

Banchory and District Community Newsletter

Published by Banchory and District Initiative (BDI) – February 2011

Principal Sponsor - Leys Estate

The Banchory and District Community Newsletter has always enjoyed support from both local businesses & individuals to ensure its publication and distribution twice a year. BDI would like to thank Leys Estate for sponsoring this edition.

Visitors to East Banchory have seen significant improvements in 2010 as the Community Action Plan takes shape. As part of this, Leys Estate has invested over one million pounds in Woodend Farm through the construction of the new pitches and Café Bistro (pictured below).



Woodend Barn continues to establish itself as one of the leading arts venues in the country, thanks to the Woodend Arts Association. The newly opened Café Bistro, run by Val and Callum Buchanan, is a tasty addition to Banchory's cuisine. The allotments, 2010 award-winners from Aberdeenshire Council, have now been extended & the Banchory Christian Fellowship Church is due to open in February.

Renewable Energy

All the Woodend buildings are heated with new biomass heating systems, as readers may have seen for themselves at the Open Day last April. Using wood sourced from Leys Estate both reduces carbon emissions and supports local employment.

Future plans for Woodend, including ScotCat's vision to promote sustainable living are reflected in the re-zoning of the area in the Draft Local Plan. This includes eco-lodges for tourist accommodation, 32 eco-houses, and a sculpture walk linking Banchory & Crathes Castle. This spring, Leys Estate will carry out planting to further enhance the landscape & there will be particular emphasis on fruit production for local use.

New Rugby Pitches



Alongside all of this, has been the construction of two full size rugby pitches and two mini size rugby pitches with temporary changing facilities, a new home for Deeside RFC. This is the largest project at Woodend and the biggest investment in sporting facilities in Banchory for over a decade continuing Leys Estate's record of providing amenity, sporting ...cont'd on page 2.

Tai Chi Aberdeenshire

Banchory Town Hall

Mondays 6.30 – 9pm
Thursdays 9.30 – 10.30am.

Deeside Dance Centre

Mondays 9.30 – 11.00am



*Tai Chi a mind and body
experience for relaxation,
health, flexibility, stamina
and strength*

Contact Jane Innes

01330 822608 / 07816 493 930

www.taichiaberdeenshire.co.uk

Mail@taichiaberdeenshire.co.uk



*'What is firmly established cannot be uprooted
'What is firmly grasped cannot slip away' Tao Te Ching*

and leisure facilities. Over the years, this record includes the King George V Park, Burnett Park (1886) (Banchory Cricket Club), Banchory Golf Club (1905), Deeside Indoor Sporting Club, Alexander Park, Inchmarlo Golf Centre and driving range, Milton of Crathes (Banchory St Ternan's FC), and more recently the Crathes School football pitch and the Milton Events field which is now regularly used for the Deeside Steam and Vintage Rally and other fundraising events including car boot sales.

Deeside RFC (www.deeside-rfc.co.uk)

With over 250 members the aim of Deeside RFC (formerly Aboyne RFC) is to promote rugby throughout Deeside at all levels. As training and matches are currently spread between Aboyne, Tillybrake and the Milton, the club has suffered from having no base. Although historically, membership was drawn from Aboyne, recent expansion has seen many more members living in mid and lower Deeside, especially Banchory. The new facilities at Woodend will see a unification of the different age groups in a purpose built, quality environment.

Youth Teams Unbeaten

Whilst waiting for the grass to grow, Deeside RFC youth teams are having another successful season, both U18 and U16s teams are unbeaten, top their leagues and are maintaining large squads of motivated players which bodes well for the future. In turn this has led to representation in the Caledonian North of Scotland side and one U18 player joining the Scottish U18 squad.

The club is looking forward to kicking off next season at Woodend and thanks should go to the coaches and parents for their contributions, and to the current sponsors: North Banchory Company, Members of the Bancon Group, Phase NRG and Maybe Hire Services. Anyone else interested in sponsoring at any age level would be very welcome and should contact the club.

The club welcomes new players of any age, and more importantly, ability and fitness. With one former member, barring injury, due to represent Scotland internationally in New Zealand in this year's World Cup, Deeside RFC has big ambitions to put Banchory firmly on the rugby map.



