

BENNACHIE COMMUNITY NEWS

CONTENTS

INTRODUCING THE NEWSLETTER	1
NEWS FROM THE COMMUNITY	2
LOCATION OF DEFIBRILLATORS IN OUR AREA	7
RESILIENCE – ARE YOU PREPARED?	10
ARE YOU RESILIENT?	11
PHONES AND MOBILES IN POWER CUTS.	12
DROUGHTS / EXCESSIVE HEAT/ WILDFIRES	13
INFORMATION ON FLOODING	14
DO YOU HAVE AN EMERGENCY PLAN? ...	15
DO YOU HAVE AN EMERGENCY KIT IN A WATERPROOF BAG?	16

WHERE TO GET PRINTED COPIES

Bennachie Leisure Centre, Inch; The Old Post Office and Bennachie Visitor Centre, Chapel of Garioch; Morgan McVeighs, Colpy; Kellockbank and Butterfly Effect Inch, Poppy's Old Rayne and Inch Library.

HOW TO CONTACT US

If you have a group or event coming up and want this added into the next newsletter email

bennachiecommunitynews@gmail.com

At the time of print all facts were correct as far as we could verify.

INTRODUCING THE NEWSLETTER

The aim of this newsletter is to promote what is going on in the Bennachie Community Council area and also inform people within the area what is happening. The Bennachie Community Council has funded the printing costs of this newsletter and we have managed to get a grant to fund the printing costs for the next two newsletters. Volunteers write and produce the newsletter. Our thanks go to everybody who has contributed by writing articles.

LET US KNOW WHAT YOU LIKE OR WHAT YOU WANT TO SEE COVERED

This newsletter is for you. We want it to be informative and useful so please tell us what you like and if there is anything that you would like us to cover. We are trying to cover a mixture of local groups and activities in the area along with one or two features on something that will affect us all.

With winter coming this newsletter mostly focusses on Resilience Planning. It also looks at how we can improve the places we live in through Community Action Plans and how we can plan for the future by producing Local Place Plans.

All of this work needs volunteers to help put these plans into action so if you want to get involved please contact bennachiecc@outlook.com



We
Wish
You a
Merry
Christmas
And Happy
New Year





The Bennachie Community Council (BCC) is a group of elected local volunteers who liaise with the Aberdeenshire Council and other groups to represent the views of the area. We meet on the fourth Monday of the month and are looking for new members especially from the Inch and Premnay area. If you want to help out in your community, please let us know at bennachieCC@outlook.com

So who are we: -

Chairperson: - Andy Miller (Oyne), Vice Chair: Sharon Duncan (Rayne), Treasurer: Wally Rhodes (Leslie), Wilma McIntosh (Rayne) Frank Musgrave (Oyne), Mark Worsley and Lynda Bain (Chapel of Garioch), Alan Simpson (Leslie), Stan Averell and Kevin Shand (Culsalmond), Karen Gray (Premnay), Robert Grant, Janette Taylor and Sheena Lonchay (Inch)

Thanks go our 3 Councillors who support us, Sam Payne, Hazel Smith and particular thanks to Moray Grant who joins us in person at our meetings.

The three main topics we are looking at just now are: -

1. Inch Hospital and health care within our area
2. Resilience planning
3. Community Action Plans and Local Place plans.

Healthcare in Inch and District

The BCC continues to work with the Aberdeenshire Health and Social Care Partnership (AHSCP) to pursue residents' concerns about healthcare in the BCC area. Residents' priorities are clear: maintain a high quality GP practice; retain access to in-patient beds locally and ensure that care provision at home and for those needing residential care are adequate so that people needing these services can be treated with dignity. There was widespread dismay when the Integrated Joint Board (IJB) decided not to reopen the Inch

Memorial Hospital after Covid. The decision making was flawed and Inch appears to have been treated differently from other community hospitals. Furthermore, residents believe that the First Minister promised that the hospital would re-open and that capital was promised in the government manifesto at the last election. Not reopening Inch War Memorial Hospital was the worst of all options put to the IJB and as a result healthcare provision is now worse than it was pre-covid. There is anecdotal evidence that the shortage of community hospital beds is having an adverse impact on healthcare. There is frustration that no progress appears to have been made since the IJB decision in June 2022 not to reopen Inch Hospital. The Aberdeenshire Health and Social Care Partnership can only implement the decisions of the IJB so the BCC has been working with them to make sure those are delivered as rapidly as possible.

