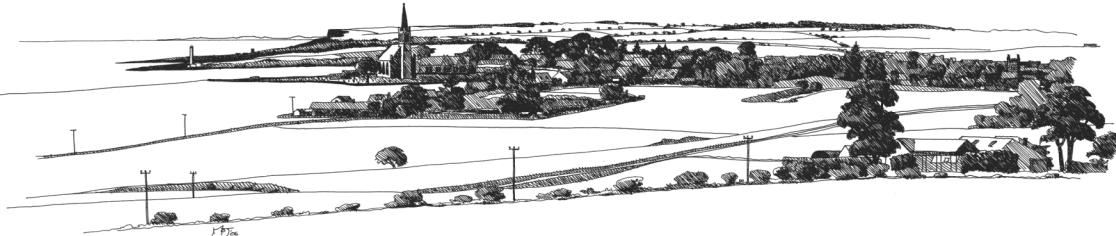


# ST CYRUS NEWSLETTER



Volume 14 Issue 4

Website [www.stcyrusnewsletter.org.uk](http://www.stcyrusnewsletter.org.uk)

October - November 2017



## Solos Halloween Fancy Dress Fun Run / Walk and Coffee Morning

29th October 2017 - 10.30 - 12.30 - Village Hall

Run, walk, jog  
bring your kids and the dog



This will not be a timed event and is purely for fun. Even if you don't fancy the run, you are welcome at our coffee morning. The prize giving for the best costume and a cuppa at the village hall is at 11 am.

The run starts at 10:30 from the hall. If you want to sign up, head to <http://bit.ly/2wpBaxO> and fill in the form or email [Solosfunrun@gmail.com](mailto:Solosfunrun@gmail.com) to give us an idea of numbers. All abilities are welcome including walkers of course! The Cost is £5/Adult, £3/Child and for a family of 2+2, it is £12.

## Fire in the Field

This year the Bonfire and Fireworks will be in the field at the Scout Hut at Beach Road at 6.30pm.

Juice, Hotdogs, Crisps, Sparklers and Glowsticks are for sale at the event. No need to bring your own.

Tickets £3 per person available from McColls from mid October. Under three's free.

**Strictly NO pets**

**Proceeds to the 1st Scout**



## Pavilion Project AGM

We are now ready to move forward with our pavilion project at Ecclesgreig Park and are looking for people who are prepared to give time and effort in forming a committee to oversee this exciting project for the village. If you are interested in helping with this development please join us at our AGM on



**Friday, 27th October at 7pm  
in the Bowling Hut at the Playing Field.**

Being a committee member will be a hands-on position.

**As you know Grant is a hard taskmaster!**



## CHRISTMAS FAIR

**STCYRUS PRIMARY SCHOOL PARENT COUNCIL**

Saturday 2nd December 2017  
10.00am-2.30pm

Over 30 Trading Stalls booked, including The Bodgers, The Body Shop at Home, Braw Sweets, Cat's Protection, Fairy Crafts, Fettercairn Woodcraft, Hearts & Crafts, Jackie's Cool Creations, Jamberry Nails, Janes Bows, Jen's Bonnie Baby Gifts, LD Bags, Owens Angus Jams, Scentsy, Sillycots Home Produce, StCyrus Woodturning, Sugar Central, The Highland Cosy Co, Tiers Above, Tupperware Montrose, Zoe's Little Bookshop, White Rose Confectionery, Woodhouse Wines, with lots more to confirm.

Refreshments, Face Painting, Raffles and lots more....

Perfect opportunity to do some Christmas Shopping without leaving the village!!

Contact [susanskene@hotmail.com](mailto:susanskene@hotmail.com) for more info.



You will be aware from previous updates in the Newsletters that we aim to have the Hall Rental Income cover the day to day running costs, but any refurbishments or major repairs need to come from fundraising since our reserve funds are fairly depleted. We would add that we are not quite there yet with the rentals covering the day to day running costs but we are much nearer than we were in previous years. Whilst Grant monies were made available for some of the improvements carried out in the past few years, we have a greater chance of securing such funding if we can demonstrate that we are making an effort to meet part of those costs ourselves, hence our fundraising efforts.

Those who use the Hall on a regular basis will have noted that we have had a 'summer off' in that there has been no refurbishment this summer other than replacing the chairs in the Small Hall. It is still our intention to redecorate the Hall cloakroom and vestibule before the financial year end. We also still need to paint the hatches in the kitchen but we have yet to agree the colour for those so all suggestions welcome. Bear in mind the kitchen is grey walls with grey/beige units. So far we have considered the hatches in red, or lime green? We could go with grey but a darker shade? What do you think? All suggestions to the Committee by the end of October please or you can pop them in with your Application for joining the 200 Club when you send it in.