Thank you

Thanks go to Leys Estate & the advertisers for making this issue of the Community Newsletter possible. The Community Newsletter is produced and delivered by volunteers but sponsorship & advertising revenue is needed to cover the printing costs. Without this revenue BDI will be unable to continue publishing this important source of local information. If you would like to be a principal sponsor of our next newsletter, or would like to take an advertising space, call 01330 823856 or email info@banchory.org for details. Not only will this promote your business locally but will also help to ensure continuing publication of the Newsletter.

Anyone willing to deliver newsletters in their street – please contact info@banchory.org or 01330 823856. You will be welcome with open arms!

Dates for your Diary

Summer Events

- Crathes Vintage Car & Motorcycle Rally – 29th May
- St Ternans Fair – 11th and 12th June
- Royal Deeside Golf Classic - 25 to 29th July
www.royaldeesidegolfclassic.co.uk
- Banchory Show – 30th July
- Deeside Steam and Vintage Club 39th Annual Rally – 20th and 21st August

Regular Events

- Banchory Farmers Markets - on the third Saturday of the month. www.banchory.org
- Lions Book Sales – on the first Saturday of the month, normally in the Town Hall.

Save the Children Fundraisers – 2011

Jumble Sales: 26th Feb 2011 Noon - 2pm
29th Oct 2011 Noon - 2pm

Strawberry Fayre: At the Raemoir House Hotel Marquee Wed 22nd June. Noon - 2pm Pay at door.

Jonathan Aitken will be speaking on Prison Reform at the Banchory Lodge on Wednesday 16th March at 10am. Tickets from Lorna Barker 01330 822124 or Bronie Brodie 01330 822448.

Save the Children welcome you all to these fundraising events and would also welcome new members on our team. Please consider even coming onboard for a year to see if you like what we do and like us! Contact: Lorna Barker (01330 822124), Chair for Save the Children Banchory.

Banchory Walks - Fit and Friendly

Every week two groups of about 8 walkers set out for a local, level, led walk for about an hour. The walks are part of a Scottish Health Walks scheme.

We explore a variety of different places in and around Banchory, staying on good paths and led by a qualified leader. Sometimes we go out a bit further afield. Everyone finishes up for a cup of tea or coffee and a blether afterwards.

We meet outside the Banchory East Church at 10.00am on Thursdays and Fridays. Anyone is welcome to join the walks, so come along a few minutes before 10 and join us.

For more information, please contact Mark on 01330 823418 or email collonach@yahoo.co.uk.



We do not want to risk an accident on an icy path, so unfortunately the walks have been disrupted in December by the adverse weather. We are now looking forward to regular walks in the new year.

So why not make a resolution and join us...?

Friendship Lunches

For almost a decade, volunteers at Banchory Ternan East Church have been serving lunches on the second and fourth Thursday of each month in their church hall on Station Road. The lunches have proved very popular with people of all ages, coming from all parts of Banchory and beyond.

Good food, good value and warm friendship are enjoyed and it has become a popular and regular meeting point for many. New and old friendships have been formed and strengthened over a warm meal.

Two courses are served, followed by tea or coffee and biscuits, great value at £3.50. Transport can be arranged, while some folks get together to share a taxi or come by bus or walk.

Like many other successful events, this venture was formed after a suggestion was made during a friendly conversation and it was carried forward by two ladies who were then joined by several volunteers, both male and female, as word spread and more people came along to experience and enjoy a time of friendship.

Lunches operate between the months of October and April with a break only on the fourth Thursday of December when we approach Christmas. Thursday 14th January will be the first lunch in 2011. A warm welcome awaits you.

For further information please contact the church office on 01330 82038.

Garden Sharing

Do you dream of tasting vegetables you've cultivated yourself but lack the space to grow your own?

Do you dream of vegetables growing in your garden but don't have the time or energy?

Banchory Garden Share could make your dreams come true!

Growing your own produce has never been so popular yet many people either lack a plot suitable for cultivation or are constrained from realising the full potential of their gardens by full time work or old age. Banchory Garden Share holds a register of gardeners looking for a plot to cultivate and people happy to give up a little of their garden in which others can grow vegetables. We match up people from these two groups and can give advice on how to develop a successful gardening relationship.

The Banchory Garden Share Scheme is one of a number of similar and increasingly popular initiatives around the country. Get to know your neighbours and reduce your food miles, join The Banchory Garden Share Scheme. Please contact Maddie Thurlow on 01330 822942 or maddie.corrichie1@twang.co.uk.

Don't Waste Resolutions!

