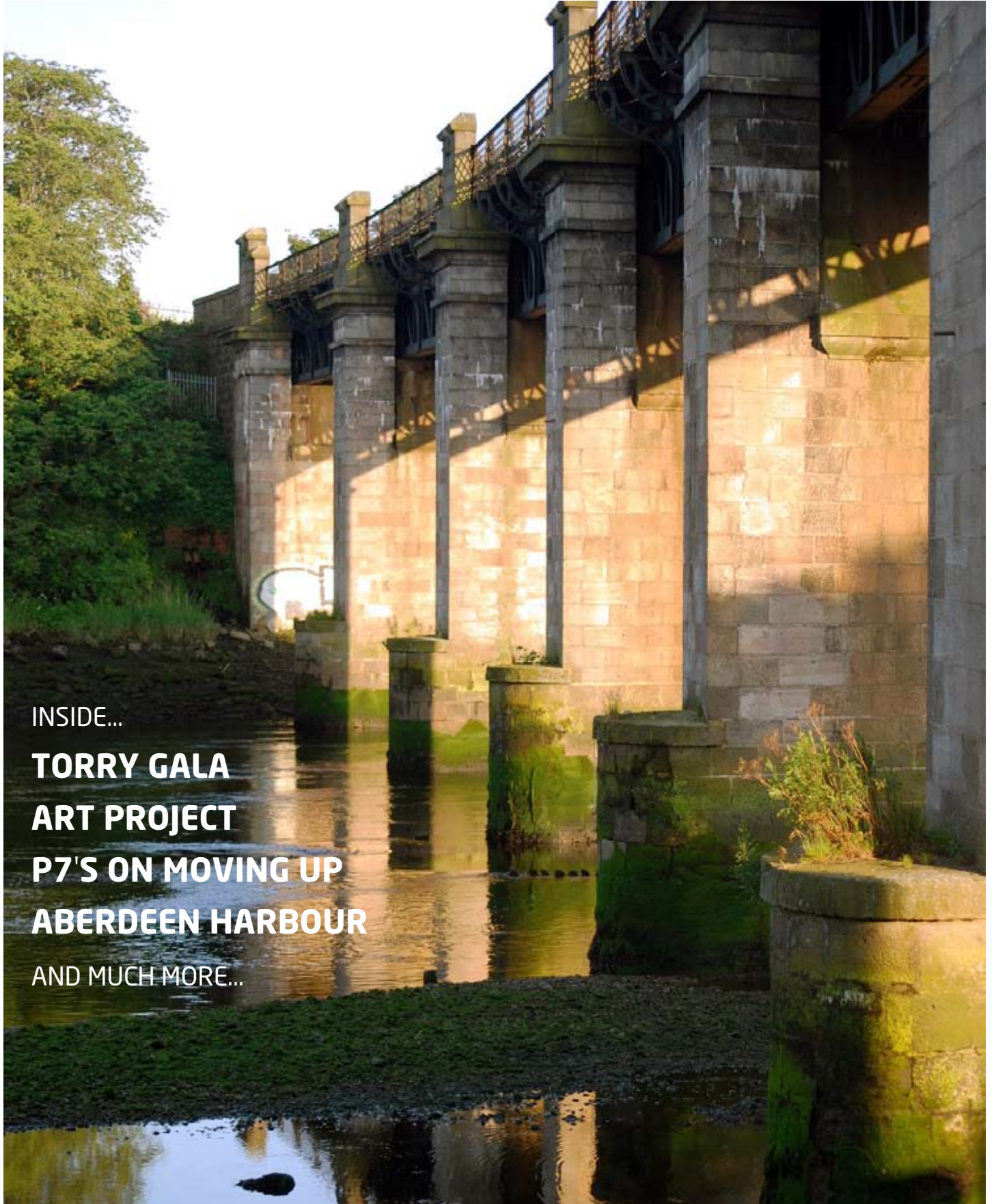


# torry's vision

Summer Edition 2011



INSIDE...

**TORRY GALA**

**ART PROJECT**

**P7'S ON MOVING UP**

**ABERDEEN HARBOUR**

AND MUCH MORE...

# Contents



## This summer...

- 3 Aberdeen Harbour
- 4 Primary 7's: Moving On Up
- 5 Retail Rocks
- 6 Grampian Police
- 7 Grampian Fire & Rescue
- 8 & 9 Gala Special
- 10 MSP Maureen Watt  
Boys Brigade
- 11 Quiz & Recipe  
Torry Learners
- 12 & 13 Art Project
- 14 SHMU News
- 15 Closure on Oscar Road  
Fairer Scotland Fund Update
- 16 River Dee  
Sports Centre  
Smoke Free Cars & Homes



## Editorial

### Welcome to Torry's Vision Summer Edition

The content inside Torry's Vision is a fine representation of the activities and events which happen on a daily or weekly basis in our community. We are a vibrant and creative village with a big heart.