Frances Whyte, Secretary

## What's on at the Public Hall

**To book the Hall contact Lara Smith on 07565 597559**

For information and activities not in the Hall see the pinned post on Facebook Page '**What's on St Cyrus**', kept up to date by Lori Forbes.

<b>Weekly</b>	<b>Day</b>	<b>From</b>	<b>Till</b>
Friendship Club	Wednesday	10.00am	1.00pm
Scottish Country Dancing	Monday	7.30pm	9.00pm
Tai Chi	Wednesday	1.30pm	3.00pm
Tea Dancing	Friday	2.00pm	4.00pm
Yoga	Thursday	5.30pm	7.00pm
<b>Weekly Term Time Only</b>			
Tums, Toots and Toddlers	Friday	9.30am	11.15am
Highland Dancing	Tuesday	3.00pm	7.00pm
French for Children	Wednesday	3.30pm	5.00pm
Playgroup	Tue/Wed/Thursday	9.30am	11.30am
Youth Club (Juniors only)	Friday	6.30pm	8.15pm
<b>Monthly</b>			
Public Hall Committee	1st Tuesday	7.00pm	9.00pm
Senior Citizens	2nd Monday	7.30pm	9.30pm

### **200 Club Winners**

Congratulations to our winners and thank you to the Senior Citizen's Group (coffee morning) (July) and the Tea Dancing Group (August) for completing the draws.

As we advised in the last Newsletter we are running the 200 Club for a further year - named the 200 Club because as you can see from the above table, we pay out £200 in winnings each month.

The 200 Club runs from October 2017 until September 2018 and costs £5 per month. You can pay the full £60 annual fee up front or you can pay £30 in October and again in April or you can pay monthly either in cash or by Standing Order. Whilst the prizes are much smaller than the nationwide lotteries, the odds of winning are much greater. Application forms are available from any Committee Member and there are some pinned to the Notice Board in the Hall Vestibule. Completed application forms should be back to the Promoter's Assistant by 15 October please and thank you.

	<b>July 2017</b>	<b>August 2017</b>
<b>£100</b>	Gillian Dempster	Ethel Wood
<b>£ 50</b>	Ailsa Baillie	Sandra Cooper
<b>£ 25</b>	Ethel Wood	Dod Anderson
<b>£ 15</b>	Helen Crombie	John Sparrow
<b>£ 10</b>	Kenny Dickson	Andrew Neil



New/beginners Tai Chi Classes start in St Cyrus Village Hall at 12.30pm on 4th October 2017. All welcome - any questions please ask

St. Cyrus Pre-School Playgroup has had a great first term.

The children will be taking part in a sponsored obstacle course on the 4<sup>th</sup> October to raise funds for the group.

We would also like to thank the Village Inn and customers for selling squares for our whiskey, raising over £70.

At the moment we are running on a Wednesday between 9.30 and 11.30am in the Village Hall.

There are still places available for children aged 18months upwards.

For more information or to arrange a visit please contact us on 07901591118.

A reminder to all members that the presentation dinner is in the George Hotel Montrose on Saturday 14th October 6.30 for 7.00pm. Please let me know by Friday October 6th if you will be attending.

The St Cyrus Scottish Country Dance club is now taking place in the village hall on Monday evenings from 7:30pm - 9:00pm. However, please note that on the 2nd Monday of each month there is no dancing due to the Pensioners using the hall. This is not a beginners' class, but, if enough interest was shown, it may be possible to have a beginners' class before the main class, dependent on the availability of the hall.

Joan Davidson has run this class for 25 years. She has decided it is now time for her to step down and therefore the class will be run by Maureen Smith and Elizabeth Neill. The members of the class, both past and present, would like to thank Joan very much for all her work over the years and for teaching us many, many enjoyable dances.

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For further details about the class, please contact Maureen on 675269, or email Elizabeth at:



A surprise 80<sup>th</sup> birthday party for **Elizabeth Thomson**, Quarrymouth, Lauriston, St Cyrus was the last thing she was expecting.

Weeks of preparation by friends were kept under wraps to plan Elizabeth's birthday, marked by an afternoon tea party in St Cyrus village hall.

Over 60 guests gathered to honour Elizabeth's special day and pay tribute to her unstinting work for the community including presently serving as an Elder and Treasurer at Mearns Coastal Parish Church and current Treasurer of St Cyrus Flower Show. Elizabeth in the past was strong supporter of the Guides, Scouts, Hall Committee, Community Council and many more community groups.

Born at Jenny's Bog, Rickerton, Elizabeth was educated at Johnshaven School, before beginning work at the Craigo jute mills. In 1960, she married Kenneth and began her life as a farmer's wife, and bringing up three children, Phyllis, Eileen and Kenneth.