By Melanie Baldwin, Waste Promotions Officer

The last turkey curry or sandwich has been eaten, the decorations stored away for next year and the tree taken to your Household Waste Recycling Centre to go in the green waste skip (although the needles may stay in the carpet a little longer). If you've done all of that you are already thinking about reducing your waste.

However, is there more you could do? The New Year is here - time for resolutions and hope that, despite the still-dark days and financial gloom, this will be a good year. Resolutions are easier to keep the easier they are to do and when you can see the benefits. So here's a few simple ones to help cut your waste, if not your waist size:

Recycle more things, more often

Ask your recycling crew for extra boxes, covers and battery recycling bags if you need them or phone Wasteline to find out where you can collect them from. Every bit of recycling in Aberdeenshire is sent for reprocessing, contributing to the costs of recycling collections and keeping it out of landfill. Check the Council website at www.aberdeenshire.gov.uk to find out what you can recycle and where, and what happens to it.

Cut food waste – it's costing the average household £430 a year!

Log onto www.wasteawarelovefood for loads of helpful hints and tips to reduce food waste, including a recipe database and a great app to download. They may be very simple ideas like measuring portions, proper storage and using your leftovers but they all make a difference. And resist the temptation to BOGOF (Buy One Get One Free) unless you know you are REALLY going to use it all.

Use garden waste, don't bin it

And finally, I know summer seems a long way off right now; but when it comes and the grass starts growing, consider replacing old and broken lawnmowers with a mulch mower. Feed your grass as you cut it and no clippings to dispose of! Find out more at www.mulching.co.uk

More and more folk are realising the benefits of home composting too. It's a great way to deal with organic waste from garden trimmings to vegetable peelings – and if you don't need to buy as much compost from the garden centre, you'll have more money for tea and cakes! Which might not be good for your other resolutions...

Banchory Energy Reduction Initiative by Mary Scott



Banchory Energy Reduction Initiative is a community group with a remit for energy reduction in homes and transport. It has funding from the Climate Challenge Fund until March 2011.

BERI is working closely with the Home Insulation Scheme and is promoting this insulation widely. Leaflets on HIS funded measures, floor insulation and insulating floored lofts have been written. Some thermal images will be used to publicise the benefits of insulation. There is a team of energy advisors who also provide home visits and detailed home energy advice reports.

3 groups have had electricity current cost monitors on loan as a challenge to use less electricity.

Community halls will also be given advice on energy efficiency.

There has been a series of very well attended public events with high profile environmental speakers at the Woodend Barn. There was a Green Living Open Weekend scheduled to enable visits to houses that have renewable energy, but this was cancelled due to the weather. Similar events will be organised next year.

BERI has a regular stall at the Farmers Market and provides talks to groups.

BERI is working closely with other local groups to achieve the installation of cycle racks in appropriate locations.

Contact has been made with relevant Aberdeenshire Council staff to progress plans for sustainable transport both within Banchory and for commuters. A priority is to follow up previous local efforts to try to achieve an express bus service to Aberdeen especially for commuters.

Some research has been done into local transport methods used and where Banchory residents work. More research will be undertaken in order to build the case for appropriate sustainable transport.

BERI has won a Green Butterfly award from Aberdeenshire Environmental Forum

Energy advice drop-in sessions are available in the BDI office at Banchory Town Hall on Mondays and Fridays from 10.30 – 12.30 tel 077697 12520, email beri.banchory@hotmail.co.uk

Royal Deeside and The Cairngorms Invites You To 'Dine on Deeside'

A new ten day celebration of quality local produce launches for March 2011 with set price menus across the area

A new foodie event which celebrates passion for regional cuisine launches in March 2011. Dine On Deeside is the perfect ten day recipe for cuisine designed to fire up gastro imaginations and tickle their taste buds. The event will take place from Friday 18th March to Sunday 27th March 2011 at towns and villages across this beautiful area including Ballater, Braemar, Banchory and Aboyne. Royal Deeside and The Cairngorms produce is some of the finest quality in the UK and chefs will be serving up seasonal Spring menus of everything from rustic bistro to fine dining. Special menus in cafes, restaurants, hotels, and bars will be on offer in price bands – up to £10; £11 to £20; £21 to £30 and over £30 so there will be something on offer for every pocket – and taste. More can be found at www.discoverroyaldeeside.com/Larder/dine-on-deeside.