Torry's Vision is here to give a voice to the citizens of Torry. We all have something to say about our community – whether it's about bin collections, seagulls, traffic or more positive aspects like our artistic and musical talents. We now have an opportunity to ensure all of our community has an input.

If you want to get involved in your community magazine or find out more, please contact **Denise** at SHMU on **(01224) 515013** or email:

**Thanks for reading and enjoy the rest of your magazine.**







## ABERDEEN HARBOUR REFURBISHMENT TAKING SHAPE

Aberdeen Harbour has seen a busy start to the year with the progression of a major redevelopment project at Torry Quays, the first phase of which is on track for completion by the end of 2011.

Aberdeen Harbour is one of the UK's busiest ports and the centre of activity for the energy industry's marine operations in North-west Europe. The port is a key regional resource and a vital part of North Scotland's infrastructure. Activity at the port generates over £420 million to the region's economy each year and helps sustain around 11,000 full-time jobs.

The initial stage of the £30 million refurbishment project, the largest civil engineering project to be undertaken at the harbour in recent years, will provide 300 metres of modern berthing and create more room for vessels navigating in the River Dee. A number of key projects have also reached completion this year. A £4.8 million refurbishment project at Commercial Quay East saw the replacement of its 170-metre-long quay.

Redevelopment work at Footdee saw a number of improvements made to the area including new road surfacing, lighting

and displays presenting information on the harbour, the surrounding area and its history. These works are part of an overall £65 million investment pledged by Aberdeen Harbour Board into developing the port's facilities.

The investment has proven worthwhile, with Aberdeen Harbour attracting significant increases in activity across 2010 in addition to achieving its highest ever annual turnover. Cargo throughput rose from 4.54 million tonnes to 4.66 million tonnes while passenger numbers increased by 5% last year to more than 149,000.

The completion of these projects will enable Aberdeen Harbour to undertake larger projects in relation to land based and offshore renewable energy.

For further information please visit the port's website [www.aberdeen-harbour.co.uk](http://www.aberdeen-harbour.co.uk)





# Primary Sevens: Moving On Up



## Walker Road Primary

We are so proud of our Primary 7s and all they have achieved. They are a credit to our school and we wish them well for their new schools.

Jill Merchant, Head Teacher.

I really enjoyed Primary 7 because all of the teachers were very helpful and kind.

Kara, P7

I really enjoyed Primary 7 because I like being the big ones and I can't wait to go up to Torry Academy.

Tyler, P7

I have really enjoyed Primary 7 because it is much better than all the rest and I am really looking forward to Torry Academy because you get to do lots of different subjects.

Liam, P7

Our visit to Torry was ace because you got to move around all the time and do heaps of different subjects.

Owen, P7



## Tullos Primary

In Tullos Primary the things I enjoyed the most were learning about artists and computing. The things I have improved in are story writing and maths. I enjoyed going to woodlands and dancing with the kids because I like to see them happy.

Sophie P7

In primary 7 I have improved in my maths, handwriting, story writing and spelling. I like playing sports like football and basketball, because it is very healthy. In Torry Academy I am looking forward to meeting new people and the new activities like design and technology and science. I am also looking forward to doing new sports and cross country.

John P7.

At Tullos School I enjoyed P.E and all the activities. At Torry Academy I cannot wait to go into first year because I like design and technology because you make very exciting things and P.E. as you do more fitness.

Shannon P7

I enjoyed playing for Tullos Football team and when I went to Dalguise, it was exciting being there for a week with my friends. When I go to Torry Academy I am looking forward to all the new subjects.

Mantas P7



## Retail Rocks in Torry

Saturday 25th June saw Torry welcome the opening of the first four of the Retail Rocks shops during its Town Centre Re-Launch. Mnemonic Photography, Wonderfully Made Designs, Peapod and North East Credit Union opened their doors for the first time on Saturday, while Torry hosted its first street market with local food, crafts, artists and a bouncy castle.

The day began at 11am when Alan Donnelly, who was acting for the Lord Provost, officially cut the ribbon to re-launch Torry Town Centre, the market then really kicked into gear. The people of Torry really come out to support this event despite the unpredictable weather.

