

Welcome to the Spring edition of the Garioch Gazette, the newsletter of the Garioch Partnership. We have to start with huge congratulations to Dawn who has completed and passed her PG Dip CLD. Well done Dawn!



TGP started the New Year with some good news: we were awarded £4,360 from Awards For All, to replace the office computers and mobile phones.



Having been successful ourselves, we want to help our members succeed, so we're currently planning our next event: a Big Lottery Webinar. This will be a live video link-up with Big Lottery Scotland Funding Officers. We'll publish more details when the details are confirmed, but if you are interested in attending – please get touch. (**CONFIRMED 18<sup>th</sup> April – 2pm**)

We're also looking ahead to the (hopefully!) nicer days of Spring and hoping to get out to meet people. We'd like to host another *Gad About And Gab Aboot Garioch* – do you have any events planned that we could attend or do you have any suggestions for where our next venue should be?

Nom Wright, who many of you will know, and who is on the board of TGP has been shortlisted for an Inspiring Aberdeenshire award for services to Doric... we'll let you know how he gets on.

*"Affa weel done Mannie, we're fair chuffed!"*

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# Participatory Budgeting

The Garioch Partnership have been invited to be part of the Participatory Budgeting Advisory Group for Scotland, being hosted by the Scottish Community Development Centre.

This is a Scotland wide group, and as a small group it recognises that we are seen as being a model of good practice, and shows how our use of engagement and participation in groups like our community initiative grant panel, and our wider remit with community planning.

It shows we are being seen on the wider stage as being experts in our field.



**See the next page for a Garioch  
Participatory Budgeting Opportunity!**

## Garioch Heritage

The TGP Board met recently in the fantastic new conference room at the Garioch Heritage Centre.

The building looks wonderful and the catering got top marks too!



# WINTER FORUM

## 23<sup>RD</sup> JANUARY

SUPPORTING PEOPLE AND COMMUNITIES



Our Winter Forum was held in the Fly Cup on a cold Monday night.

The evening started with Provost Hamish Vernal handing out CIGS Award cheques.

Sue Briggs was unfortunately unable to attend so Kevin McDermott earned his dinner by doing double duty, firstly giving an overview of Participatory Budgeting and then introducing “How good is our third sector organisation?”, an Education Scotland resource which can help community groups to get to grips with self-evaluation.



Fly Cup took the spotlight next, with generous portions of haggis, neeps & tatties. Much appreciated by everyone – with second helpings available for those who could manage them!



The evening was rounded off with music and song from the National Poet of Scotland, performed beautifully by Valerie Chapman.

If you'd like more information about either of the topics discussed, please get in touch.



How would you help  
reduce social  
isolation in Garioch?

How would you  
encourage inclusion?

Do you have an idea that would make a difference in the Garioch Area?

Do you need **£250 to £5,000** to put your idea into action? (You can apply for more than one project so long as the total amount is no more than £5,000.)

If your answer is YES then “Your Voice, Your choice” is the opportunity for you to make your Reducing Social Isolation or Inclusion project happen.

**£25,000** has been made available to us to make this happen in Garioch.

“**Your Voice, Your Choice**” lets the local community decide for themselves which projects are needed in their area.

**Who can Apply?** If you are a constituted group, voluntary sector or non-profit organisation and your project will be delivered in Garioch we want to hear from you!

**Deadline for applications is Friday, 21 April 2017**

**Application forms are available on the TGP website:**

**[www.gariochpartnership.org.uk](http://www.gariochpartnership.org.uk)**

**For more information, or for help applying – contact Dawn on  
[dawn@gariochpartnership.org.uk](mailto:dawn@gariochpartnership.org.uk) or Tel. 07514 449 127**

# News from Fly Cup

Fly Cup Catering continues to grow, and we are so grateful that the community support our work. In order not to disappoint our customers, we are looking for volunteers during week days and on Saturdays.

Do you have any spare time to support our trainees as they serve our customers in the coffee shop or to help them with their tasks in the kitchen as they learn new skills?

Please get in touch with Denise if you would like to know more. You can email [manager@flycup.org](mailto:manager@flycup.org) or call 01467 625645 for more information.

