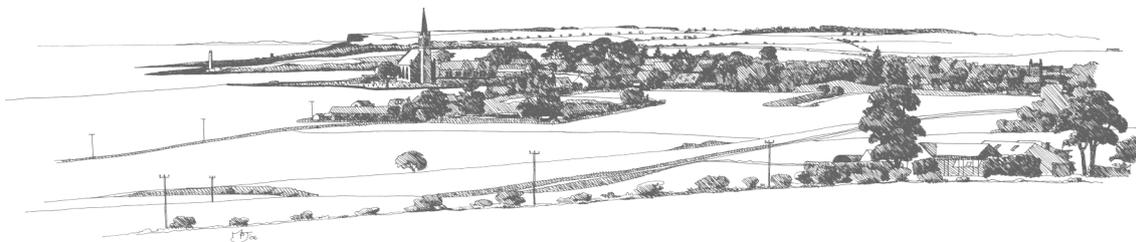


ST CYRUS NEWSLETTER



Volume 18 Issue 5

Website www.stcyrusnewsletter.org.uk

October / November 2021



Montrose Playhouse is finally set to open its doors to the public on Friday 8th October, 2021 with the long awaited James Bond movie, "No Time to Die".

Tickets are available now online at www.montroseplayhouse.co.uk where you will also find details of other movies showing during opening week, including The Last Bus, The Alpinist, Many Saints of Newark, The Addams Family 2, Shang-Chi and The Paw Patrol Movie. There is something for everyone.

We are also very lucky to have an exclusive showing on 9th October, of our Patron, Anthony Baxter's latest film "Eye of the Storm," based on the life of local artist James Morrison. Afterwards there will be a Q&A session with Anthony himself and special guests.

Tickets to our movies will also be available for purchase in our box office for those who do not have access to Internet, subject to availability.

Playhouse 'Fellowship' and 'One Cards'

The Playhouse features two membership options for our customers, each with their own great benefits for using the facilities.

Available now at <https://montroseplayhouse.co.uk/membership/>

Join The Fellowship for free to collect rewards or sign up to The One Card for £17.95 a month to access Unlimited Standard Cinema!.

Community plants

Once again Aberdeenshire Council is supplying plants to communities. The number of plants will be the same as last year which is a third of the order we used to receive before the pandemic. Our order has now been placed and this means we will be looking at supplementing this as we did this year to fill barrels, planters and fountain area for 2022. We will be looking for extra help next year so let me know if you are interested.



A Big Thank You.

Once again many thanks to the households who watered the barrels and planters throughout the summer. **And a very special thank you to the lady who was kind enough to give us a box of roses for our efforts. Much appreciated!**

Isobel Smith



 **Live Life Aberdeenshire**

Save the date and get ready to book your space – we'll release bookings for Tattie Holiday Fun at noon on Thursday (October 7).

We're offering a wide range of FREE sporting and cultural opportunities for young people and families right across Aberdeenshire throughout the October school holidays. We even have dedicated sessions for teenagers and those with Additional Support Needs.

We expect demand to be high as it was for our Summer of Play initiative, so please act quickly once bookings are released to avoid disappointment.

Many activities will be booked on our website via the Gladstone booking system and we expect demand to be high, so please make sure you're ready to go with your ID number and PIN.

If you've forgotten these, or need to register, please do so now at: <http://bit.ly/rstPID1>

You can also use our app to book Tattie Holiday Fun activities on both Apple and Android devices, download it at: http://bit.ly/LLA_app



ST CYRUS PUBLIC HALL



As we said in the last Newsletter, we are running the 200 Club for a further year. This is our only source of fundraising at the moment and it is badly needed. If you are currently playing with us we will be in touch. If you have never played before, or have played in the past, and you want to join in again don't be shy. Our contact numbers are below - like Santa Claus (who will be with us shortly) we deliver. If you wish we can pop an application form through your letter box or message/email it.

The 'new year' starts 1 October so applications and first payment ideally should be with us by 15 October with the first draw taking place at the end of that month. It's £5 per month - some choose to pay annually up front, some choose to pay half-yearly, again up front and some choose to pay monthly either by standing order which is proving more popular probably because it's more convenient and saves you having to remember, or cash. So long as you play, we don't mind how you pay. And as Dale Winton used to say, if you want to win it you gotta be in it.