The Police also officially re-opened the Torry Police Box on Saturday, engaging with local residents and showing them around the newly refurbished police box, also locally known as the Torry TARDIS due to its deceptive dimensions on the outside.

Dawn Bellamy, Secretary for Torry Community Council, and coordinator for the Torry Town Centre Re-Launch said 'It's great that new shops are opening in Torry, the Torry Town Centre Re-Launch is the best start we could give them. I think that people had fun, and the people of Torry really come out to support the newly opened shops and the Torry Town Centre Re-launch. I hope that people in Torry and Aberdeen will support these new shops – I think that all have something unique and wonderful to sell and to give back to the community.'



Retail Rocks is an initiative to revitalise town centres and communities by encouraging, enabling and supporting sustainable retail entrepreneurship.

The Retail Rocks project run in Torry is the first of its kind. Six retail properties in Torry were acquired and refurbished, and a competition run to find entrepreneurs who wanted to open a shop in Torry.

There were thirty-two applications made to the Retail Rocks Competition, twelve people went through to a 'Dragons Den' style panel of national and local businessmen and women and a community representative, with six winning businesses chosen:

Oil and Glass, a gallery and workshop specialising in contemporary glass art and craft products.

Peapod, a furniture rejuvenation store.

Kimmie's Hotdogs, a gourmet hotdog retailer.

Mnemonic Photography, a studio based photography company specialising in stylistic portraiture.

North East Credit Union, a white goods retailer.

Wonderfully Made Designs, a jewellery retailer.





## GRAMPIAN POLICE

The Victoria Road Police Office in Torry was officially opened by Councillor Martin Greig, Convenor of the Grampian Joint Police Board on Saturday 25 June 2011 during a day of celebration for the re-launch of Torry town centre.

The office which has lain vacant for a number of years, underwent a complete refurbishment earlier this year and has been brought back to operational status in line with Grampian Police's pledge to deliver a local policing service 'closer to you'.

The office closed in 2005, and the then small team of community based officers were relocated to the Torry Neighbourhood Centre in Oscar Road. However with the Force restructure to local policing teams in April 2010, that office did not provide adequate provision for the increased officer numbers. There are now currently over 20 Constables based at Victoria Road with the Inspector and three Sergeants remaining at Oscar Road.

Inspector Willie Findlay said "This iconic office is in the heart of the community in the town centre and is a facility that the Torry Community have campaigned strongly to see in use again. I'm delighted to say that having listened to their views we have been able to respond positively and are now well placed to provide an excellent, visible and accessible policing service to the people of Torry."

Laurence Officer, Chairman of the Torry Community Council said "I am delighted that the Police are back in the hub of the community and more accessible for the needs of Torry,

The presence of the Police in that area should be beneficial and prevent much of the antisocial behaviour which takes place there ".

Chief Superintendent Adrian Watson, Divisional Commander for Aberdeen said: "We felt the desire by the communities of Torry for the police to return to the office on Victoria Road and I am delighted to say we have now delivered on this. I personally served as a young bobby in the Victoria Road Office and I know only too well what this means to the folk there.

"This is at the heart of our "local policing – closer to you" strategy, with Torry the latest example of how Grampian Police, in conjunction with our partners has pragmatically positioned itself across the city in providing visible and accessible services to our communities. "

"We are very proud of our community focussed style of policing in the city and are confident that developments such as we have seen in Torry today gives us a firm foundation on which to further build on our excellent working arrangements with partners and of course the communities themselves."



## Grampian Fire & Rescue

Since 2004 Grampian Fire and Rescue have been working in partnership with the Ranger Service, the Police and all the local schools. This is part of an initiative to help reduce wilful fires.

Each year we go into the schools and give a talk to the P6 and P7 classes on the dangers, the destruction that is caused, along with the consequences of lighting wilful fires on the Tullos Hill and Kincorth Local Nature Reserve (Gramps). Around May we take the P6 classes out onto the hills for a walk to see the wildlife and different types of habitat that can be found. We also show them what damage can be done by a fire, for example:- following a fire on the hill it can take up to 20 years for the wildlife and habitat to get back to how it was before the fire. In 2004 we attended 73 wilful fires on the Gramps.

This, as we explain in our talks, is not only a huge cost to the public it has a massive impact on the environment, the killing of animals in the fire and the eyesore that is left behind.

Last year we attended 13 wilful fires on the Grampians. It is down to the successful partnership working but mostly it is down to all the children that have helped us over the years to pass on the message that "Lighting fires is no Joke". All of the children who have had our talk and walk have passed on the message of don't light fires just enjoy what we have.