I would be grateful if you could spread the word, our volunteers are greatly appreciated and make a difference to our charity and our wonderful trainees who we support.



## Mothering Sunday Teas

Fly Cup are supporting the Garioch Run on March 26th, offering refreshments from 8AM.

From 11AM they'll be serving Sunday teas, with Fly Cup bakes, sandwiches, pancakes and scones served with tea or coffee.

# The Great Escape Prison Break!

Featuring the Prison Break Abseil and Prison Lock In

## The Old Peterhead Prison Sunday 23rd April 2017

The iron gates of the first ever convict prison in Scotland will swing SHUT on this day to keep you in the heart of the compound to begin your get away. Choose your master plan and join us for an exciting challenge in aid of one fantastic cause.

Registered Charity Number SC029395  
[www.georgewalkerevents.co.uk](http://www.georgewalkerevents.co.uk)



# Conversation Café

Running from 1 – 3pm every other Wednesday, we provide a light lunch of sandwiches / soup / pancakes and tea, coffee and cakes.

We generally do an activity like a quiz or something arty and crafty or we occasionally have guest speakers come along.

Our cafe is open to anyone and we just ask for donations to cover our costs.

The Conversation Café runs at the Garioch Community Kitchen in the Wyness Hall, Jackson Street, Inverurie.

**Next Café: Wednesday, 29th March.**

Then: 12th April, 26th April, 10th May, 24th May, 7th June and every 2nd Wednesday thereafter.



## Pop Up Café

### Inverurie Conversation Café

Every fortnight starting  
Wed 15<sup>th</sup> Feb 17 from 1pm – 3pm  
Garioch Community Kitchen  
Wyness Hall  
Jackson Street  
Inverurie

A FLY CUP  
AND A  
BLEATHER

MEET WITH  
FRIENDS

TAKE A STEP  
TO FEELING  
GOOD!



## Volunteers Open Evening

**Wednesday 29th March**

This is our opportunity to thank our current volunteers for all their support and hard work, whilst also opening the doors to others who may be interested in volunteering. It will be a fun and easy going event with coffee and cake!

We regularly share links to funding sources, news and updates on our Facebook and Twitter pages. Follow us at:



The Garioch Partnership



@Garioch\_tweets



*Please come along and join us for an open Volunteer evening to celebrate our fantastic volunteers, current and prospective.*

**Wednesday 29th March**  
**6.30pm – 8.30pm**

*Our volunteers don't always have the time, but they have the heart to help with;*



*Volunteering can make a difference to people in your community, and to yourself.*

*Bring a friend and come and see what you could be part of.*

*Refreshments served.*



Garioch Community Kitchen  
Wyness Hall  
Jackson Street  
Inverurie  
AB51 3QB

*Charity No: SCO46110*

# VOLUNTEERING OPPORTUNITIES

## COMPUTERS & INTEGRATION, INVERURIE.

Computers & Integration is a long established voluntary organisation offering accredited training in computing to adults with learning and/or physical disabilities to enable them to play a more integrated role in society and to enjoy the benefits of social interaction and friendship.

We are looking for volunteers to join our Board of Trustees to shape the future direction of C & I and enable us to develop and expand our service.

If you are interested and wish further information, please contact our Manager, Sandra Turnbull, on 01467623600 or [ca.i.inverurie@btinternet.com](mailto:ca.i.inverurie@btinternet.com)



### Inverurie Town Hall

Friday 24th March - Tuesday 28th March 2017

3D • Art • Crafts • Digital Art • Photography

All exhibits welcome\*

Separate section for under 16 years

The Town Hall will be open  
10.00am - 4.00pm on Sunday 19th March  
to receive your exhibits.  
Large exhibits should be notified to us in advance.



[www.gordonartexhibition.org.uk](http://www.gordonartexhibition.org.uk)  
[gordonartexhibition@gmail.com](mailto:gordonartexhibition@gmail.com)

\*Exhibits must comply with the conditions of entry.

*sensationALL*  
Presents.....