Making the presentation of flowers and gift voucher Session Clerk, Dr Marshall Halliday paid tribute to Elizabeth's long career in community life as someone who gave "a tremendous sense of strength to the community."

He also complimented her on her use of modern technology. "It's not every day you see an 80 year-old coming to church with a lap top in her hand," he said.

Kathleen will be emailing the garden and show results if she has not already done so.

#### St Cyrus Flower Show News

This year we had the usual very good entry for flowers, pot plants, and vegetables with art work from the school pupils brightening up the hall. Sadly we had very few entries for baking and preserves and no entries for the Singleton Salver. It was disappointing for our hard working committee so we will be meeting before the AGM to discuss the way forward for future shows. If you have any ideas for entries and ways to attract more villagers to enter and attend then please get in touch with us or even better come along to the AGM on 30th October.

Nevertheless we still feel we had a very good day at our Show.

#### Garden Competition and Show results.

St. Cyrus Flower Show AGM,  
Monday 30th October  
Village Hall at 7.30pm  
Please come along and help us decide on the future of our village Show.

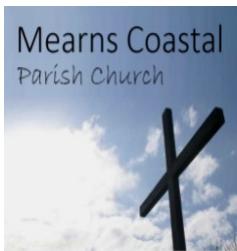


## *Christmas Shopping Fayre*

**Thursday 30th November 7-9pm**  
**Park Hotel, Montrose**

Raffle, and lots of excellent stalls to get your Christmas shopping started.

In Aid of Montrose RNLI  
Entry £2



Greetings from Mearns Coastal Parish

Autumn is certainly creeping in. As I came over the Garvoch last night from St Cyrus, the Howe of the Mearns definitely had that crispy feel about it. And the harvest not yet all in! Our prayers are with the farmers in our community – and farther afield. I'm just back from holiday in Orkney and they're even further behind.

We hosted the congregations of West Mearns Parish (Fettercairn, Auchendblae and Glenbervie) at our Sunday Service on the 27th August. It was good to see the Church so full and the fellowship round a cuppie and fine piece afterwards was truly enjoyable.

Our plans for the future development in the Church building are gathering momentum.

We're at the Building Warrant stage now, and, thanks to the hard work and diligence of our property convener, architect and others from the congregation, it shouldn't be all that long before we see some construction!

I'm sure many of you will have heard of the Alpha Course. Alpha is a series of sessions exploring the Christian faith. It runs all around the globe, and everyone's welcome. Alphas generally have three key things in common: food, a talk and good conversation (and no pressure!). We are planning to hold an Alpha Course in St Cyrus and further details will be advertised.

It was with deep sadness that we had to say farewell to the oldest member of our congregation, Mrs Georgina Davidson, on Monday 11th September. She was 101 years old. Georgina was a wonderful character, very independent and with a very sharp mind. We shall miss her.

I have some dates for your diaries. There are some special times coming up, and we would be very happy to welcome you in the 'Church on the Hill' to celebrate, to remember, and to greet our Lord and Saviour, Jesus. Here they are:

Holy Communion: Sunday 15th October at 10:00am (Rev. Brian Smith)

Harvest Festival: Sunday 29th October at 10:00am

Remembrance Sunday: Sunday 12th November at 10:00am

Lessons & Carols: Thursday 14th December at 7:00pm

Christmas Eve: Sunday 24th December at 7:00pm

Christmas Day: Monday 25th December at 10:00am

Remember too, we meet every Sunday for worship at 10:00am. On the last Sunday of each month our Sunday Club for the 'young people' starts at 9:30am, with time for activities, learning and fun. There's also the Hour of Prayer on the second Wednesday of each month. It would be lovely to see and greet you.

The Rev. Brian Smith is the Interim Moderator for the Parish and is available for any matters which may need an ordained minister.

Blessings to you all

Norman Trewren

Norman Trewren, Probationary Minister

Tel 01561 377359; email: [NLennoxTrewren@churchofscotland.org.uk](mailto:NLennoxTrewren@churchofscotland.org.uk)

Facebook: [www.facebook.com/mearnscoastal](https://www.facebook.com/mearnscoastal)

Interim Moderator Rev. Brian Smith - 01561 340302 - email [BSmith@churchofscotland.org.uk](mailto:BSmith@churchofscotland.org.uk)

Session Clerk Dr Marshall Halliday - 01674 850549 email [mmhviennahorne@aol.com](mailto:mmhviennahorne@aol.com)

## BLYTHSWOOD SHOEBOX APPEAL 2017



Last year Blythswood delivered 121,474 shoeboxes to people in need in time for Christmas. Shoeboxes were distributed to children and adults in Albania, Bulgaria, Hungary, Kosovo, Moldova, Pakistan, Romania, Serbia and Ukraine. If you would like to be part of this year's appeal please wrap a shoebox in Christmas paper, attach a list of the items you have put in the box, and say who the box is for - Woman, Elderly Woman, Man, Teenage Girl, Teenage Boy, Girl or Boy. Please also state the age of the teenager or child you have filled the box for.