Please enjoy the countryside that you have on your doorstep. On a clear day the view from the viewpoint at the top of Kincorth Local Nature Reserve over the City and beyond is fantastic. It is great to walk around and see all of the different animals and listen to the birds. The Tullos side is work in progress, it is nice for the children to see what work is on going and why it has to be done. They can watch over the coming years the regeneration that is taking place. Thank you for all your help over the years and keep up the good work.  
Neil Whiteman Grampian Fire and Rescue

Tel: 01224 696666 Text "Fire" to 61611 Email: [info@grampianfrs.org.uk](mailto:info@grampianfrs.org.uk) Or visit [www.grampianfrs.org.uk](http://www.grampianfrs.org.uk)



# EXPLORE TORRY

COME ON OVER TO TORRY AND BRIGHTEN UP YOUR DAY

25th June • 11am

TORRY TOWN CENTRE RELAUNCH

27th August • 12-4pm

TORRY GALA, TULLOS  
COMMUNITY CENTRE

The Harbour



Victoria Road



Wellington Suspension Bridge



Enterprising Torry





# Torry Gala 2011

The Torry gala in 2011 will be taking place on August 27th 2011.

Events being planned this year include a series of stalls at Tullos Primary School with various Advice, Disabled Veterans, Crafts, Scottish Dancing, Inflatable's, Music, Cafe, Tullos play scheme, Healthy Eating Project. Tombola, DJing and Crafting.

There will also be a guided tour around the Victorian areas of Torry.

The Book of Saint Fittick is a historical dialogue and gives information even back to the Viking invasion of Aberdeen. There are also references to William Wallace, King

James IV, Arbroath Abbey and the history of fishing and farming. The Well of Saint Fittick Kirk also was reputed to have healing powers.

An animation project with local volunteers (including pupils from Walker Road Primary School) in partnership with SHMU Radio and the Reading Bus. The animation will be based on a comic verse 'The Duel' from the Book of Saint Fittick. Fairer Scotland funding has been received for the bulk of this project but finance is needed for disc copies, publicity and large screen viewing at a public event at Tullos. Joyce Falconer will be narrating the animation and putting the verse to music.





**MSP Maureen Watt**

The few weeks that have passed since I was elected as the constituency MSP for Aberdeen South & North Kincardine have gone by incredibly quickly, but I am relishing the opportunity to work hard for people in places like Torry. I was extremely honoured by the trust placed in me at the election by people in the communities I represent, and I fully intend to show that trust was not misplaced.

I have already worked on a significant number of constituency cases since the election and if you have an issue you

think I might be able to help with, please do not hesitate to contact my office. Although that office is currently still based at the Haudagain in the North of Aberdeen from my time as a regional MSP, I will be relocating to a location that is more convenient to people in Aberdeen South & North Kincardine as soon as it is possible to do so.

I know that people in communities like Torry want an MSP who will work hard for them and stand up for the local area.

## 20th Aberdeen Boys Brigade

2010-11 has been a busy one for the 20th Co. Aberdeen Boys Brigade. One of the highlights of the year had to be our sponsored sleep-over in March in the church halls. We set up the Wii in the big hall and a DVD player in the small hall and stayed up very late. A great time was had by all. Thanks to Cat who cooked breakfast for us all in the morning. A bacon roll has never tasted so fine.

The Anchor Boys also did their bit to help us raise funds by holding a sponsored silence. Amazingly they all managed to stay quiet for 30 minutes. We have also been encouraging the boys to enter a few more competitions this year and well done to Bailey Middleton (Anchor Boys) who won 3rd prize in a fireworks drawing competition.

We also entered the boys' drawings in a competition to design a new roller-coaster. The prize was a trip to Alton Towers. Although we didn't win, we

were delighted when Norman McLeod of our Junior section gained a top five place in this nationwide competition. Many congratulations to Norman who received his certificate at our Church prize-giving on 26th June.

Our annual open Night was held on Friday 13th May and Captain Ian Duff was delighted to welcome Elspet Bowie along to present a trophy in memory of her husband Joe, a long serving BB Officer with the 20th Company. We are very grateful to Elspet for donating this trophy and its first recipient was Anchor Boy Alan Bruce (pictured).

On 11th June some of our boys took part in the "Celebrate Aberdeen" March down Union Street, which was held to celebrate volunteer organisations in the city. It was fun trying to hold on to our giant BB helium balloon!