Dine On Deeside gastronomes can enjoy:

- ❖ **Prize winning Cairnton Aberdeen Angus** as part of a three course steak celebration evening (£24.50) at **Deeside Activity Park by Aboyne**. Alternatively you can try steak sandwiches as part of a three course £10 menu.
- ❖ **Cambus O May and Strathdon Cheeses or Deeside smoked venison** as part of a three course dinner at **The Glen Lui Hotel in Ballater**.
- ❖ **Local nettle soup**, a trio of **Sheridans Sausages** (H M Sherdians supplies meat to the Royal family at Balmoral Castle and Birkhall), **rare breed organic Wark Farm pork** and **local rabbit** can be sampled in a variety of set price menus from £12.95 at **Loch Kinord Hotel by Dinnet**
- ❖ Warm confit of **free range chicken** with **Wark Farm smoked sausage** and **Deeside smokehouse haggis** or slow cooked **brisket of Murtle beef** in **Cairngorm beer gravy** at **Buchanans Woodend Barn by Banchory**
- ❖ A six course fine dining Taste of Deeside menu at luxury **Raemoir House Hotel by Banchory**



HM Sheridan Butcher flying the flag for Dine on Deeside with local Deeside produce

Dine on Deeside is being organised by the Royal Deeside & the Cairngorms DMO which is the official Destination Management Organisation for tourism businesses in the areas of Royal Deeside, Donside and the Eastern Cairngorms. Dine on Deeside is supported by the Scottish Government and the European Community Rural Aberdeenshire LEADER programme (2007-2013) with Aberdeenshire Council and Scottish Enterprise.

imprint
Printing Services
Design and Print

For all
your Print
Requirements

Lithographic
&
Digital

01330 823163
E-mail: imprintprinting@aol.com

Unit 2, Tillybrake Industrial Estate
Banchory AB31 5UN

Scolty Paths by Tony Brown

While the recent snow and ice may mean that there have been few opportunities to walk on Scolty Hill, it is noted with large satisfaction by those involved that the project to repair certain paths to the top of this magnificent viewpoint has been completed. It all started with a public meeting organised by Banchory Paths Association (BPA) held in March 2006 to discuss the terrible state of paths on the hill and what could be done about it. The use of the hill had increased enormously with time and some 60,000 cars a year were then using the Scolty car park (even more now). Paths were eroding badly and there was increasing use of the heather margins that resulted in paths becoming ever wider. The landowner, Ron Middleton, was consulted and proved immensely supportive of any community effort to improve the paths (virtually all of the stone used in the project came from his land).

A seven person Scolty Trails Enhancement Project (STEP) working group including BDI, BPA and independent members was set up to take matters forward but the numbers dwindled as realisation of the effort needed took its toll and eventually it was left to just one or two people to obtain funding and manage the project.

The paths had firstly to be surveyed, followed by money being raised to enable professional detailed drawings, specifications and cost estimates to be drawn up before a tender document for the work could be produced. Much more money then had to be raised before tendering could begin and a contract be awarded. It was reckoned that doing the essential path repair would cost over £150,000 and the sources for this amount of money for this sort of work were limited. Following hard work and many setbacks, the majority of the funding was promised by the Leader Programme (a European/Scottish Government initiative administered locally by Aberdeenshire Council) (£63,000), Scottish Natural Heritage (£60,000), Aberdeenshire Council and the Landfill Fund (£21,000) and Forestry Commission Scotland (£5000). BDI and BPA committed the rest of the money.

All of this took time and the contract for the work was eventually awarded to Upland Access Ltd (UAL) in February 2009. Due to the timing of the funding, the work had to be spread over two years and was eventually finished in late November 2010. Hill users have certainly noticed the improvements and their praise has been large and gratifying. The

quality of work performed by UAL has been



Before



After

exemplary and it is hoped that the paths on which work was done will need nothing but a low maintenance effort for years to come.

However, without that maintenance effort (with the drains being cleared out each year so that scouring does not reoccur) the paths will soon deteriorate again. It needs to be said that this work will only happen if volunteers are prepared to step forward and help. It is hoped that this article will inspire some of those who use the hill to volunteer a little of their time. Certainly, the satisfaction of doing work that benefits both oneself and the community will more than compensate for the few hours of labour involved. Contact can be made with Tony Brown (01330 822 510, tony.brown3@btinternet.com) and he will welcome you with open arms.