All items in the box MUST BE NEW AND UNUSED.

Essential items are – toothpaste, toothbrush, hat, scarf, gloves, soap, small toy (NO hand-made or knitted stuffed toys or war related such as toy guns, knives, military figures. Sweets need to have a best before date no earlier than March 2018 and no chocolate).

Suggested items are – shampoo, face cloth, moist wipes, deodorant, moisturising cream, comb, brush, sanitary products, shaving foam/razors, household candles, screwdrivers, pliers, kitchen utensils, pens, pencils, sharpener, ruler, rubbers, notepads, colouring books, new make up, sewing equipment.

You can deliver your box to Heather Jenkins or Kirsteen Houston. If you would like your shoebox collected please phone Heather on 850533 or Kirsteen on 850313. Shoeboxes can also be handed into Mearns Coastal Parish Church. They must be donated by Sunday 5 November.

Many thanks for your support.



## **St. Cyrus Solos**

**For info on the Halloween run see  
the front page.**

I've been working hard on my costume; I was unsure of what to dress as. To keep the theme "runny" I was going to go as Ron Hill MBE, who was a famous marathon runner and clothing entrepreneur, but running round St Cyrus in October while wearing a string vest didn't seem like the best idea. So the obvious second choice was to go as Lady Gaga, but my wife moans when I shave my legs... Watch this space.

Once again it has been a busy 8 weeks for the Solos. The Forfar 10k had a strong turn out, and everyone ran well on a hot day. Alan was playing it cool at the start, downplaying his predicted time and smashed his PB. Val ran so hard she nearly collapsed across the finish line and everyone had a great time. The Crathes HM had Darren and Judith completing their first half marathons; they ran well and finished strong. Chris completed his 100<sup>th</sup> half marathon which leaves us in awe of him. We are unsure whether to bow to him, or salute him! Deb, who 8 months ago struggled to run round the farm loop just outside the village, stepped up and help Ed inspire one of our new runners to sign up and complete her first event. Lots of great achievements and certainly a lot to be proud of.

A special mention for the Solos ladies who have come such a long way. When many of them first came along, you could really see how tough they were finding every step, and now almost every week another improvement is obvious. If you're worried about pace and speed - don't be. None

of us are exactly pacing for Mo Farah and we have a good spread of abilities. If you wish to come along, please do - but it's getting dark now, so a head torch and some high-vis clothing is a must.

I'm training for a marathon in a month's time and had to bail out of a 20 mile run. I went from St Cyrus, over the Garock, back along to Marykirk, then Hillside and finally cut back across. As I ran across the footbridge, I couldn't face the hill on Steptoes road so I stuck to the main road. I made it to 18.5 miles, but with only 1.5m to go I couldn't take another step. I literally sat with my head in my hands for a good 10 minutes before I stood back up and commenced the "walk of shame" back to the village. Things were looking up when I noticed a familiar car approaching. It was Tanya (a fellow Solo) and I swear she crawled past so slowly that she could see the desperation in my eyes, but at least a fellow club member was there in my time of need. She didn't stop though. Just cruised past and gave me a wave. The following night at training, she told me that she would have offered me a lift, but had shopping in the car. Still not sure how this is justification. I'd happily have sat in the front instead of the boot. For the record – if anyone sees me walking near the village, dressed like a runner, stop and offer me a lift, or at the least a few jelly babies please.

Solos out



Si Chalmers  
[stcyrussolos@gmail.com](mailto:stcyrussolos@gmail.com)  
<http://stcyrussolos.webnode.com>  
 St.Cyrus Solos Running Club



## Traveler Site Saga

So here we are after four years of discussing the Traveler site at North Esk

The Minister for Local Government and Housing, Kevin Stewart MSP, has finally delivered the Scottish Government appeal, via their Reporter, on the Traveler site, which appeared in September 2013 .

I did write to the Minister who I have worked with in the past, to the effect that aspects of how the retrospective application was handled by Aberdeenshire Council in April last year, gave me cause for concern.

- 1) Where was the Police report of the flood chaos at end of 2015?
- 2) Where was the Fire and Rescue report.?
- 3) Where was the Coastguard report?
- 4) Where were the photos taken by an Aberdeenshire Council member of staff?

To his credit he wrote back thanking me for my input.

Following any hearing, Councillors are normally asked whether we are content we have all the information, and happy that our questions have been answered. In this case before determination of the Planning application, I would have said "NO"! SEPA were present on the day, but were not invited to comment; something which would have been challenged by Councillors had we known they were there and of course SEPA are the main unresolved objector in this instance to the application. I asked Mr Gray, Head of Planning at Full Council what the Police had said following the evacuation, and he summed it up in one word – "chaos"!