The observant of you will have noticed that the turret was refurbished mid-September. The rotten timber was replaced and new felt down and it looks so much better. Thank you to Mike Smith Slater Ltd, Laurencekirk who carried out the work. We used a different paint this time around which is supposed to be more weather-resistant so hopefully the turret will be good for a few years now.

Ideally we would like to replace the heating in the back corridor and the toilets, and freshen up the paintwork in the corridor but that will have to wait until we find some funding or 'save up'.

The Hall is gradually coming back to life but why do you all want to book it on the same days? Monday and Tuesday evenings are proving very popular so much so that we are having to turn users away which is very disappointing. Most afternoons are still available.

With care we can now use both the Main Hall and the Small Hall. The Committee Room is still not being let. We are encouraged to still maintain social distancing of one metre if at all possible and this does actually make sense for clubs and associations since most participants are from different households.

Any equipment being used including door handles, light switches, chairs, tables etc still need to be sanitised before and after use. Hands need to be sanitised before entering and leaving the Hall and we still are required to ask that masks be worn until you are in the Hall be it the Main Hall or the Small Hall. It is then up to the organiser of your event as to whether they remain on. HSE guidance is that they can come off when seated but need to go back on if you are moving around.

It's best that we adhere to the guidance so that we can keep everyone safe. Thank you in anticipation of your kind co-operation.

Christine Jamieson (Chair) 01674 850642
Frances Whyte (Secretary/Treasurer) 07869 126956

200 Club Winners

As always, congratulations to our winners and thank you to Mrs Ethel Wood for picking the July numbers and Sarah from Create Space Yoga UK (Monday session) for completing the August draw.

PRIZE	JULY 2021	August 2021
£100	Charlotte Alexander	Kathleen Masson
£50	Helen Keith	Sheila Fraser
£25	Elizabeth Thomson	Alison Bosworth
£15	Mary Smith-Dutton	Morag Hamilton
£10	Margaret McDonald	Derek Craig



Refuse collections

Here you can find out which bin goes out when:

<https://online.aberdeenshire.gov.uk/>

[Apps/Waste-Collections/Default.aspx](https://online.aberdeenshire.gov.uk/online/Services/Default.aspx?Service=Refuse%20Collections)

NHS Scotland Covid Status app

The app will be needed to enter some events and venues from Friday 1 October, and for overseas travel.



You can now download the NHS Scotland Covid Status app



It displays proof of your #coronavirus vaccination status.

Download the app at nhsinform.scot/nhs-scotland-covid-status

We are delighted to present you with the table of activities in St Cyrus after a long Covid absence (pun intended).

Most groups have started up again and it's beginning to feel that we are getting back to 'normal'. The list of activities below might not be complete, but you could make it more accurate by sending any corrections or updates to us by emailing stcyrusnewsletter@hotmail.co.uk, or texting us at 07484811885.

We would also like to update our list of contacts, so if you run a club or activity, please send us your details.

Thank you very much for your help!

Activities in St Cyrus - To book the Hall contact Lara Smith on 07565 597559 This lists ALL activities throughout the year, not taking into account seasonal breaks. Highlighted rows have been confirmed.				
Weekly		Day	From	Till
Hall	Dancing	Tuesday	5.00pm	8.00pm
Hall	Dancing exercise	Wednesday	6.00pm	7.00pm
Hall	Friendship Club (Not resumed yet)			
Hall	Highland Dancing	Tuesday	3.00pm	7.00pm
Hall	Indoor Bowling	Tuesday	7.00pm	9.00pm
Bowling Green	Outdoor Bowling 850425, 850438	Monday Wednesday Saturday	1.30pm 6.30pm 1.30pm	
Start at the Hall	Solos Running Club Si 07841 847914 or Nicola 0776644 8281	Tuesday Thursday	7.30pm	Flexible
Hall	Scottish Country Dancing	Monday	7.30pm	9.00pm
Hall	Tai Chi Beginners Tai Chi Existing Members	Wednesday	12.30pm 1.30pm	1.45pm 3.15pm
Hall	Tea Dancing (Not resumed yet)	Friday	2.00pm	4.00pm
Start at the Hall	Walk - Mearns Coastal Health Living Network			
Hall	Whist (Not resumed yet)	Wednesday	7.00pm	9.00pm
Hall	Yoga (Sarah 07763678393)	Friday Monday	10.00am 7.00pm	11.30am 8.30pm
Johnshaven	Yoga Sharon	Thursday	5.30pm	7.00pm
Weekly Term Time Only				
Hall	Playgroup (Discontinued)			
Hall	Youth Club (Juniors only)	Friday	6.30pm	8.15pm
Monthly				
Hall	Public Hall Committee	1st Tuesday	7.00pm	9.00pm
Hall	Pensioners (Discontinued)			
Hall	WRI (Discontinued)			
School Hall	Brownies (Girls aged 7-10)	Thursday	6.30pm	8.00pm
School Hall	Rainbows (Girls aged 5-7)	Thursday	5.30pm	7.00pm