It is clear that with more money (or, in some cases, community volunteers) more work could be done on both drainage and path repair on parts of paths not touched that would still improve the hill considerably as a public amenity. This is such a worthwhile thing to do that surely there is a group of people out there prepared to take it on???

Orienteering? What's all the excitement about? By John Mason – Maroc Club Secretary



Do you enjoy getting out into the fresh air, walking a few hills, maybe a bit of cycling or running?

Are the kids too focussed on shopping in Aberdeen or playing on the Wii?

Keen to improve your fitness, but even better if all the family could get involved in something together?

If this sounds familiar, then why not start 2011 by taking a look at a really engaging sport that people of all ages enjoy.... that will soon have the whole family hooked, have the kids pestering to go out for runs, build everyone's confidence in enjoying the outdoors, make a whole lot of new friends and discover some fabulous corners of Deeside that you never knew existed.

Once you get hooked into Orienteering, there are events all year round.... local events in Deeside, events all over Scotland, or you might get interested in national or international events. There's a bunch of juniors from Banchory and Aboyne getting ready to compete in the World Schools Orienteering Championships in Italy in May 2011...in a few years time you might be booking a summer trip to Sweden for the world's biggest and most exciting Orienteering events...

To get started there's really no equipment to buy, the local clubs are very well organised and always welcome newcomers, the cost of events is modest and there is plenty of training to show you what it's all about. So for a resolution to do something new and positive in 2011, take five minutes to have a look at the MAROC club website www.marocscotland.org.uk and we look forward to you catching the Orienteering bug in 2011 !

Banchory Schools Orienteering Club

Banchory Schools Orienteering Club was set up in 2008 with the aim to further the development of and participation in orienteering within Banchory Schools. The club supports pupils from the Banchory Community Schools Network including Banchory Academy and all the Primary Schools in the area. The club has close links to MAROC, the local orienteering club and most pupils who participate regularly are also MAROC club members. The club has supported the Active Schools Programme and helped give introductory training classes at the schools.

The schools send teams to take part in the Scottish Schools Orienteering Festivals which are held each year. Both Primary and Academy pupils regularly achieve success at these events. In 2009 a team travelled to Northumberland to take part in the British Schools Orienteering Championship.

Also in 2009, a team of 5 girls from the Academy travelled to Spain to take part in the World Schools Orienteering Championship, representing Scotland. They returned with a team Bronze medal, and individual Gold and an overall, individual 3rd place.

• COUNTRY & FASHION WEAR • RESTAURANT • PET •



FIND US ON
facebook

Something for all the Family

OPEN 7 DAYS - UNTIL 5PM
T: 01330 833462
NORTH LURG • MIDMAR
ABERDEENSHIRE • AB51 7NB
WWW.MILLERSMIDMAR.CO.UK
Only 10 minutes from Westhill on the B9119
• EQUESTRIAN • FINE FOODS • GIFTS • COOKWARE •

In 2010, the Banchory Academy Girls Team of Evelyn Mason, Jenny Ricketts, Megan Getliff and Kirsten Brown won a selection race to represent Scotland at the 2011 World Schools Orienteering Championships to be held at Primiero in Italy in May 2011. Sasha Chepelin came 2nd in the Boys and was selected for the 'Boys Select' Team. All 5 Academy pupils will travel to Italy to compete for Scotland, and they will be accompanied by former Banchory Active Schools co-ordinator and orienteering coach, Kate Robertson.

In order to fund this trip, the team are raising £3300 by a number of methods: they have sold cakes at orienteering events and have held a photo-shoot with Logan Sangster. In the New Year, they plan to pack bags at a local supermarket, hold a games evening and sell more cakes! They are also seeking support from local organizations, businesses and individuals. If you would like to help these young athletes achieve their dream to take on the world, please contact Julie Brown at 01330 820815.

You can find out more about the club and the preparations for Italy in 2011 at their website: <http://banchoryschoolsorienteering.moonfruit.com/>

Banchory bags Campaign Update

The Banchory bags Campaign team is thrilled to see so many shoppers continuing to use their own reusable shopping bags and would like to thank all those who have helped the campaign by adopting this simple procedure.

Interested in publishing an article in the next newsletter?
email info@banchory.org for details.