That was also my observation when I was there on the night, watching from the bridge.

Liam Kerr MSP has been working with residents and requesting a speedy response from the Minister which had been dragging on, but the question we now need to ask is what next?

A 10 month window has been issued to evacuate, but there could be legal challenge.

Enforcement would be the responsibility of Aberdeenshire Council but at this point it would be inappropriate to comment further on what may or not happen.

This application has been retrospective and the risks attached to that are now there for all to see. The Local Development Plan process also allocates land for all sorts of use including Traveler sites now. No one disagrees that we need provision for Travelers, but where there is a potential risk to residents is something which is normally taken very seriously - a view backed by the Reporter.

George W Carr

## GIVE BLOOD

### The Town Hall, Melville Gardens, Montrose

Monday 11 Sep 2017  
14:30 - 16:00 and 17:30 - 19:30  
  
Thursday 14 Sep 2017  
14:30 - 16:00 and 7:30 - 19:30

### The Sports Centre, Kirkburn, Inverbervie

19 Sep 2017 16:30 - 19:15

To book an appointment, please call us on 0345 90 90 999, Mon to Thu, 9am - 7pm | Fri, 9am - 5pm or email [NSS.snbtsenquiry@nhs.net](mailto:NSS.snbtsenquiry@nhs.net)

More information at [www.scotblood.co.uk](http://www.scotblood.co.uk)  
or call 0845 90 90 999

In August we received a surprise visitor who singlehandedly and silently enticed hundreds and hundreds of visitors to St Cyrus Nature Reserve; a humpback whale. Initially, the sightings were scant and reserved for the few, but as the story grew, so did the sightings as more and more eyes trained on the sea. People came from far and wide, taking vigil on the cliffs and dune tops with scopes and telephoto lenses and their combined effort in sighting and photographing the whale can be found on our Facebook page.

Large as the whale is, it is actually very difficult to gather information about this individual whale. Is it the same one which visited the Eastern Coast in previous years? Is it a female or male? How old is it? Why did it choose to come here? Where has it come from? How big is it? We just don't know other than what is known about humpback whales' habits and biology in general. A humpback can weigh as much as 5 adult elephants and measure 16 meters in length. Mr/Ms Humperton is about 15m and has grown significantly since its time on the Ythan estuary last year. (The largest humpback was a female caught by whalers in the Caribbean, which was reported to measure 27m.) It is a baleen whale, rather than a toothed whale (like Orcas, dolphins) and it lives on a varied diet of small fish and krill. At first we thought we could predict sightings in relation to the tide, and the fish schools it carried, but after a week or so, we found that there was no such correlation that we could decipher. However, what is certain, is that the whale is here to feed and that for 6 consecutive weeks, it found our coast worthy and plentiful. The whale came surprisingly close to the beach, sometimes we could hear it exhale. People saw it breaching, spouting and floating like a large black ominous log. Its large flippers and fan-shaped tail, distinguishing hump and very small dorsal fin are easily identifiable features. The whale is feeding as much as it can to lay down fast amounts of fat, as during the winter it ceases to feed at all. Then when the mating season comes and feeding commences once again, the males will call out their mating songs. For the past 6 days no-one has spotted the whale and we think we have to say goodbye until next year, perhaps. Humpback whales have no real enemies in the world, other than humans. In the past, nearly 90% of all humpback whales were eliminated through whaling, but today we see a healthy reversal and the popularity and excitement of seeing a real humpback on our own shores tested our car parking facilities to the limit.

This brings me nicely to the next topic, which is of real importance to the local community; our management plan consultation for the next 10 years on St Cyrus NNR. Scottish Natural Heritage would like to hear your views on our proposals for St Cyrus NNR. As local people you will have valuable experiences and interaction with the reserve which we would like to incorporate into our consultations. A draft plan has been drawn up on how we think we should manage the reserve for the forthcoming 10 years, but we want to hear from you what YOUR opinion, ideas and suggestions are. The consultation period is from **9 September to 13 October**. In the Visitors' Centre you will find a colourful display, as well as draft copies of the plan. To make it easy for you to have your say, we have produced leaflets with a Freepost reply card, so that you can write your suggestions in the comfort of your own home. Please come to the Reserve's Visitors' Centre to pick up a leaflet and have your say; whether you think we are already doing a good job, or you want to see improvements, or have concerns, now is the time to speak up and make a difference to your local area.