### Family BINGO

### Night

Saturday 25<sup>th</sup> March

7-12pm Westhill Golf Club

Tickets: £10 Adult £5 Child

Hot Buffet & Raffle

Contact:

[events@sensationall.org.uk](mailto:events@sensationall.org.uk)





**Support and friendship  
for families**

# Would you like to volunteer for Home-Start Garioch?

**Home-Start Garioch is part of a national network that offers friendly, informal support to families with young children.**

The daily stresses of bringing up a family can often become overwhelming and as a result parents are exhausted and discouraged. Home-Start can help to alleviate some of the challenges that families face, through regular home-based support from volunteers.

Home-Start depends on committed volunteers who give of their time, energy and experience as parents to support families who are going through difficult times in their lives. Volunteers visit families, who have at least one child under five, in their own homes, for two to three hours a week.

This offer of regular, flexible support can go a long way to helping families get back on their feet. Parents grow in confidence, strengthen bonds with their children, recharge their batteries and regain a sense of the value of themselves as parents.

Home-Start Garioch has been working in the Garioch area since 1995. Our volunteers are the backbone of the service we provide, and we would like to meet anyone who would be interested in finding out more about volunteering for Home-Start. We ask only that you have experience of being a parent and that you are able to commit 2-3 hours a week to support a family. All volunteers must attend a Preparation Course. This is spread over 6 weeks, 3 hour sessions.

Our next Preparation Course starts in the September. If you are interested in volunteering we would love to hear from you. Please contact us on the details below and we will provide you with more information.

**Office – 01467 624801 or email:**

**[mhairi@homestartgarioch.org.uk](mailto:mhairi@homestartgarioch.org.uk)**

**[www.facebook.com/HomeStartGarioch/](https://www.facebook.com/HomeStartGarioch/)**



# GORDON GROUP RIDING FOR THE DISABLED ASSOCIATION



Riding for the Disabled Association  
Incorporating Carriage Driving

## *The history of the group:*

Gordon Group Riding for the Disabled Association (GRDA) is a self-funded group of the national Riding for Disabled Association. It was founded in 1980, registered as a charity in 1998 and in 2014 became incorporated as a Scottish Charitable Incorporated Organisation (SC028676).



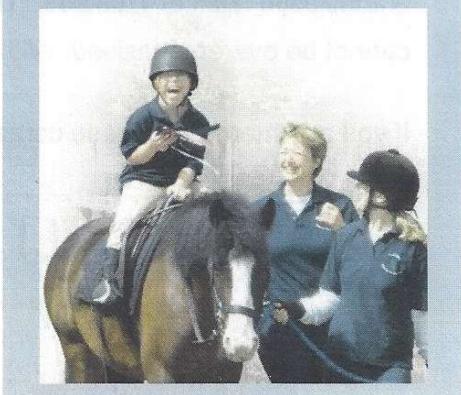
## *About GRDA:*

Since 1993, GRDA has operated from a purpose built therapeutic riding centre at Tweeddale, Keithhall, Inverurie, comprising an indoor riding arena, stables and a range of buildings and meeting rooms. There are currently 7 ponies that are grazed on approximately 9 acres of leased land.

## *What we do:*

GRDA does not run conventional riding lessons. Rather, it provides specialist equine therapy designed to impact on the cognitive, behavioural, physical and social skills of riders who have a wide a range of physical and intellectual challenges.

Sixty volunteers provide help and support for seventeen lessons a week. The riders are taught by qualified coaches. About seventy riders (children and adults) attend the lessons, some privately and some from primary and secondary schools.



## *Who we are:*

At present, there are four trustees who are supported by a management team which ensures the day to day smooth running of the group, and volunteers to assist and supervise the riders. Trustees are responsible for policy and ensuring best practice in health and safety, child protection, financial controls, animal welfare and ensuring the riders have a high quality and enjoyable experience.



## *Why we need you:*



There is a high demand for the services offered by GRDA, but there are also substantially increasing costs and a need to improve or replace some of the buildings and to replace some of the ponies. Additionally, two of the trustees are retiring, so there is a need to recruit two or three new trustees who will be able to help the organisation to grow and prosper. There is a particular need for

expertise in financial planning, health and safety, marketing and communications, but experience in fundraising and general skills are also welcome. A successful applicant will be joining a small, enthusiastic team of Trustees. The importance of GRDA to all involved, and particularly the riders, cannot be overemphasised. Without new trustees the future of GRDA is uncertain.