If you know of any boys who might be interested in joining Boys Brigade, the

registration night for our new session will be on Friday 26th August in Tullos school hall from 6.45-8pm. All boys aged 5+ are very welcome to come along. Thereafter, we meet every Friday from 6.45-8.30pm.







## Picnic Cake

8oz self raising flour

½ teaspoon of salt

5oz caster sugar

3 ½ oz. margarine

2 eggs & 4 tablespoons of milk

5oz mixed fruit

a few drops almond essence

Cherries & rind of one orange

Grease a cake tin. Sift all the dry ingredients together. Add marg & unbeaten eggs and slowly add milk & stir until smooth (around two minutes) and bake for 1 ½ hours on gas mark 4

## TORRY LEARNERS CELEBRATE ACHIEVEMENT

I have been coming to Torry Learning House for a while to learn about computers and improve my skills. I have learned about numbers, writing letters and spelling. I have met a lot of people who have difficulties like myself and under tutoring, learning has been easier than I thought.

*Martin Keith*

Attending classes at Torry Learning House made me feel more competent and gave me the confidence to apply for a voluntary post which I hope will be a stepping stone into

employment. I have met many lovely people and I am glad that I attended the courses and started volunteering.

*Laura*

I attend numeracy classes at the Torry Learning House which is a big help with my numberwork.

*Gary Cheyne*

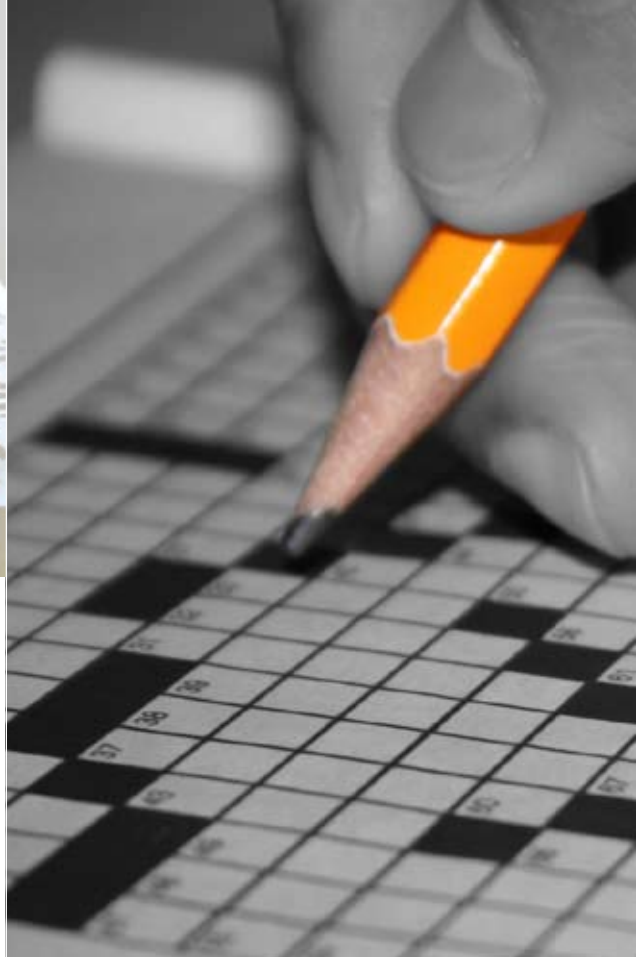
If you are interested in Adult Learning, contact Torry Learning House on **896156** or drop along to **12a Balnagask Road** for a chat.

## 27th Girls Brigade Company

Sessions take place at Torry United Free Church on Grampian Road every Monday night from the end of August to May.

P1 to P7 from 6.30 to 8:00, Secondary School plus 6.30 - 9.15pm

Contact **Brenda** on **875490** for more details



## QUIZ

1. Where are the University boat sheds?
2. What place is full of holes and bunkers?
3. What are the leading lights?
4. What was the Thermopylae?
5. What is a White Cockade?
6. What are the 3 clippers in Sinclair Road?
7. What Public house is named after a Queen?
8. What road is not for runners?
9. What are Grampian, Morven and Brimmond?
10. What's black and white and flies over Torry?

## FOR THE OLDER READERS

1. What was Bon-accord?
2. What 3 goes through Torry?
3. What is a quine?
4. What was the Torry Teapot?
5. Where is the Tullos Mote Hill?