My name is Willow Lohr, and I am the new seasonal warden on the Reserve. I come from a background of farming and bushcraft, so the coast has offered many new insights and discoveries. St Cyrus is a gem; both in its biodiversity and weather! Since I also have to job share on the Muir Of Dinnet Nature Reserve, there has been less time than I would have liked to spend on the reserve more intimately and make contacts with the local people. The dunes, sea and cliffs have brought wonderful natural and man-made surprises; both good and bad, amusing and sad. My favourite encounter was with a mother Shelduck with her rabble of 10 chicks trying to enter the ladies' toilets! Some calm herding saw them making their way into the field towards the estuary, where I saw them growing up into adults over the summer months. For the first time in my life I had the opportunity to see Peregrines with their chicks on a weekly basis; the chicks growing from badly shaped white fluffs to gracious sleek strong birds, mewing and swooping over the cliffs and freedom beyond. But also on the beach, when I am litter-picking, I enjoy the potential of surprise and intrigue. Sometimes it is hard to distinguish whether something is bordering on art or litter. Like this old shoe. It tells a story, but what?? And although it had been a piece of litter for some time, nature still saw an opportunity to utilise it and adopt it for living purposes again. It shows the enduring and opportunistic nature or survival, and these are the stories I like. I left the shoe on the beach to continue its tale.



Willow Lohr

We are both still plodding on, keeping busy with odd jobs in the garden etc. We only have a small section (plot) but have managed to get a number of fruit trees going nicely. We are currently harvesting Manderins and Figs. The Lemons and Limes will be ripening next, we then have to wait until next summer/autumn for the peaches, nectarines, plums, apples and apricots. A bit warmer here than in Scotland though we have had some cooler nights recently, down to 5 or 6°C.

The current excitement for our family is the wedding of Megan, our eldest granddaughter and the 25th wedding anniversary of our son and daughter in law, Ian and Liz. It does not seem long since we were meeting a little Megan from playgroup in the village hall. She is now 24.

I have attached a photo of the bride and groom, (Sam is a Kiwi) some in the village will remember Megan as a little girl at playgroup and school. The family moved to the village in 1994 when Megan was 2.

Bernard Tuck



You are warmly invited to the Kincardineshire Development Partnership AGM on Thursday 26th October at 7pm at Bettridge Centre, Newtonhill. As well as hearing what KDP have achieved over the past year, a special **£500 Community Cash award will be up for grabs on the night!**

Interested community groups will be invited to register in advance, then come and give a short presentation on the night. All those present at the AGM will then vote on which group will receive the award. Please contact [officesupport@kincardineshiredp.org](mailto:officesupport@kincardineshiredp.org) or telephone (01569) 763246 for more information. All welcome.

Company registered in Scotland number: 325854  
Scottish Charity Number:  
SCO38980



### PAST TIMES GROUP

WE CURRENTLY RUN A GROUP IN LAURENCEKIRK FOR PEOPLE WITH DEMENTIA/COGNITIVE IMPAIRMENT.

THE GROUP IS RUN ON A TUESDAY AFTERNOON AND WE CURRENTLY HAVE SPACES AVAILABLE.

#### ACTIVITIES INCLUDE:

- ART PROJECTS,
- BOARD GAMES,
- GENTLE FITNESS,
- AN OPPORTUNITY FOR PEOPLE TO MEET AND INTERACT WITH OTHERS,
- PARTICIPATE IN ACTIVITIES FOR SOCIALISATION, GROUP INTERACTION AND TO STIMULATE COGNITIVE FUNCTION.

PLEASE GET IN TOUCH IF YOU WOULD LIKE TO FIND OUT MORE:

Nikki Lorimer, Project Manager  
Bernie Dawks, Project Worker  
Suzanne Kettles, Administrator  
Email: [mchln.office@gmail.com](mailto:mchln.office@gmail.com)  
Tel: 01561 378130

## Grow Your Group

*Funding workshops for community groups and voluntary organisations in K and M*

**Do you want to be able to plan your projects more effectively?**

**Would you like to understand better what funders are looking for in applications?**

**Do you want to know more about where to find funding?**

...

We are running a series of FREE workshops starting on the 20th September. These will aim to address these questions and more.

**For more information and a booking form please contact Diane Strachan on 01569 768 323 or email [diane.strachan@aberdeenshire.gov.uk](mailto:diane.strachan@aberdeenshire.gov.uk).**

Places will be allocated on a first come first served basis.