If you are interested please contact: Barbara Manson on 07905997021 or at [bjmkilblean@aol.com](mailto:bjmkilblean@aol.com)

<https://www.facebook.com/GordonRDA/>



# Community Initiative Grants

TGP have awarded Community Initiative Grants (CIGs) to 19 different groups in the 2016-17 financial year, with a further 4 applications currently under review before the end of the financial year.

One of the requirements of the grants is that recipients are required to submit a short report on the funded project – ideally with some photos - to show the difference that the award has made to their group and how it's benefitting their community.

The following are some highlights from the reports of five of the groups we've awarded grants to in 2016-17.

## Cornfields Foody Group 2016



Cornfields purpose is to support adults affected by sudden and significant life changing events (trauma) those who have been injured physically, emotionally and psychologically.

Held in the Garioch Community Kitchen, sessions follow a simple and effective process: a warm welcome, a foody and health topic

with an open discussion and conversation, a choice of recipes and cooking.

The most important connection is a group lunch, sharing each other's dishes, and enjoying a good blether with each other and a take away meal too. At least one volunteer helper is in attendance at each session to provide assistance and support.

Feedback from attendees included:

*"Themes on each day works well" "The selection of recipes is good, not too basic but not too challenging." "I also like to meet new people and get to know those that come to the group." "I enjoy seeing the person I support coping with all the different foods being prepared."*



# Exercise After Stroke Inverurie - EASI!

Maintaining a regular routine of exercise is vital in improving the mobility and overall health of members and the opportunity to attend a group specifically for stroke survivors who may have severe mobility and sensory difficulties is essential.

Boosting moral by increased social contact for members and carers is another great outcome of the group. Members encourage each other to attend and to reach their goals.

New equipment has been purchased and the group took part in their own 'Olympics' monitoring their own progress over a number of weeks to reach that gold award!

We could not do all of this without the great support and work from our volunteers, the extra work of the instructor and the support of other in the community including the lovely staff at St Mary's Centre.



## Premnay Hall

Our grant funded the purchase of our Range Cooker for our Hall refurbishment. As this refurbishment has been completed, I would like to take this opportunity to share with you the impact this funding has made to our small village hall.

The kitchen was very small and could only accommodate small functions & gatherings. It was very outdated and space was taken up inefficiently by the water tank and stand alone fridge. We had very little work top space and overall our wee kitchen failed to inspire.

We have a wonderfully, effective and inspiring space in which to work with our existing group and encourage others into use our Hall.



# Gordon Forum for the Arts



The 2016 Gordon Art Exhibition saw the 25th anniversary of this event, and it was a wonderful celebration of the wealth of talent in the North East.

Staged between 17-21 March, a total of 129 artists of all ages and abilities submitted 244 paintings and 40 photographs for exhibition.



Members of the public from the local area, from the further reaches of the county and from as far away as Canada and Australia enjoyed the exhibition. The organizers are extremely grateful to everyone who contributed their time, money and support.

## Garidge Theatre

The 2016 Garioch Theatre Festival, based at the Wyness Hall, was a great success. This year, we also celebrated the 400th anniversary of Shakespeare's death with three Shakespeare related shows. Quotes are from our questionnaires and the press.



**GARIOCH THEATRE  
FESTIVAL 2016**

There were performances of plays including *A Midsummer Night's Dream*; *Joanne*; *Your Bard*; *Guts*; *Decision Time*; and *Brush Up Your Shakespeare: A Musical Review*; as well as opportunities for teenagers from Aberdeen, Kemnay, Kintore and Inverurie to participate in Technical Training, preparation of a Flashmob, and Drama Workshops.

"So good to see such a variety of live theatre on your own doorstep."

"Thankful that somebody is running this in our local town."

"Great that this festival keeps running. Long may it continue."

# Community Initiative Grants

Many congratulations to all the groups who have recently received CIGS awards from TGP.

Pictured are members of Garioch Heritage Society, Diamonds Trampoline Club and Kembhill Park Flood Group receiving their awards from Provost Hamish Vernal, at our Winter Forum.