*AHSCP evidently recognize the need for interim arrangements with additional residential bed capacity locally. They have explored some options in Inch which were not feasible and are continuing to explore other options in the vicinity.

*NHS Grampian submitted a proposal to the Scottish Government in 2022 for a new build residential bed facility either in Inch or in Inverurie. As yet there has been no progress on this and there is a difference of opinion on the likely timescale. The Health Minister told FOIH and BCC that there is an ongoing capital allocation process and any proposal for Inch would be considered and if justified progressed. However AHSCP have been told that they need to rank all potential capital expenditure in the region (which in itself may take two or three year) so that priority projects (which may not include Inch) could be ten years from completion.

*AHSCP proposed to use the Inch and District War Memorial Hospital as a "wellbeing hub". It was not clear what a wellbeing hub involves but it has been agreed that it must have additional clinical services. Members of BCC along with the local AHSCP manager recently visited the Maud Village Trust Centre, which is held up as the best example of a wellbeing hub. The Maud centre is very impressive and the local Trust have done an outstanding job over 20 years in providing this facility. However it is evident that the approach in Maud was specifically tailored to their community needs and there is no simple, one size fits all, approach.

Also in-patient beds are a parallel issue. The Maud community would also like local in-patient beds. The local Maud hospital had closed in 2008, Maud residents rely on community hospital beds in Fraserburgh and Peterhead and the Trust indicated it is continually a struggle to find local post operative/level 2 clinical care service beds.

AHSCP have re-iterated previous public statements that Inch hospital will not reopen in its pre-pandemic state. Friends of Inch Hospital continue to explore all options for reopening Inch Hospital and are exploring a range of alternative opportunities for rapid provision of inpatient beds. BCC supports the FOIH in these efforts, which can clearly continue in parallel without causing any holdup to AHSCP programme.

If you want to contact us regarding the healthcare in our area, email us on bennachiecc@outlook.com

ST DROSTAN'S EPISCOPAL CHURCH, INSCH



We gather for worship every Sunday at 10am and after the service we enjoy a hot drink and a fine piece. Everyone is welcome to join our Sunday service and refreshments afterwards.

On the first Sunday of every month, we have an informal Family Service at 4pm in the church for all ages. We spend an hour exploring a Bible theme in fun ways and then finish by sharing a meal together. Everyone is warmly invited to join us.

Every Monday from 11.30am to 1.30pm we have our Community Café in the hall at the back of the church. Why not come and enjoy a soup lunch, a fine piece, a hot drink and a chance to enjoy chatting with others.

The new Church Hall at the back of St Drostan's is available for hire. We have a great kitchen, four toilets, a small meeting room and space in the garden that can be used. The church itself can also be hired for events. For more information on hiring the hall or any of our other activities please contact Alastair on 07513 400081 or macinsch@gmail.com



Seasons greetings from our BLC family to yours. We've had a tremendously busy

run up to the festive period here at the centre and our feet have hardly touched the ground! We have completed our changing / shower room update and are delighted with the result. It's now open to the public to use and includes three fully enclosed wet and dry shower cubicles, a seating area, mirror, hairdryer and lockers. With this project now complete it's time to get cracking with the much anticipated gym upgrade.

We are delighted to pass on the news that we have secured almost all if the money needed for both Part 1 and part 2 of the gym upgrade as our application to the UK Shared Prosperity – Aberdeenshire Investment Plan was successful. This, along with funding we have secured from the Aberdeenshire Health and Care Partnership, The Gordon and Ena Baxter Foundation and Friends of Inch Hospital will see our ambitious gym refurbishment put into action as we are confident we can raise the last of the investment needed by fundraising within the centre ourselves.

Part 1 will see all the cardio machines replaced with brand new state of the art machines this coming January and part 2 will follow later in the year when we will launch the totally refurbished gym space with access to both the cardio and weights area from the one room. The upgrade also includes improvements to the heating/air con, lighting, flooring, and windows as well as moving away from the breezeblock walls making the whole gym space a much nicer environment to exercise in. More news will follow on part two of the project in subsequent newsletters where we will reveal the new layout. Phase 1 will be in place for the re-opening of the gym after the Christmas break on 8th January and It's hoped phase 2 will be complete and ready to use by May 2024.