*Providing Practical Support to nurture Community Groups*

**Accountancy, Taxation and Business Services** - Axiom Business Consultancy Limited. For a professional, confidential and prompt service for all your accountancy, bookkeeping, payroll and taxability needs please contact Christopher Doan FCCA (Chartered Certified Accountant with over 25 years experience). Mob : 07572 835 144 or Email [c.doan@axiombusinessconsultancy.com](mailto:c.doan@axiombusinessconsultancy.com)

**Antiques and Collectibles** - Croft Curios - Provincial Silver Flatware, Miltonhaven Caravan Park, Open daily 10 am -5 pm; Tel: 01674 850413; e-mail: [miltonhaven@btconnect.com](mailto:miltonhaven@btconnect.com); Website [www.miltonhaven.co.uk](http://www.miltonhaven.co.uk)

**Architectural Services** - RGS Design; Bob Smith; Mob 0779 3007016; e-mail [bob@rgsdesign.co.uk](mailto:bob@rgsdesign.co.uk)

**Architectural Services** - Norman McIntosh MCIAT Chartered Architectural Technologist; Roundhouse Architecture Ltd, The Roundhouse, Lochside Road, St Cyrus, DD10 0DB. Tel 01674 850187; Mob 07754 758245; e-mail [info@roundhousearchitecture.com](mailto:info@roundhousearchitecture.com); Website [www.roundhousearchitecture.com](http://www.roundhousearchitecture.com)

**Beauty By Elaine** - Elaine Riddell 36 Invergarry Park, St Cyrus DD10 0BU. Home visits available by request, Mob 07855 002497; email [beautybyelaine@hotmail.co.uk](mailto:beautybyelaine@hotmail.co.uk);  Beauty by Elaine

**Beauty Therapist** - in the comfort of your own home. Hazel Anderson Tel 01674 850402; Mob 0774 5962502

**Beauty Therapist** - MYA Beauty; Highly trained beauty therapist now taking bookings. I offer current 'in trend' treatments such as: - HD Brows - LVL - Lycon Waxing. For more treatments please go to my website: [www.myabeauty.co.uk](http://www.myabeauty.co.uk) or by telephone on 07703693085

**Blinds** - Featherston Blinds; Also extensive range of lamps and furniture; 176 High St, Montrose. Tel 01674 677602; e-mail [info@featherstonblinds.co.uk](mailto:info@featherstonblinds.co.uk); Website [www.featherstonblinds.co.uk](http://www.featherstonblinds.co.uk).

**Chimney Sweep** - Ewan McLean, Barton, Kingoldrum, Kirriemuir. Mob 0771 1334203

**Cleaning** - Maid4cleaning Ltd. We are a local cleaning business with 5 years professional cleaning experience in domestic and commercial cleaning. Tel 01674 850375 or 0757 7020586

**Computer Repairs** - Sparky Computers; Mobile computer repairs service for home & business. Tel 01561 378911; Mob 07887 808556

**Driveway & Patio Services** - John Adam; 01674 850779; Mob. 07771 846357; email [johnadampaving@hotmail.co.uk](mailto:johnadampaving@hotmail.co.uk)

**Driving School** - Brian A Thomson; Fairmont, South Links, Traill Drive, Montrose DD10 8EJ. Mob 0777 5727603

**Electrician** - A1 Electrical (David West Proprietor); Select Approved Electrician; Tel 01674 677365; Mob 0775 9347353; Website [david-west-electrical.co.uk](http://david-west-electrical.co.uk);  David-West-Electrical

**Electrician** - John McIntosh Electrical Ltd Registered in Scotland. SC433510. Registered head office: Lamondfauld Cottage, Dubton Road, Hillside, Montrose DD10 8EQ. Tel 01674 434 267 Mob 07971 520 435 Website [www.johnmcintoshelectrical.co.uk](http://www.johnmcintoshelectrical.co.uk)

**Electrician** - Barry West; Tel 01674 677365; Mob 0784 2911414; email [barrywestelectrical@hotmail.com](mailto:barrywestelectrical@hotmail.com)

**English Tutor** - National 5/Higher English Tuition - Michelle Stirling, Maybank Lochside Road, St Cyrus. Mob: 07596465203; Email: [ddmstirling581@glow.sch.uk](mailto:ddmstirling581@glow.sch.uk)

**Garage** - The Motorstore Montrose. Repairs, Pre-MOT, tyres, batteries and exhausts. Tel 01674 678887

**Garage** - Wilsons Garage, Main Road, St Cyrus. Tel 01674 850244. E-mail [wilsonsgarage85@btconnect.com](mailto:wilsonsgarage85@btconnect.com). MOT's, servicing, repairs and diagnostics.