If you have a project that you'd like funded, get in touch. You'll find more details on our website: [www.gariochpartnership.org.uk](http://www.gariochpartnership.org.uk) or e-mail [info@gariochpartnership.org.uk](mailto:info@gariochpartnership.org.uk).

Organisation	Project	Amount awarded
Port Toddlers	"Let's make snack"	£392.50
Kellands School Parent Council	Language Unit Upgrade	£750.00
Insch School Parent Council	School Art Exhibition	£1,000.00
Lawsondale Sports Centre Trust	New Defibrillator	£750.00
Inverurie Hockey Club	Junior Coaching Sessions	£750.00
Garioch Heritage Society	Reference Library and Reading Room	£720.00
Diamonds Trampoline & DMT Club	Purchase of new trampoline	£750.00
Kembhill Park Flood Group	Flood defence support	£750.00
Alehousewells Parent Council	Improving school ground	£1,000.00

# Members

A very warm welcome to our newest members: Diamonds Trampoline & DMT Club; Gordon Group Riding for the Disabled Association; Inverurie Academy Parent Council; Jog Scotland Westhill; Kellands School Parent Council; Kemnay Primary School PTA; and St Anne's Episcopal Church

Friends of Insch Hospital and Community		Kingseat Community Association		Kintore & District Community Council	
Bennachie Leisure Centre		Milne Hall, Kirkton of Skene		Lawsondale Sports Centre Trust	
WEA Scotland		ICAN		Kiddiwinks	
Newmachar Community Centre Association		Hatton of Fintry Hall & Community Association		Premnay Hall & Community Association	
Logie Durno Hall Committee		Friends of Garlogie Day Centre		Gordon Dementia Services	
Kemnay Breakfast and After School Club		Westhill Community Church		Newmachar Community Council	
Girl Guiding Gordon		The Philosophy Café		Westhill Men's Shed	
Garioch Jazz Club		Inverurie Events		GATE	
Inverurie & District Men's Shed		Inspiring Insch		Bogbeth Pavilion	
Cornfields Scotland Ltd.		Garioch Arts Group		St Andrews Parish Church	
iConnect NE (Footprints)		Kinellar Community Association		Garioch Under 5s Forum	
Cluny, Midmar & Monymusk Community Council		Kemnay Village Hall Management Committee		Westhill & District Community Sport & Leisure Hub	
Foos Yer Doos Sing Song Club		Garioch Community Sports Hub		Blackburn & District Rotary Club	
Inschy Winchy Spiders		Newmachar Playgroup		Scout Hall Playgroup	
Insch Connection Museum		Alehousewells Primary School Parent Council		Bennachie Community Council	
Echt & Skene Community Council		RSPB Kemnay Wildlife Explorers		Port Elphinstone Community House	
Garioch Heritage Society		Southwest Aberdeenshire CAB		Inverurie Community Council	
Echt School PTCA		Spectrum Singers		Greener Kemnay	
Diamonds Trampoline & DMT Club		Gordon Riding for the Disabled Association		Inverurie Academy Parent Council	
Inverurie Hockey Club		Kemnay Monday Club		Port Toddlers	
Pitscurry Environmental Project		Kemnay Community Council		Garioch Indoor Bowling Club	
Insch School Parent Council		Home-Start Garioch		Business Matters Aberdeen	
Jog Scotland Westhill		Kellands School Parent Council		St Anne's Episcopal Church	

In order to provide the best support to our member organisations, Dawn and Louise both work flexible hours and regularly work away from the office.

We will do our best to return messages left on our answer machine as soon as we can, but we cannot guarantee an immediate response.

If you need a prompt reply, it may be better to drop us an e-mail:

Dawn – dawn@gariochpartnership.org.uk  
Louise – info@gariochpartnership.org.uk

## How can TGP help you?

We can support you with:

- Project planning
- Governance
- Sourcing funding
- Consulting & engagement
- Handling “red-tape”

We've also got a variety of equipment that groups can borrow for free, including a digital camera and data projector.

We can also provide Independent Examination of your charity accounts (for a small fee: £40 for members and £60 + mileage for non-members).