As I write we are just days away from our last Santa's Bothy weekend for this year. It's been another sell out run and we have been blown away by your wonderful comments.

We love running The Bothy and it's clear you love



visiting Mrs & Mr Claus here at the centre. We are proud to have added a touch of magic to Christmas for over 680 local children this year and we have already started the planning for next year! A big thank you to everyone who has made it along to support our major fundraising event of the year and making the centre such a special place this Christmas. Our thanks especially go to the army of volunteers that it takes to set up and run the bothy along with the following local business without who's kind support The Santa's Bothy just wouldn't be what it is. Our thanks go to Steve Smith Joinery, Smile Scotland, Louis Little Haven, Williamston Estate Christmas Trees, The Illustrated Tree Company, Grinn + Bear and Jennifer Wishart Associates Ltd.

We haven't quite squeezed everything out of this year yet as we still have our COMMUNITY CHRISTMAS CELEBRATION on Friday 22nd at 7pm to look forward to where we will gather together as a community to celebrate Christmas and sing some well-loved Christmas songs and enjoy performances from Insch Community Choir, Sharon Hassan's talented local musicians and reading and songs from locals both young and old before enjoying some light refreshments.

Late December also sees us hold our AGM on Wednesday 20th Dec at 7pm. It will be a short meeting to approve the accounts before a full meeting will be held early next year. All are welcome to attend but we are particularly keen to talk to anyone who may be interested in taking on the role of Treasurer or assisting with our grant applications. The centre is a Scottish charity and totally self-funded so the role of finding grants is vital to our continued success.

Our first event of 2024 will be our ever-popular 1st Jan Ceilidh where Sharon Hassan and friends will be keeping the dance floor packed with all the traditional ceilidh dances for everyone to enjoy. Tickets are available via messaging our Facebook page in advance of the night or on the door if we still have availability.

We will open the centre fully in January from Monday 8th to give ourselves a few days to install both a new computer system to help us run our busy centre and install part 1 of our gym upgrade. 2024 is already set to be a busy year for the centre and January seems the return of our popular Insch Movies on the last Sunday of each month at 7.30pm. January's film is Barbie on Sunday 28th Jan. Tickets are available either via the North East Arts Touring website or from the centre in person.

Our first theatre offering for 2024 will be Miss Nobodies on Saturday 9th March at 7.30pm. It is a funny, poignant, and heart-warming play that takes us through the last 100 years in a local shop set in Lancaster. Tickets will be available soon.

After the success of our Pop-up Bistro last October, we are pleased to be welcoming back Tim from Nourished and Refuelled for our second bistro night. The date has been set for Saturday 10th February. We will release the menu and how to book in January.

February also sees us undertake a NEW 'chair-raising' fundraising idea! 8 Local artists/ makers will be approached to design & decorate a chair with the theme of 'Bennachie'. We will then exhibit the chairs at the centre before taking all 8 chairs to the top of Bennachie to publicise the project before auctioning the unique chairs to raise funds for the centre.

Lastly, we would like to thank everybody who has stepped through the door at some point during 2023. It's tough times for many just now, ourselves included and we really appreciate your support to keep this fantastic local resource going. Whether you have donated items to our charity shop, had a coffee in the café, attended an exercise class or attended the gym it all makes a difference.



As we reflect on the past quarter, The Friends have been unwavering in our commitment to return healthcare services to our community. Diligently researching various options, we are determined to pave the way for a healthier future. Our committee additionally voted to provide support to two impactful community projects – one at Insch School Nursery and another at the Bennachie Leisure Centre. Anticipating the arrival of spring, we are gearing up for a public meeting/AGM to provide a comprehensive update to the community. Stay tuned for more details as we strive to keep you well-informed about our progress.

Acknowledging the quieter winter months around the hospital grounds, we have decided to spread festive cheer by donating our stock of Christmas lights to illuminate the village square. Graciously, the Fire Service has agreed to lend their expertise in putting up the lights. We are actively considering more elaborate plans for village Christmas lights in the upcoming years.

Regrettably, despite our best efforts, the recruitment process for a Community Coordinator proved challenging. Undeterred, we are revising the position and will readvertise it in the New Year with renewed enthusiasm.

Save the date! The eagerly awaited **Strawberry Fair is set for Sunday, June 9th, 2024**. We look forward to celebrating another vibrant and community-focused event.