ANGUSalive  **bACTIVE** is ANGUSalive's sport & leisure membership scheme.

Our facilities offer something for everyone whether it's to keep fit, build strength, work out with friends or just feel good and enjoy activities with the family. Plus with seven sports centres as part of your membership you'll be spoilt for choice with the fantastic range of activities and facilities available.

For just **£24** per month or **£264** annually, you can enjoy access to all the above bACTIVE benefits from 7am – 4pm Mon – Fri and all weekend (subject to current opening times post lockdown).

www.angusalive.scot/sport-leisure/bactive-memberships



Seasonal garden waste recycling

The recycling point is open on **Saturdays until 30th October** at Ecclesgreig Road Car Park, St Cyrus from 8am to 11am.



Scottish Country Dancing

St Cyrus Scottish Country Dance Club has started again in the Village Hall on Monday evenings from 7:30 - 9.00 pm.

Anyone wishing to join us, beginner or experienced, will be most welcome.

It's a great way of staying fit!

Indoor Bowls restarts

Tuesday October 5th

Village Hall 7 till 9 pm

New members very welcome

Please contact

Joan Murray 01674 85043 or
Ron Beveridge 07711 269190
to confirm attendance or
get more information



Braes Fitness - Outdoor Bootcamps

As many of you have been asking for Outdoor Classes due to the extremely good weather

I will be hosting Outdoor Bootcamp Classes in Montrose and now also St Cyrus on Thursdays 6:30pm - St Cyrus Park

These Classes are open to the Public as well as for Transition Fitness Members.

Cost £5 per Class for non-members of the Gym.

To book contact myself at  [Braes Fitness](#).



Friday morning
stretch.
St Cyrus
Village hall
9:30-11am

 [Create Space Yoga UK](#)

Yoga is back on. We have spaces so let me know if you would like to join us. You just need a mat and classes cost £7 or £24 for block of 4.

You can also email me at sarah.blackaller@live.co.uk

Sarah



St.Cyrus Football Club

The club are looking to add new players to the squad. I

If you are interested please message the Facebook page

www.facebook.com/StCyrusFootballClub or
contact Stevie on 07595285702.



Your local Girl Guiding group is looking for you!

Do you want to....

have some fun and meet new people, whilst taking

on new challenges and helping girls between 5-14yrs old in your area?

If this sounds like you and you're 18+yrs, then head along to www.girlguiding.org.uk/get.../become-a-volunteer/

 [Maureen Davies](#)

INSPIRING SCOTLAND

A new fund has been launched by the Scottish Government which is aimed at rural communities of a population between 500 and 3000. Applications must be submitted by midday on Friday, 8 October and is aimed at not-for-profit community groups in rural areas.

The fund is split into two stands of grants up to £3000 and a larger grant of up to £50,000.

www.inspiringscotland.org.uk/rural-communities-ideas-into-action-fund/?fbclid=IwAR0wXUHnK_7TavFpu0S1p_zuPm_vI72Ro-meN0phz6TuS5C0sE6H7aYZKfy

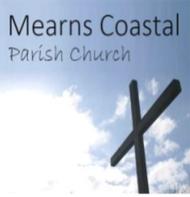


We have teamed up with fifty other organisations to support Climate Scotland's 10,000 Voices Campaign.