## Arts Developm

Our Story has been a year long inter-generational project involving seven regeneration communities in Aberdeen, funded through Fairer Scotland. The first part of the project was in partnership with Aberdeen International Youth Festival and led to each community taking part in the Tartan Day Parade in summer 2010. The Our Story Exhibition was recently showcased at Aberdeen Art Gallery highlighting art work from groups created from September 2010 to March 2011. The communities involved worked with the team to create inspirational work about their creative journey and story.

In Torry, an exciting inter-generational project was established with local adult residents group, Torry Arts. They collaborated with young people from Tullos and Walker Road Primary Schools. The adult community volunteers had the opportunity to learn new practical and creative skills from artists, as well as share their own past and

present experience and knowledge with pupils. The lead artists and adult volunteers helped pupils adapt old books into sketchbooks. These books housed research and ideas used to shape the final collaborative artworks. Techniques used include drawing, painting, collage, life casting, photography, creative writing, screen printing, embroidery and assemblage.

The environment created in the gallery aimed to capture the community and creative spirit of one of the oldest parts of the City. Sketchbooks were created to explore in the space. "Creative Environment" a project journal was also produced that documents the process and progress of the project.

"I didn't think he would be able to use computers. I thought he would be shouty and angry." Pupils Euan Wiggins & Tegan McDougall age 9, initial views on Jimmy Thomson age 73.

"I feel like I am passing on skills. I encourage the pupils to think for themselves. I think they looked forward to working with us." Jimmy Thomson after time spent with pupils.

The Torry Arts, Tuesday Art Group also took part in a ten week resin casting project, the aim being to depict their past, present and future creative journey. The project involved each participant, focusing on their own creative path from childhood to present time and onwards to include future aspirations. The three aspects of each person's journey have been encapsulated in three distinct resin pieces.

The participants involved said that the resin casting process has been quite an emotional and challenging experience. The booklet that accompanies the resin casts, demonstrates how each individual has reconnected with their past creative experiences, often treasured memories





of people, places and feelings.

The creative journey never ends!

Each person's third cast depicted their future creative journey, highlighting individuals' ambitions, their aims and what they want to learn.

"I have thoroughly enjoyed the whole experience of this project. It has really allowed me to express my feelings about my creativity. I have really been able to pour my thoughts and ideas into it ... Literally and emotionally! I believe our involvement in the Our Story project has put Torry on the map and shown how much talent there is here." Alice Smith

So what's next?

The Torry Arts Forum are currently planning their arts programme, Torry Arts Tuesdays. The programme will run at Tullos Community Centre from

August 2011 – March 2012 and will include a range of free and interesting art activities to sign up for so please watch this space!

Arts Development are planning a community music project for September and October with community musician Petra Vergunst. In this project we hope to sing 'The Song of the Fish Gutters' and write song lyrics about the experiences of migration by herring girls. In a parallel project we will work with migrant workers in Torry to write song lyrics about their experiences of moving to Scotland for work. The project will culminate in a big event in which we will sing all three songs and celebrate making music together.

The song-writing workshops will be held on Fridays 16 and 23 September, with a final public event on Saturday 29 October.

We are looking for Torry residents who

would like to take part in the project. All workshops are free, fun and no experience required.

For more information or to register your interest in this project, please contact Mandy Clarke, Community Arts Officer, Arts Development.

Tel: 01224 814738 or e-mail [mclarke@aberdeen.gov.uk](mailto:mclarke@aberdeen.gov.uk) [www.artsdevelopment.co.uk](http://www.artsdevelopment.co.uk)

You can also visit [www.musicforcommunities.blogspot.com](http://www.musicforcommunities.blogspot.com) where you can listen to "The Song of the Fish Gutters".





Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in, video and radio production and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.

† 01224 515013 | e info@shmu.org.uk | w www.shmu.org.uk

## Celebrate Aberdeen

On Saturday the 11th June, the Torry's Vision editorial team helped lead the SHMU volunteers down Union Street as part of the 'Celebrate Aberdeen' parade. The parade was organised by ACVO to recognise all the hard work being carried out by the voluntary sector in Aberdeen.



The SHMU contingent was made up of volunteers including Radio Presenters, Editorial Team Members, The Youth Radio Project (YRP), shmuTRAINees as well as shmu staff.

*"It was a great turnout and good for the city, the best bit was seeing all the different charities involved and being part of the SHMU Team"*

Gary Cheyne - shmu Volunteer, Torry

## shmuTRAIN

shmuTRAIN offers unique employability and skills development courses which support people into work, education or training. Community and digital media, including radio and video, is used to help develop core skills such as communication, confidence and team work.

