor space, having suitable footwear is the first thing to consider. Make sure you have enough grip for the underfoot conditions - and tie those shoe laces to prevent slips, trips and falls!

Warm up - adapt your warm up to suit the space and activity. If you're going to be doing lots of short, sharp sprints indoors, make sure those ankles, calves and hammys are suitably warmed up to help avoid injuries.

Intensity - hall space is notoriously hard to come by in Aberdeenshire, so training time can be limited as a result. Consider shorter high intensity workouts instead of your usual 2 hour session.

Final things to consider:

Listen - winter brings different challenges, with stresses put on the body from lack of daylight, cold temperatures and yucky weather. If your body doesn't feel right for exercising, listen to it and modify your activity or rest.

Maintain - keeping your muscles in tip top shape at this time of year can be tricky. Sports massages can help enhance recovery and prevent injury, especially during disrupted training programmes.

If you are struggling to keep on top of your fitness this winter, pop in to see us at North East Sports Therapy and we can help you get back on track.

www.northeastportstherapy.com



This picture has been expertly created by Cayetana & Lucas, Age 5