Our ambition is to help gather 10,000 voices from the people of Scotland. We'll take them to COP26 to send our leaders a message that we want strong and meaningful commitments to protect the things

we love, and to make a better future for us all.

<https://climatescotland.org/add-your-voice/>



Hello from Mearns Coastal Parish Church

I'm afraid there's little in the way of news to tell you as we go into the Autumn. You will have seen that the clock faces – all three of them are in working order again, and that the scaffolding is down from the spire at last. There's still a lot of additional work going on in places, and my grateful thanks go to Alex Wood, Syd Clark and Marion Brownlie for the untold hours they continue to spend working at the Church.

We'll be having our Harvest Thanksgiving service this year on October 17th. Unfortunately we won't be able to fully decorate the Church for the service as we'd like to because of the ongoing Covid-19 restrictions, but we'd really enjoy welcoming you there at 10:00 am; to give thanks to our God for his bounty, and to our farmers and fishermen and the whole supply chain for bringing in the harvest.

Remembrance Sunday will be on the fifteenth of November. This year we should all be able to have the wreath-laying part of the service attended by all the congregation – socially distanced, of course!

We'll be celebrating the Lord's Supper on Sunday 21st November.

John Gavin's 'Dowry Bride' book is in the process of being updated by members of the congregation, and we're on the lookout for any photos, information, etc. If you were a Dowry Bride, or have one in the family, we'd be pleased to hear from you.

And that's about it! Please remember that if you know of a pastoral need, if you would like me to visit, or if you would like to know more about any aspect of our ministry here in Mearns Coastal Parish, and if you would like to be more involved in your Church, don't hesitate to contact me by phone or email, or by coming along to our services at 10:00 am on Sundays.

Blessings,

Norman

Rev. Norman Trewren
 Ordained Local Minister at
 Mearns Coastal Parish, St Cyrus Church
 01561 377359 & 07488 388718
 email NLennoxTrewren@churchofscotland.org.uk
 Website: <http://mearnscoastalparish.org>
 [en-gb.facebook.com/MearnsCoastal](https://www.facebook.com/MearnsCoastal)
 Interim Moderator: Rev. Brian Smith. 01561 340302
 email BSmith@churchofscotland.org.uk
 Session Clerk: Dr Marshall Halliday. 01674 850549
 email mmhviennahome@aol.com

Ecclesgreig Holiday Park

As most of you are aware we currently have a planning application in for a new development on our site.

We have recently had some feedback from the team working on our planning and it looks now that the planning will be decided by a committee as opposed to the planning office.

Off the back of this we are looking to build up a positive case moving forward in to the final stages before the decision is made. One of the best ways of achieving this is through public comment. So if any of you peeps out there have a spare 5 minutes of your time then the team at Ecclesgreig Holiday Park would be very grateful for a nice positive comment.

I have attached the link below which takes you directly to the comment page and by all means feel free to have a nosey at the plan:

<https://upa.aberdeenshire.gov.uk/online-applications/applicationDetails.do?activeTab=makeComment&keyVal=QYE2F8CAHJT00>



Stuart Rose

<https://ecclesgreigholidaypark.co.uk/>

Bookbug Picture Book Prize

Did you know that you can take part in voting for the Scottish Book Trust's Bookbug Picture Book Prize? You don't need to vote as part of a school, you can vote just as a family and children of any age can take part.

We've got copies of all three short-listed books on our catalogue so you can request your copies to read. Voting is open until Friday 10 December and the winner, chosen by the children's votes, is announced in January 2022.

<https://www.scottishbooktrust.com/>



LATHALLAN SCHOOL

Lathallan School pupils are sharing their photographs with the public at Johnshaven Heritage Hub Museum for 4 days.

Friday 1st October 7-9pm.

Saturday 2nd October -

Wednesday 6th October 12pm-4pm.

We hope you will be able to come along to share the talents of these budding young photographers.

More than one step forward..

Now that the C19 restrictions are easing again, Mearns Councillors did our Councillor coastal walk along the route from Inverbervie to St Cyrus at the end of August.