**PositiveTransitions** is a fantastic opportunity for 16-19 year olds who are not in education, employment or training to take part in a 12 week course. **PTVIII starts on the 26th September**

**shmuWORKS** is a fantastic opportunity for 18-25 year olds who are not in education, employment or training to take part in a 6 week training programme.



POSITIVE TRANSITIONS VIII

## shmuFM

shmuFM offers training and support to volunteers so they can produce and present a variety of issue-based, music and community programming shows on 99.8fm.

The next series of beginner courses begin on the following dates:

- 5th September from 7pm to 9pm
- 9th September from 2pm to 4pm
- 25th October from 7pm to 9pm
- 27th October from 2pm to 4pm



TRAINING IN THE STUDIO

If you are interested in learning more about any of our courses, please call **shmu** at (01224) 515013 or email us at training@shmu.org.uk or just text the word TRAINING and your name to 60300.



## Closure of Torry Community Learning on Oscar Road

At the Education, Culture and Sport Committee on 2nd June it was recommended that officers seek to relocate the current groups within Torry Community Learning Centre to other suitable local facilities, in order to facilitate the closure of that facility.

At the time of writing this we are still looking for alternative accommodation for the very popular crèches and the After School club run by C.L.I.C.C. The Surestart and Adult Literacy programme which also use the facility for Adult and Family Learning will also need to relocate. Small rooms for various advice giving bodies to do sessions will also be required e.g. Citizen's Advice Bureau.

The staff at Torry Community Learning would like to thank the local community for all their support since they moved from Walker Road 6 years ago.



## Silver City Surfers

Silver City Surfers run FREE computing sessions at Tullos Community Centre every Thursday from 11am until 1pm.

Friendly, helpful tutors are on hand to help the over 55's with basic computing. People can bring their own laptops to get advice and 1:1 tuition or use the computers at the Centre. Tea and coffee provided free at each session.

Hope to see you soon.

For details contact the Centre, call **01224 291882** or email **[silvercitysurfers@gmail.com](mailto:silvercitysurfers@gmail.com)**

## Fairer Scotland Fund

The Fairer Scotland Fund is no longer ring-fenced by the Scottish Government, but Aberdeen City Council has decided to continue the Fund, and has allocated £1.625m for this year.

The Council held a Community Summit in January to discuss the future of the Fairer Scotland Fund. This was attended by 80 people representing disadvantaged communities and vulnerable individuals, as well as a number of local elected members. One of the outcomes from the summit was that the FSF Board will be reviewing the overall programme, thematic and neighbourhood, over the coming year.