For those who enjoy the rhythms of our Tea Dance, mark your calendars for the third Friday of each month from 2 pm to 4 pm at the Church Hall on Western Road. Charlie Esson provides the musical backdrop, and admission is £5. Join us for an afternoon of joy and connection.

Thank you for your continued support as we navigate these initiatives and work together to enhance our community.



The library continues to be a very busy place and particularly popular with children. Every opening time it is a joy to see a queue of children choosing and discussing. They can be so engrossed in their books that quite often they refuse to leave the library when parents say it's time to go home!



Recently we have had a bit of a change round of the shelving which includes new display units and comfortable chairs in the main lending library and completely new shelving in the children's area with some new log style cushions.

On Friday 24 th November we had an excellent talk in the library by the Aberdeenshire's Countryside Ranger (Marr Area) Helen Lowe. The Subject was Pollinators – bees and insects, butterflies and moths- and the vital work they do for our flowers and plants and general biodiversity. Her talk was illustrated with wonderful photographs too. The talk was well attended and stimulated plenty of discussion.

The good news is that there will be two further talks by the Rangers early on next year.

Dates are:

Friday 19 th January 7pm – Jewels of the Air with Helen Rowe

Friday 12 th March 7pm - An exploration of the Garioch through the work of the ranger service with Alison Sutherland.



Bookbug

We continue to have regular Bookbug sessions for pre-schoolers, 0 to 5 years, led by our lovely session leader Lyn Rigby. Songs, rhymes and stories for half an hour of fun and special time with your little ones. The next session is on Friday 22nd December at 12pm.

Childrens Book Group

We now have a book group for our younger members. The children have chosen to call their group **BookBirds**. We are on to reading our second fiction book called a Boy Called Christmas. We will meet to discuss this on Friday 8th December at 4.30pm. Subsequently we aim to meet every 3 or 4 weeks, Fridays at 4.30pm. The next meeting is on the 19th January at 4.30pm. We are very keen for new members to join us so please let any younger readers out there know about the group. Age range is 7 to 11 years.

And **BookWorms** (the adult library Book group) will meet on Friday 12th January at 4.30pm. New members to this group also welcome.

The library is open: **Tuesdays 3 - 5.30pm**
Fridays 2 - 4.30pm.

We recently changed the Tuesday time to a little later as a result of comments that it needed to be open later so that working people had a chance to get to use the library. I hope this helps.

A reminder that the library will be open on Friday 29th of December 2-4.30pm and re-opening again on 5th January 2024.

There is a Family History Month in February with a drop-in session on Tuesday 20th February, 3pm - 5pm.



To all friends, members, volunteers and trustees of the

Bailies of Bennachie, Christmas greetings! It has been quite a year for the Bailies. Here are some of the highlights:

- The adoption of our new logo and ethos – 'A Voice for the Hill'
- Our Open Day in Inverurie Town Hall in May was held just a few days after our 50th Anniversary of May 7th, 1973. It was attended by over 500 people at our estimate and featured harp music, specially commissioned piano music, traditional music, a montage of our history and scenes from the play we commissioned from Alan Bissett, 'A Hill that was a Home'
- The sold-out run of the play in early July at the Garioch Heritage Centre by Rhona Mitchell's School of Drama.
- A series of themed public walks over the summer.
- An episode in BBC Radio Scotland's series 'Our Story' on the Bailies
- The winning of the RSPB Nature of Scotland 'Community Initiative Award' including a fine film about us by Hopscotch Films.
- Recording of our commissioned piano music played by Tara Leiper in King's College Chapel.

And just this month, notification of our short listing for the Kings Award for Voluntary Service, which will be awarded next November, so fingers crossed!

All of the films mentioned above can be accessed at our website, <https://www.bailiesofbennachie.co.uk>. Yes, it has been quite a year, but at no time did we take our eye off of the day job, the care of our iconic hill. Looking forward to next year, we have a number of projects in the pipeline including:

- repeating and expanding the public walks
- a number of significant environmental projects including bird-friendly planting
- an intensified Work Party programme starting in February
- our annual archaeological dig behind Pittodrie and beginning of the implementation of our Colony Management Plan.

So exciting times to come. But all of the above has only happened due to the dedication and hard work of our teams of trustees, volunteers and members and we thank them profusely for their contributions.

If you would want to participate in our success at member, volunteer or trustee level, we would love to hear from you. Drop us a line at info@bailiesofbennachie.co.uk to open the discussion and hopefully your route to participation.