Despite a damp day, it nevertheless inspired Cllr Hutchison and myself, seeing the extensive path works which the MERCHAT group have undertaken since we last did the walk in 2019. That walk, it transpires, acted like a catalyst for the formation of the group to take on board the various tasks with both boots on the ground and grant applications.

So far the group have attracted £50k in funding which has seen the area from the Narrows just south of Johnshaven

to Tangleha transformed with drainage, new path works, fencing and signage. This is an area of our coast which is very rich in history, culture, nature and spectacular views, all literally on our doorsteps.

Opening it up again to tourists and locals alike is a win - win for everyone and increasing connectivity along the coast benefits the local economy and enables our fantastic hospitality venues to benefit too.

We keep a diary of our walk noting challenges, achievements and discuss potential solutions to the various sections of the walk which require attention. This helps with grant applications and also allows us to interact with various Council officers who have a specific responsibility and can assist.

Anyone who would like to see a hidden gem should walk south of the Narrows on the new path and see the spectacular lime kilns with their new interpretation board. There are some unexplained earth works in that area too which tell an untold tale, so happy to hear your views on what might have caused them.....? You can email me at crr.g.carr@aberdeenshire.gov.uk.

George Carr

**Toilet or no Toilet?**

Aberdeenshire Council has a policy to close public toilets.

During the lockdown they suggested when we are out for a walk, carry a trowel. We could manage our public toilets if we can form a committee with a five year plan to take them over.

I am diabetic and need the toilet regularly. The toilet is based opposite the bus stop. I know of several elderly people who are missing the toilets as they wait for a bus.

Cycling has increased tremendously this year and it is nice for us, the village, to be welcoming to these travellers as they pass through the village. They might not be carrying a trowel!

The toilet block in our village was originally the smithy and was obviously taken over by the council as a toilet block. It's a fine old sandstone building and worth preserving as such.

So, if anybody is interested in forming a committee to preserve the toilets and their facilities please contact me. We could call it "The Old Smithy Toilets"

David Neill

Email dav_neill@hotmail.com



The Old Smiddy, Ecclesgreig Road.



Hello Autumn!



Dunlin and Godwits

Well, autumn has well and truly arrived at St Cyrus NNR! Many of the wildflowers have gone to seed, the foliage is turning a mosaic of browns with fruits starting to ripen on the trees and those nights are fairly drawing in. We have been seeing an increase in our migratory visitors with around 30 Black-tailed and Bar-tailed Godwits and other migratory species seen on our mudflats. Flurries of Red Admiral, Painted Lady and Small Tortoiseshell butterflies appear when the sun decides to shine and Fungi have been popping up all over the reserve. These are all very welcome additions now that the breeding season is

finished and I have some great excuses to visit the hide and walk around the reserve, recording what can be seen, enjoying the finer parts of working on the reserve.

September saw the arrival of the much anticipated Pink-footed Geese. Michael our honorary warden was lucky to watch the first 4 individuals land on the 20th September, and although they might be fashionably late this year (2 weeks later than 2020) hundreds can now be seen flying south or congregating on the surrounding farmland.

Now that summer has passed we are starting our car park upgrade. Construction work is expected to begin on 28th September. While works are underway, there will be a reduced area available for parking and there may be short periods when the car park is closed altogether. Please follow the safety directions both along the minor access road and on site when visiting. Work is scheduled to be complete by early spring 2022.



The first four Pink-footed Geese

The car park will be enlarged with clearly marked bays to improve safety, flow, and the appearance of the car park within the reserve. The work will help accommodate vehicles which currently park along the roadside, as well as moving the circulation of coaches away from the visitor centre. Plans also include cycle parking, EV charging and chemical waste disposal for camper vans. The work on the overall project of car park and toilet improvements has been made possible with a Rural Tourism Infrastructure Fund (RTIF) grant to Aberdeenshire Council, along with contributions from NatureScot and the Coastal Communities Fund. We are very excited to finally see the carpark improvements taking shape, offering visitors a welcoming safe arrival with clear entrances, exits and bays, a much more fitting way to start their stay on this wonderful NNR.