Wanted! **Photos for Banchory's 2012 Calendar**

Do you have a good photo of Banchory or the surrounding area? Why not send it in to the photo gallery on the community website. (www.banchory.org)? All the photos are considered for inclusion in the Banchory Calendar. Email your photos to info@banchory.org. The deadline for submission is the end of March 2011. The photos for the calendar are selected by BDI, assisted by a local professional photographer.

News from the Bonnie Banchory Team



Banchory achieved great success in the Beautiful Scotland In Bloom campaign earlier this year, winning a Silver Award. This success was followed by strong

community support to help plant thousands more daffodil bulbs in several locations around Banchory. (Photo below)



The team have been most impressed by those businesses that have taken it upon themselves to tidy-up and plant the areas around their own premises, and they would like to thank all those who have helped to make Banchory so Bonnie.



Congratulations to Taylors of Banchory - The 2010 Bonnie Banchory Shop Front Winner.

The Raemoir Garden Centre supports Bonnie Banchory in many ways and the Bonnie Banchory Team would like to express their appreciation for this support.

The Bonnie Banchory team has plans to further extend the floral displays in the town, although they will not be entering the Scotland In Bloom competition for 2011.

There will be a Banchory Spring Clean on Sunday May 8, 2-4pm. Details will be in the local press and on the Community Website nearer the time.

If you would like to help the Bonnie Banchory Team please email christina.brown40@googlemail.com

Heritage Corner

By Anne Lamb, Convenor - Banchory Heritage Society

Did you know that James Scott Skinner was not the only well-known recording artist to have been brought up in Banchory!

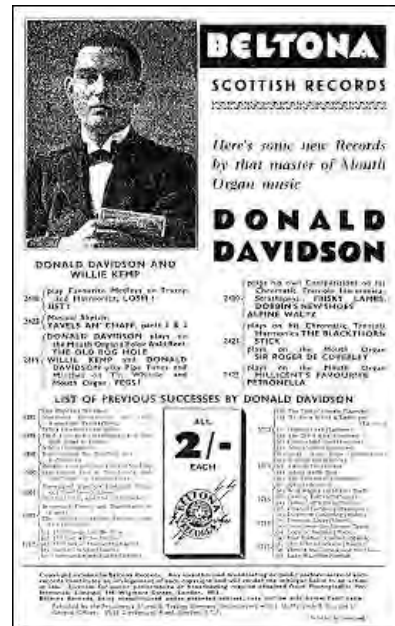
Banchory Heritage Society, in partnership with Banchory Museum, is aiming to produce a number of documents under the title 'Our Kind of People' and have started researching some local people who have become known in a larger arena. The Society has started files on Sandy and Mary Milne and Bessie Brown and in researching these better known local musicians uncovered information on Donald Davidson, 'the Banchory Moothie'. Here is a short extract from the file:-

Many Banchory folk know of Judy Davidson, a talented fiddle player, but not so many will know that her Great Uncle, Donald Davidson, was a prolific recording artist on the harmonica or 'moothie' as we call it in the North East. Donald's father, Peter, was working as a carrier for a Banchory firm called Smarts and Donald told friends that he started to play the mouth-organ when he was only four years old being inspired by the music that he heard on his parent's old wind-up gramophone. All of his brothers were musical and could play the mouth-organ and at least one sister, Dora, could play the piano. Later, Robert, John and George, took up the pipes, becoming one third of the Banchory Pipe Band, which became known locally as Davidson's Pipe Band.



In 1929 Donald got the chance to go down to London to record music for Beltona Records and Hohner Harmonicas started to use him for their advertising campaigns. During the 1930s he did a lot of work for BBC radio and proved as popular as ever. One of Donald's schoolmates was Lewis Middleton, the son of a gillie who seems to have been quite a good player and Lewis's younger brother, Eddie Middleton, also played and, like Donald, was to broadcast on BBC radio. Eddie was a founding member of the

Silver City Harmonica Band which played a lot around Aberdeen in the 1930s.



As you can see Banchory has been blessed with many talented local people. If you know of someone who you think should be added to the 'Our Kind of People' files (not just musicians!) or you have some anecdotes about the Milnes, Bessie or Donald please drop into the Museum in Bridge Street or email BanchoryHeritage@aol.com and we will add them to our records.

Banchory Museum

Permanent displays cover J Scott Skinner, the Strathspey King, tartans, royal commemorative china, Deeside natural history and archaeology.