**Guitar Lessons** - Caroline Jones, LTCL. Experienced in working with children and adults. Also ukulele for beginners and music theory. Tel: 01561 361178. Website: [www.carolinemjones.wordpress.com](http://www.carolinemjones.wordpress.com)

**Hairstylist** - Tammy, Mobile Hairstylist St Cyrus. Mob 0756 5594360

**Handmade soap products** - Artesan Crafts at 14 Murray Street Montrose for handmade soap products and other craft gifts. Mob 07931 949190. Open Tues-Sat 9.30am - 5pm. For Dec/Jan see  @artesan.crafts.scotland

**Handyman** - Aaron's Home & Garden Services. Tel: 01674 850845 Mob: 07753180715

**Hotel / Restaurant** - St Cyrus Village Inn - Bentleys Restaurant - Great Scot Village Pub. Tel 01674 850356; Website: [www.stcyrus-hotel.co.uk](http://www.stcyrus-hotel.co.uk); email [stcyrushotel@btconnect.com](mailto:stcyrushotel@btconnect.com)  [www.facebook.com/St-Cyrus-Village-Inn](http://www.facebook.com/St-Cyrus-Village-Inn)

**Joiner** - Ross Leitch Joinery Services. Tel 01674 677552, Mob 0789 2673099; Website [www.rljsltd.co.uk](http://www.rljsltd.co.uk)

**Joiner/Building Contractor** - Dontay Contracts - Windows/Doors/Extensions; Serving the local community. Call 01674 850055 or Mob 07723 323671

**Joinery Manufacture** - MJM (Stevie Maddock) - Doors, Windows, Staircases, Bespoke Products; Mob: 07802894695; Website [www.maddockjoinerymanufacture.co.uk](http://www.maddockjoinerymanufacture.co.uk)

**Landscaping and Groundworks** - Gary Low; Tel: 01674 672494; Mob: 07969 066807; email: [gary@gllandscaping.co.uk](mailto:gary@gllandscaping.co.uk); Website: [www.gllandscaping.co.uk/](http://www.gllandscaping.co.uk/)

**Locksmith** - Will McDermott. Qualified Locksmith and City & Guilds Electrical installer. 24/7 emergency call outs and all locks changed. Based in St Cyrus Email: [Will.advent@gmail.com](mailto:Will.advent@gmail.com) Website: <http://www.willmcdermottlocksmith.co.uk/> Phone Number: 0800 0856820 (free number) Mobile: 07590623456

**Man and Van** - MAF Couriers. Skip runs, DIY store collection or anything else you might need a van for. Tel: 07715557968; e-mail [MAFCouriers@hotmail.co.uk](mailto:MAFCouriers@hotmail.co.uk);  [MAF Couriers](https://www.facebook.com/MAFCouriers). Contact Mark for quote.

**Massage Therapy** - Remedial and Sports Massage (AMTS), Swedish (SMS). Hilda Peters, Member of Scottish Massage Therapists Organisation. Johnshaven (or home visit if required.). Tel 01561 361965; Mob 07810 374793; email [mitisetfortis@gmail.com](mailto:mitisetfortis@gmail.com)

**Painting & Decorating** - Grant's Decorating is a family owned business for domestic and commercial clients. Mob 07508244711; email [enquiries@grantsdecorating.co.uk](mailto:enquiries@grantsdecorating.co.uk); Website [www.grantsdecorating.co.uk/](http://www.grantsdecorating.co.uk/);  <https://m.facebook.com/grantsdecorating>

**Plumber** - Heating Engineer. Martin Ritchie, Myreside, Long Row, Kirkton, St Cyrus; Tel 01674 850107; Mob 07837 578454

**Photographer** - Snowfox Photography, Lee Corpe, St Cyrus, Mob 0779 2957118; Website [www.snowfoxphotography.com](http://www.snowfoxphotography.com)

**Reflexology** - Falling to pieces with back, neck, migraine or joint pain? The Dorn Therapy Method treats pain safely, naturally & gently. To get on the road to recovery contact [lynne@butterflydreams.co.uk](mailto:lynne@butterflydreams.co.uk); Mob 07808 764712

**Solicitors** - Scott Alexander, 46 High Street, Montrose, DD10 8JF. Contact Elizabeth Alexander on 01674 671477; Website [www.scottalexandersolicitors.co.uk](http://www.scottalexandersolicitors.co.uk)

**Taxi** - St Cyrus Taxi; Nick Alchin. Wheelchair accessible, local, long distance, airports. Email [stcyrustaxi@gmail.com](mailto:stcyrustaxi@gmail.com);  [stcyrustaxi](https://www.facebook.com/stcyrustaxi); Mob 07889 740235 - 07852 912896;

**Tool Hire** - R.K Services (Montrose) Ltd; 67 North Esk Road, Montrose. Tel 01674 677500

**Typing Services** - Park Typing Services; Moira Park; Mob 07854 066026;  [@ParkTyping](https://www.facebook.com/ParkTypingServices); Email [parktypingservices@gmail.com](mailto:parktypingservices@gmail.com)

**Transport Services** - Landrover and Trailer Hire; J Jobson, Invergarry Park, St Cyrus. Tel 01674 850603; Mob 07816 214254

**Web Design & Online Marketing** - Alasdair Orr. Tel 0844 800 7109; Mob 07979 990 898; e-mail [al@sugarshaker.com](mailto:al@sugarshaker.com); Website [www.sugarshaker.com](http://www.sugarshaker.com)

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