Fab Fungi

Despite the welcome respite from the scorching summer days, the start of autumn also brings goodbyes. Goodbye to the bright colours of wildflowers and butterflies. Goodbye to our summer residents such as the Fulmar and to the many visitors, new and old, that we were able to share our wonderful reserve to over the past few months.

Unfortunately we are also saying goodbye to our seasonal staff this month. Zandra and Kate will be finishing their contracts on the 3rd of October. I'm sure you will all join us in thanking them for all their hard work over the past 6 months and we wish them all the best for the winter ahead. We hope they enjoyed their summer with us on the reserve, I certainly did.

Usually from November Therese would be left alone on the reserve over the winter, but this year she will have company. I have been lucky enough to have my contract, which was meant to end on the 31st October, extended until next spring. This means I will be here with Therese over the winter months to help get the reserve ready for a busy 2022. I am over the moon about this and I am very excited to see what winter brings.

Hannah Drummond



scarf
ENERGISING COMMUNITIES

We're on hand to support North East residents worried about the reports of rising gas prices and energy firms collapsing.

Advisors are on hand to help anyone affected by the energy crisis with practical help and support. Anyone worried about rising fuel bills or unsure if their supplier is at risk can get in touch and arrange a visit or call to help take the next steps.

Lawrence Johnston, acting CEO at Scarf said: 'We're currently in uncharted water with rising gas prices, the energy cap rising and energy suppliers struggling to survive. It's a very worrying time for householders especially as we approach winter and fuel bills are set to rise as we turn the heating on.

'If you're worried about how you'll manage your bills our home energy advisors can work with you to take practical steps and keep the costs as low as possible.

'As well as talking you through the current situation and advising you how you can try and reduce bills we can also check your eligibility for grants and schemes such as Warm Homes Discount and Warmer Homes Scotland. There may also be local energy efficiency schemes running in your areas that will improve your home and reduce energy use in the future. This is even more important now than ever as the cost of gas looks set to continue rising.

'Please don't struggle in silence, our team are here to help.'

The Scarf home energy advice team offer support on understanding heating controls and energy bills, tariff switching, Warm Home Discount applications and grants and schemes checks for improvements to the property. The service is open to owner occupiers, private tenants and local authority and council tenants.

Current advice if your supplier goes out of business is to:

- * Don't panic you will continue to receive gas or electricity even if the energy supplier goes bust.
- * Ofgem will move your account to a new supplier. Your new supplier should then contact you to explain what is happening with your account.
- * During this time: check your current balance and find copies of your most recent bills.
- * Take a photo of your meter reading.
- * If you pay by direct debit, there is no need to cancel it straight away. Wait till your new account is in place.
- * If you are in credit, your money is protected and you'll be paid back.
- * If you were in debt to the old supplier, you'll have to pay the money back to your new supplier and Scarf can assist you in negotiating an affordable repayment plan.



If you're unsure how to find your meter reading or locate bills or would like help with the process Scarf advisors can support you with a home visit or call. Get in touch on 0808 129 0888 or email info@scarf.org.uk



There is new Highway Code guidance for journeys on motorways. Guidance includes:

- * clearer advice on where to stop in an emergency
- * the importance of not driving in a lane closed by a red **X**
- * the use of variable speed limits to manage congestion

Read the changes in full here:

<https://www.gov.uk/guidance/the-highway-code/updates>

Recycling and Waste Aberdeenshire

We're encouraging every resident in Aberdeenshire to participate in a review of our household recycling centre systems.

The council is reviewing the protocols which are currently in place at its 15 sites including the booking system, the limit system for vans and trailers and the Automatic Number Plate Recognition system (ANPR).

The booking system was originally introduced as a way of providing physical distancing at the start of the pandemic but has been shown to provide numerous additional benefits such as improved traffic management, especially at the larger, busier sites.

For more information and a link to the survey, visit: online.aberdeenshire.gov.uk/.../news/release.aspx...



BLYTHSWOOD SHOEBOX APPEAL 2021

It's shoebox appeal time of year again! Despite the Covid pandemic 75,218 shoeboxes/drawstring bags were delivered to vulnerable people in Albania, Bulgaria, Hungary, Kosovo, Moldova, Romania, Serbia and Ukraine in 2020. If you would like to fill a shoebox or drawstring bag for this year's appeal the final date for donating is Sunday 31 October.