<http://www.aberdeenshire.gov.uk/museums/visit/locations/banchory.asp>

January to June, September to December.

Fri, Sat & Mon. 11am - 1pm & 2pm - 4pm.

July & August. Mon, Tues, Wed, Fri & Sat. 11am - 1pm & 2pm - 4pm.

Jane Stephen
M.A., DipAc., MBACc.
Licensed Acupuncturist
Member of the British Acupuncture Council

7 Hollybank Crescent · Banchory
Tel: (01330) 820204
www.janestephenacupuncture.co.uk

BACc Member
www.acupuncture.org.uk

Ladies & Gentlemen!

Could you befriend to an older person in 2011?

K&D Befriending had an item in the re-launched community newsletter and we were rewarded by some enquiries by future volunteers. Good reason to offer an item again? YES! definitely, as we are in much need of more volunteers!

In the first 9 months of this financial year, the Deeside area alone has received 38% more requests for befrienders for lonely or socially isolated, older people, than in the whole of last yearand that was a record too! Another record is that about half are now older gentlemen that need support and some would much prefer a man to share their interests. So, gents.....where are you too? Sometimes social isolation can come on suddenly: you lose a life partner, find you are no longer fit to drive and a close friend moves away to be nearer their own family.

Most of us know that the number of older people in the community is increasing, as people live longer, but Deeside has a particularly high proportion. The number of older people living alone is also increasing, as more families break up. Although K&DB is well-established, we are a small charity, dependant on volunteer befrienders, who form the backbone of our organisation.

We have over 50 trained & supported befrienders who are linked, on a one-to-one basis right now, with an older person. We need many more throughout Kincardine & Deeside if we are to meet this rising challenge. There is no upper age limit to volunteering and many older volunteers themselves are helping others less fortunate. Young mums are spending a couple of hours one day a week or fortnight, visiting or taking someone out when their children are in nursery or school. Part-time workers can manage to fit it in too. It is very flexible and can be very rewarding. You too, gain a new friend!

Want to know more? Check out our web site www.kdbefriending.org.uk or contact Linda Taberner, Deeside Co-ordinator on 07816 958 839/ linda.taberner@kdbefriending.org.uk

Did you know?

The Community Website at www.banchory.org has an events calendar which provides details of upcoming community events.

To post your event in the calendar email info@banchory.org with the details.



Have you got 2 hours a week to spare?

DEESIDE branch of Riding for the Disabled, based at Khalsbana Stables, Aboyne, is looking for more volunteer helpers.

Established for 23 years, the stables has several ponies who are specifically schooled as suitable for local riders with disabilities. The value these children, young adults and adults receive from their riding sessions is immeasurable – not just in terms of mobility, but self esteem, enjoyment and interaction.



Deeside RDA currently has a dedicated crew of 40 volunteers. It may sound a lot but they desperately need several more as there is now have a waiting list for riding – and if there aren't enough helpers, these sessions cannot run.

So, if you're looking to get trim for your summer holidays or keep fit now's the time to join!

Volunteer helpers don't all have to be horsey. However, you do need to be able to walk and 'trot' alongside riders offering physical support and encouragement. You will have to complete a police check as you'll be working with children from the age of five. Full training will be given in all aspects of health and safety regarding handling ponies and riders.

Sessions run in term-time only on Tuesday and Friday mornings. You'll be out in the fresh air and could be walking up to three miles! Volunteer helpers have a lot of fun as well – they all enjoy the social nature of the group as well as helping their local community.

Want to know more? Call Sue Smith on 01330 825645. If you would like to help the group in other ways, please think about fundraising. This is a charitable organisation, completely self-funding - it costs £200 to maintain each pony for a year. You could sponsor one!

Banchory Paths Network by Tony Brown

A community with a good network of welcoming paths has many benefits:

- Enjoyment of the outdoors
- Healthier lifestyle
- More visitors – with benefit to the economy
- Better links and a better understanding between landowners and the community
- A better quality of life.



A small group of people, the Banchory Paths Network (BPN), has got together to see if anything can be done to develop a better network of walking, cycling and (possibly) horse riding paths around Banchory. The project arose out of wishes expressed by the public concerning paths, path links, access paths, and cycling paths during the 2008/2009 public consultations. The group will work under the BDI (Banchory and District Initiative) banner.