For more information on these, contact the office.

### Joining us

If you know of any groups who may be interested in joining The Garioch Partnership, please let us know and we'll pass on an application form.

The screenshot shows the 'The Garioch Partnership' website. At the top, there's a banner with a landscape image. Below it, the header includes the organization's name and navigation links: 'Who We Are', 'Our Partners', 'Grants', 'Newsletters', 'Calendar', 'Miscellaneous Documents', 'Contact Us', and a 'Search' bar. A sidebar on the right has sections for 'Community Councils', 'Hall Committees', 'Social enterprises', 'Sports and leisure groups', 'Youth groups', 'Under fives groups', 'Church groups', and 'Cultural groups'. There are also social media links for Facebook and Twitter, and a note about 2 other friends liking their page on Facebook. In the center, there's a section titled 'Who can join?' with text about joining for free if you're a not-for-profit community organization. It also mentions that individual members supporting the aims of the partnership are welcome. Below this, there's a link to a membership form: 'To join, please complete and return a membership form.' with two options: 'Online Membership Form' and 'PDF Membership form'. To the right of the form, there's a note about getting a MS Word version or contacting info@gariochpartnership.org.uk.

Alternatively, a PDF form can be downloaded from our website - <http://gariochpartnership.org.uk/membership-join/>, or there's an online form that, once completed, gets sent straight to us via e-mail.



# Dementia Friendly Aberdeenshire

Aiming to raise awareness and reduce stigma, enabling people to live well and continue to remain active and participate in their community for as long as possible, Dementia Friendly Aberdeenshire are looking for groups who are willing to host Dementia Friendly Awareness sessions.



**Dementia Friendly  
ABERDEENSHIRE**

Small changes make a big difference

**Tuesday 18<sup>th</sup> April  
10 a.m. – 12 Noon  
Friendship Room, Kemnay Village Hall**

Dementia Friendly Aberdeenshire is an initiative that works across Aberdeenshire with individuals, groups, organisations and businesses to develop and promote dementia friendly communities. Phyllis Gordon is the Project Officer that covers the Kemnay area.

There will be a short presentation at 10.30 a.m. including a film. Phyllis Gordon will be happy to answer questions and share information.

Tea, Coffee and Biscuits will be served (no charge). Provided by Positive Steps Kemnay who are supporting this event.



Tel. 07964034264 E-mail [phyllis.gordon@avashire.org.uk](mailto:phyllis.gordon@avashire.org.uk)  
Positive Steps Kemnay:  
Rob Mackay Tel. 01467642578  
Hilda Hart Tel. 01467643461

**Positive Steps  
Kemnay are hosting  
a session in April –  
would your group  
be interested in  
hosting another?**

**If so, contact Phyllis  
Gordon, Project  
Officer for the  
Garioch Area.**

**Tel: 07964 034264  
E-mail:  
Phyllis.Gordon@  
avashire.org.uk**



## Dates for your diary

Friday 24 <sup>th</sup> – Tuesday 28 <sup>th</sup> March	Garioch Art Exhibition
Saturday 25 <sup>th</sup> March	SensationALL Family Bingo Night
Sunday 26 <sup>th</sup> March	Garioch Run & Fly Cup Mothering Sunday Teas
Wednesday 29 <sup>th</sup> March & Every 2 <sup>nd</sup> Wednesday	Conversation Café
Friday 31 <sup>st</sup> March	Schools close for Easter holidays
Friday 14 <sup>th</sup> – Monday 18 <sup>th</sup> April	Easter weekend
Sunday 23 <sup>rd</sup> April	Great Escape Prison Break

The next edition of the Garioch Gazette, TGP's quarterly e-bulletin will be published in June. Any articles should be sent to [info@gariochpartnership.org.uk](mailto:info@gariochpartnership.org.uk) by **Friday 9<sup>th</sup> June**.

This newsletter is circulated to a mailing list of approx. 200 "active citizens" who in turn are invited to circulate it to their personal and community networks - caring and sharing!

If there is anything else you would like to see in the newsletter, please let us know.



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The Garioch Partnership



@Garioch\_tweets

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