Please wrap your shoebox in Christmas paper and attach a list of the items inside and saying who the box is for - Girl or Boy and put the age, Teenage Girl or Teenage Boy, again adding the age, Man, Woman or Elderly Woman. Pop the list into the top of a drawstring bag if you are using this. All items must be new and please do not include war related items such as toy guns, knives or military figures, hand -made or knitted stuffed toys, chocolate or any food other than sweets. Chocolate éclairs and chocolate limes are not allowed, books that are mainly words should also not be included.

Items to include in your box :- Toothbrush and toothpaste, hat, scarf, gloves, underwear, socks, tights, small toy, sweets (best before date no earlier than 31 March 2022), shampoo, soap, shower gel, face cloth, moist wipes, deodorant, moisturising cream, comb, hairbrush, sanitary products, shaving foam, razors, screwdrivers, pliers, kitchen utensils, sewing kit, household candles, new make up, pens, pencils, sharpener, rubber, ruler, notepad, colouring books, t shirts, pyjamas.

For more information or to arrange to have your shoebox or drawstring bag collected please contact Heather Jenkins on 01674 850533 or Kirsteen Hourston on 01674 850313.

Kincardine and Deeside Befriending

We have been delighted to support older people in the community with regular telephone calls and numerous acts of kindness over the COVID restriction period. These were a lifeline for many and something to look forward to in the week. Now we are back to being able to meet face to face and it has been wonderful to hear the boost this has been for older people and volunteers alike.



We have continued to take referrals from health professionals, families and older people themselves. At the moment we would really love to hear from anyone who thinks they might be able to fit a regular social visit weekly or fortnightly, to an older person in their community who is socially isolated. This might just be a home visit to chat over a cuppa or it might include an outing to a local café or beauty spot. The emphasis is on having fun and helping people to feel remembered and valued. We particularly need volunteers in the St Cyrus, Inverbervie and Laurencekirk areas.



We screen all our volunteers through disclosure Scotland and provide a short online training pack to prepare folk for the befriender's role. Have a look at our website www.kdbefriending.org.uk or Facebook page to get a feel for what we do.

Please do get in touch for a chat if you think this is something you might have time and interest to do.

Liz Treasure, Senior Coordinator,
Kincardine and Deeside Befriending



We want to welcome every baby born in Scotland by giving them their own Baby Box.

The Baby Box helps families prepare for the arrival of their baby. New babies need a surprising amount of stuff! Scotland's Baby Box is packed full of clothes, bedding and lots of other useful things to help give your baby the best possible start in life. The Box also provides a safe and comfy place for your wee one to sleep. It comes complete with a mattress and bedding that fits perfectly.

To get the box, your midwife will fill in a Baby Box registration card with you between your 18-20 or 28 week appointment. Your midwife will send this card away to register you for your Baby Box, so you won't need to do anything else. <https://www.parentclub.scot/>



Accountancy, Taxation and Business Services - Axiom Business Consultancy Limited. For a professional, confidential and prompt service for all your accountancy, bookkeeping, payroll and tax liability needs please contact Christopher Doan FCCA (Chartered Certified Accountant with over 25 years experience). Mob 07572835144 or Email c.doan@axiombusinessconsultancy.com

Accountancy, Taxation and Business Services - TaxAssist Accountants provide accountancy and tax services for the small business community and personal tax affairs. Please contact us for friendly and helpful advice on 01674 668200, or by email doug Crawford@taxassist.co.uk, or visit us at 1-3 Bridge Street, Montrose.

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

Architectural Services - RGS Design; Bob Smith; Mob 0779 3007016; E-mail 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 07754758245; e-mail info@roundhousearchitecture.com; Website www.roundhousearchitecture.com

Babysitting - Carla's Babysitting Service 01674 850845 / 07398206509

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 or by telephone on 07703693085

Blinds - Featherston Blinds; Also extensive range of lamps and furniture; 141 High St, Montrose. Tel 01674 677602; e-mail info@featherstonblinds.co.uk; Website www.featherstonblinds.co.uk.