Although there are many paths in and around Banchory, BPN believes that:

- Path networks are fragmented (many links are missing)
- Paths are unsigned and there is little information about where people may go
- Roads have become busy and less safe to use
- There are limitations on the paths available for cycling or horse-riding
- Many paths are in poor repair
- Some informal paths should become formal paths

In order to define the project scope, a map of Banchory has been marked up with all existing paths (formal and informal) known to BPN (largely but not exclusively within the area bounded by the proposed Banchory circular walk). In addition, some proposed new paths have also been inked in.

The BPN project team will decide the dimensions of the project and how it can be implemented and it is believed that the work can be split into logical elements that serve different community needs or town areas e.g.

- Banchory Circular Walk & Links
- School Walking/Cycling Access
- Deeside Way Links
- Sculpture Trail
- Bells/Captains Woods Paths
- etc etc

BPN will consult with the community to obtain its views and will aim to get as much community participation as possible in the project through organisations, schools and individuals being involved in events, fun days and work days. There will need to be close cooperation with landowners and with Aberdeenshire roads and leisure sections.

The project will take a considerable amount of time and organisation to bring to total completion and it is clear that funding will not be easy to obtain. However, priorities will be set so that work can be completed in stages to take account of the funding, technical and land ownership difficulties.

Given the scope of the project, it is hoped that this article will lead to others volunteering their time to help get things done. Those interested should contact Tony Brown – tel 01330 822 510, e-mail tony.brown3@btinternet.com – when they will be made most welcome.

Interested in advertising in the next issue of this newsletter?

Email info@banchory.org for more details


Classic Abode

**Garden & Landscaping
Services**

For all your Garden & Landscaping Projects

Commercial & Residential - Friendly & Professional Service

Free Estimates

Contact Moira on 013398 82496

www.classicabode.co.uk



The Banchory Calendar by Sue Edwards

BDI publishes the calendar each year to raise funds to provide and maintain the Christmas lights in the Town. This year, some of the lights had to be replaced. In addition we sourced new lights for the grounds of Bellfield Home which have proved to be very popular.



We could not have achieved this if we had not had the backing of twelve local businesses who each sponsored a month, & the generosity of local people who bought the calendars to send to friends & relatives or keep for their own use. A big thank you goes to Allan Milne and his team who braved freezing temperatures to put up the lights and pouring rain to take them down. We would also like to thank Alan Buchan from Belts of Collanach for donating his time and a fork lift to help put up and take down the lights.



Some of the photographers whose photos were included in the 2011 calendar.



Angela Muir
It's Curtains For You
11/13 Scott Skinner Square
Banchory
Aberdeenshire
AB31 5SE

Phone and Fax: 01330 824 925
e-mail: info@itscurtainsforyou.co.uk
visit our website at - www.itscurtainsforyou.co.uk
open: Mon - Sat: 9:00am - 5:00pm

Enchanting Puppet Animation for Woodend Barn in April

The Puppet Animation Festival returns to Banchory's Woodend Barn in April to take you and your children on journeys to magical worlds of make-believe.



This April .. you can take a trip to the Snow Queen's icy lands with Folding Theatre's rendition of Andersen's most loved fairy tale . you can ..Join Jack (and beans) in Storybox Theatre's tall tale of high adventure.. you can .. rediscover Red Riding Hood's story featuring men in frocks and a feisty Maid Marion with Garlic Theatre's generous helpings of slapstick, clowning and musical delights ... or you can ... quite simply... join Lapin for Breakfast and learn a few French words in Le Petit Monde's fun tabletop show!

woodendbarn banchory

THEATRE · MUSIC · COMEDY · WORKSHOPS · EXHIBITIONS · DANCE

 <p>Falsetto Sock Puppet Theatre</p>	 <p>Tavaziva Dance © Irven Lewis</p>	 <p>Blazin' Fiddles</p>
--	---	--

Saturday 19 February 7.30pm
Tavaziva Dance: Double Take
An intensely courageous double bill of modern dance with African roots.

Friday 25 March 8pm
Blazin' Fiddles
This is the five-fiddle-fronted band at its best!

Saturday 26 March 8pm
Scottish Falsetto Sock Puppet Theatre
A comedy double act that has to be seen to be believed

Thursday 31 March 7.30pm
Stellar Quines: Age of Arousal
A lavish sexy theatre ensemble piece about the forbidden and gloriously liberated self.

box office tel. 01330 825431 www.woodendbarn.co.uk