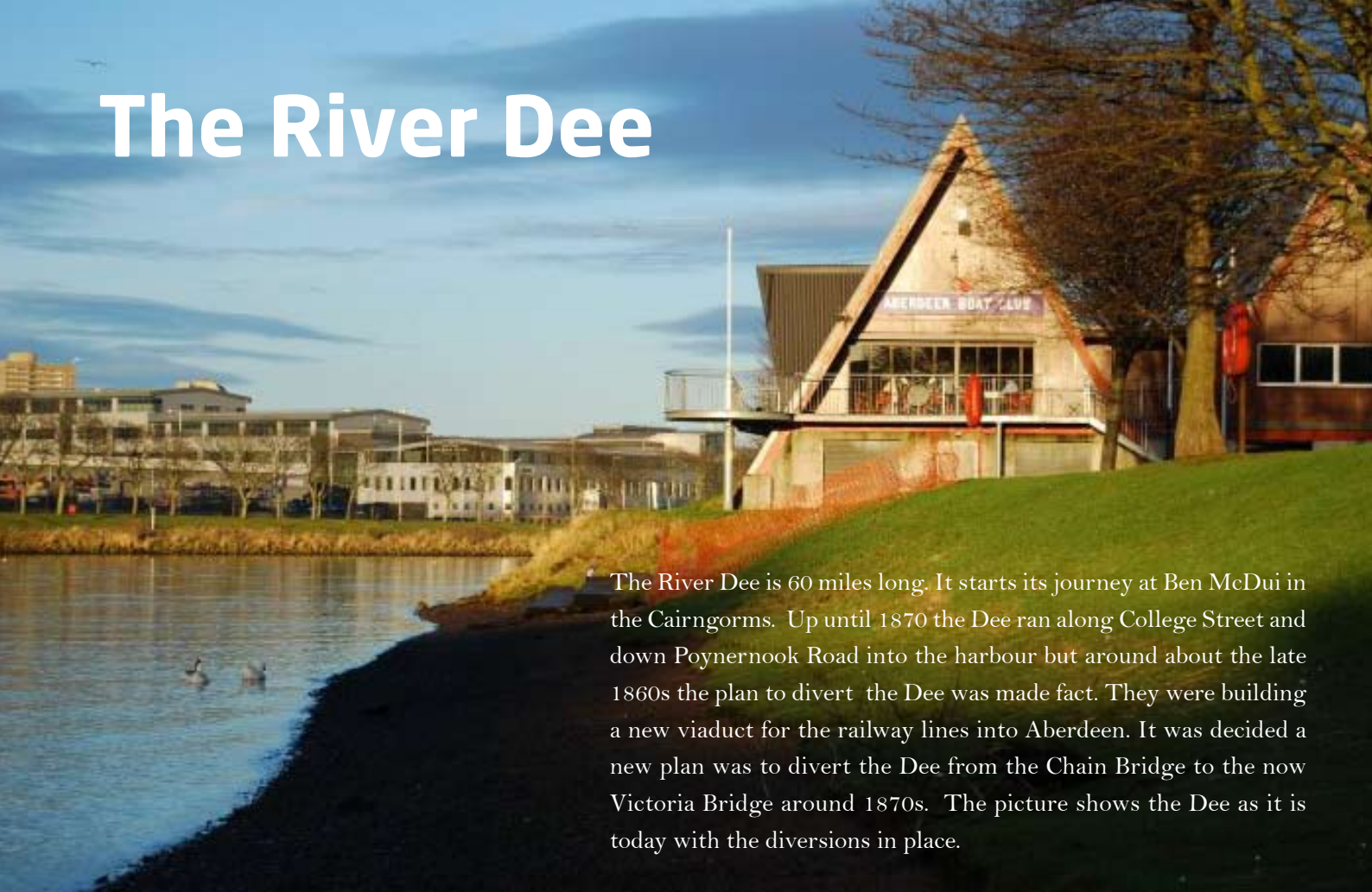
The Fairer Scotland Fund Board, which includes a majority of community reps from the regeneration areas, has allocated funding to a variety of Projects. Some of the funding awarded is subject to a 6 month review, and a subgroup of the Board has been formed to take this forward.

The current programme, based on national and local priorities, and the amounts allocated to them, are:

Priority Theme	Cost(£)	% of Fund
Neighbourhood Programme	393,210	24%
Employment & Training	324,904	20%
Income & Financial Inclusion	281,055	17%
Health	204,860	13%
Community Safety	110,206	7%
Literacy	68,204	4%
Support Team / Running Costs	84,500	5%
Community Support Fund	45,500	3%

For further information about the Fund, please contact **Susan Thoms**, Fairer Scotland Fund Coordinator, on **523833**, or email **[sthoms@aberdeencity.gov.uk](mailto:sthoms@aberdeencity.gov.uk)**

# The River Dee



The River Dee is 60 miles long. It starts its journey at Ben McDui in the Cairngorms. Up until 1870 the Dee ran along College Street and down Poynerook Road into the harbour but around about the late 1860s the plan to divert the Dee was made fact. They were building a new viaduct for the railway lines into Aberdeen. It was decided a new plan was to divert the Dee from the Chain Bridge to the now Victoria Bridge around 1870s. The picture shows the Dee as it is today with the diversions in place.

## Torry Outdoor Sports Centre

Torry Outdoor Sports Centre, located on Victoria Road, will be opening for the summer holidays from Monday 4th July. If you want to go and play lawn bowls or make use of the its artificial pitch for football or tennis, the Torry Outdoor Sports Centre will be open Monday to Thursday 1330 - 2115 and Friday 1330 - 1915 and the Centre will be open for pay and play.

Should anybody wish to play Tennis or use the artificial pitch out with these times they can contact Balnagask Golf Starters Box on 01224 876407, to book, pay and collect the keys. The keys should be returned to the Starters Box on completion.

**Get out and make use of this great community facility!**

## Smoke Free Homes and Cars Project

NHS Grampian in Partnership with Grampian Fire & Rescue Service and Aberdeen City Council has developed a pilot project to encourage parents to protect their families from second-hand smoke by making a commitment to one of the following promises:

**Step One:** Make your home and car completely smoke free at all times, so that your children (and any adults) will be healthier.

**Step Two:** If step one is too difficult, restrict smoking to one well ventilated room or area and never smoke in front of your children in the home. Although your family will still be affected by second-hand smoke, it will hopefully be less harmful and discourage your children from becoming smokers when they are adults.

If you are interested, ring the following number to request a help pack: 01224 555 336