SOOSC (St Cyrus Out of School Club) Ltd - Contact Vicki or Marjolein on 07907800582 - email soosc01@yahoo.com

Johnshaven Carpet, upholstery & Window Cleaning Services - 07751492724 or 07715630458
FB [johnshavencarpetcleaningservices](https://www.facebook.com/johnshavencarpetcleaningservices); Website Johnshaven-carpet-cleaning-services.business.site

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

Chiropractor - Elevate Health, Chiropractic & Wellbeing, Stonehaven, The Sheriff Court Buildings. AB39 2JD. Tel: 01569 766444. Book online at www.elevatehealthuk.com

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

Dorn Therapy - This method treats pain safely, naturally and gently. To get on the road to recovery contact: lynne@yourbestfootforward.co.uk; www.yourbestfootforward.co.uk
www.facebook.com/yourbestfootforward.co.uk or tel 01674 660202

Driveways & Landscaping - Moir Driveways Ltd, Tel No: (01674) 850028, Mob No: 078 8174 2782, Email: moir2@sky.com

Driveway & Patio Services - John Adam; 01674 850779; Mob. 07771 846357; email johnadampaving@hotmail.co.uk

Professional Dog Groomers - Pretty Paws, Purpose built Salon; all breeds catered for, pick up / drop off free of charge. Masagana House, Lochside Road, St Cyrus. Mob 07926361001; FB [Pretty Paws](https://www.facebook.com/PrettyPaws)

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

Electrician - A1 Electrical (David West Proprietor); Approved Electrician; Mob 0775 9347353; Website david-west-electrical.co.uk; FB David-West-Electrical

Electrician - John McIntosh Electrical Ltd Registered in Scotland. SC433510. Registered head office: Lamondfauld Cottage, Dubton Road, Hillside, Montrose DD10 9EQ. Tel 01674 434 267 Mob 07971 520 435 Website www.johnmcintoshlectrical.co.uk

Electrician - KDH Electrical Ltd; 52 Invergarry Park, St Cyrus DD10 0BU; 01674 850325, Mob 07309 694189, Email kdhopkins16@outlook.com

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

Foot Care - Foot Health Practitioner V Heberton. Mobile Routine foot care for those unable to care for their own feet. Mob 07799 770040.

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

Garage - Wilson's Garage, Main Road, St Cyrus. Tel 01674 850244. E-mail wilsonsgarage85@btconnect.com. MOT's, servicing, repairs and diagnostics.

Grass sledging - Track is available at Canterland. It is free but donations are received for running expenses. Children need to be accompanied by parents. Tel 07384390816

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

Hairdresser - Mobile; Fully qualified. Ladies, Gents, OAP's and kids. Stephanie Milne 07825913105

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

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; email stcyrushotel@btconnect.com FB www.facebook.com/St-Cyrus-Village-Inn

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

Joinery, Property Management, Building Works, Bathroom and Kitchen Installation - MarNik Properties - Contact Mark 07468 451072 or Nik 07501 080398

Landscaping and Groundworks - Gary Low; Tel: 01674 672494; Mob: 07969 066807; email: gary@gllandscaping.co.uk; Website: www.gllandscaping.co.uk/

Locksmith - Will McDermott. Qualified Locksmith. 24/7 emergency call outs and all locks changed. Based in St Cyrus. Email: Will.advent@gmail.com Website: <http://www.willmcdermottlocksmith.co.uk>; Phone Number (free): 0800 0856820; Mobile: 07590623456

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; E-mail mitisetfortis@gmail.com

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

Local Independent School - Lathallan is less than ten minutes from St Cyrus and offers an exceptional education for Nursery, Junior and Senior School pupils, with a focus on small class sizes. Contact Nicola Harrison on admissions@lathallan.org.uk or 01561 362220.

Solicitors - Scott Alexander, 46 High Street, Montrose, DD10 8JF. Contact Elizabeth Alexander on 01674 671477; Website www.scottalexandersolicitors.co.uk

Taxi - St Cyrus Taxi; Nick Alchin. Local, long distance, airports. Email stcyrustaxi@gmail.com ; FB [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

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 ; Website www.sugarshaker.com

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