In closing, can I wish you all a merry Christmas and a very happy and productive New Year. I hope many of you will be able to get out on the hill over the break. If you see me on the hill, please stop me for a chat and tell me about your Bennachie experiences.

Thanks again for your support. The Trustees

Cinema

Barbie

12

Bennachie Leisure Centre, Inverurie
Sunday 28 January @ 7:30pm

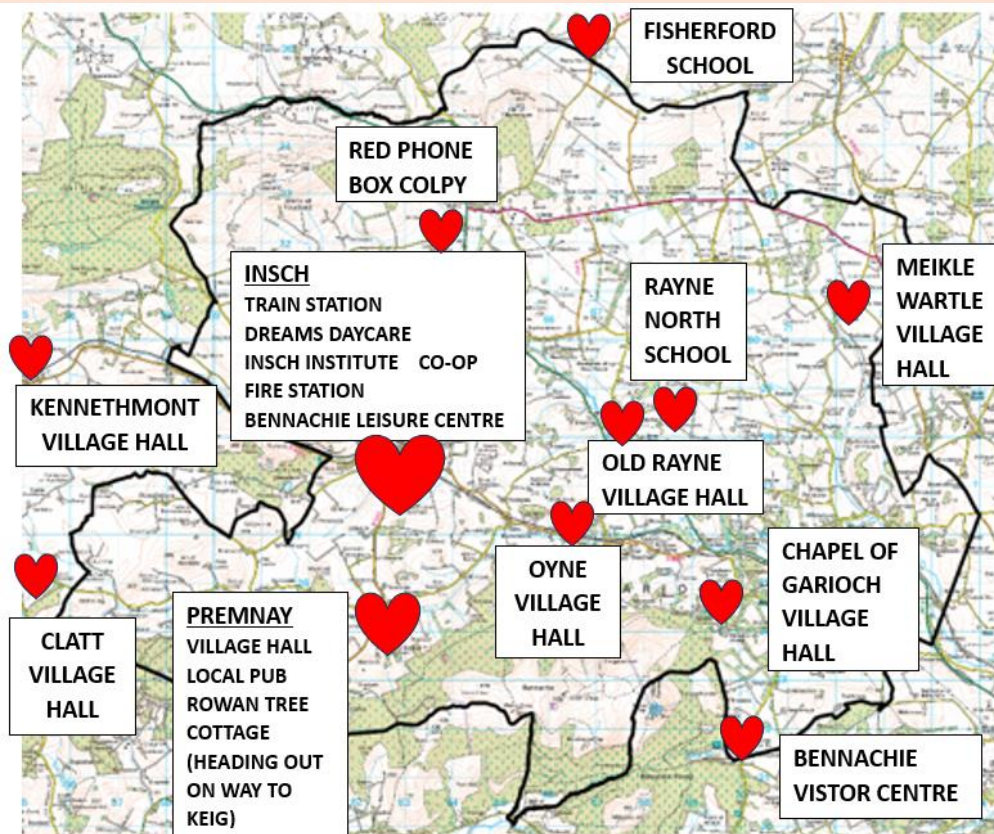
All tickets £5.00
Tickets available from Bennachie Leisure Centre or www.neatshows.co.uk or on the door

Scan here to book!

North East Arts Touring

Film Hub Scotland, The National Film Library, F.M. SCREEN SCOTLAND, SCREEN SCOTLAND, ALBA, CINEMA, LEISURE CENTRE

LOCATION OF DEFIBRILLATORS IN OUR AREA



In October we were lucky to have Lorna Donaldson, Cardiac Responder Development Lead with the Scottish Ambulance Service show us how best to help someone that has suffered a Cardiac Arrest in our community. These events were organised by The Friends of Insch Hospital and Community.

We got a chance to practice using these defibrillators and saw how easy they are to use. The machine gives you clear instructions and talks you through everything. We also learnt about DRSABC.

D is to check for any **Danger** in the situation that you may be walking into for example live electric cables, dogs, traffic.

R is for **Response** from the casualty.

Check to see if they are:

Alert – Are they talking or moving?

Voice – Speak to the casualty, say "Hello, can you hear me", are they responding to your voice.

If there is no response from talking to the casualty.

Pinch/Shake the casualty firmly by placing your hands on their shoulders.

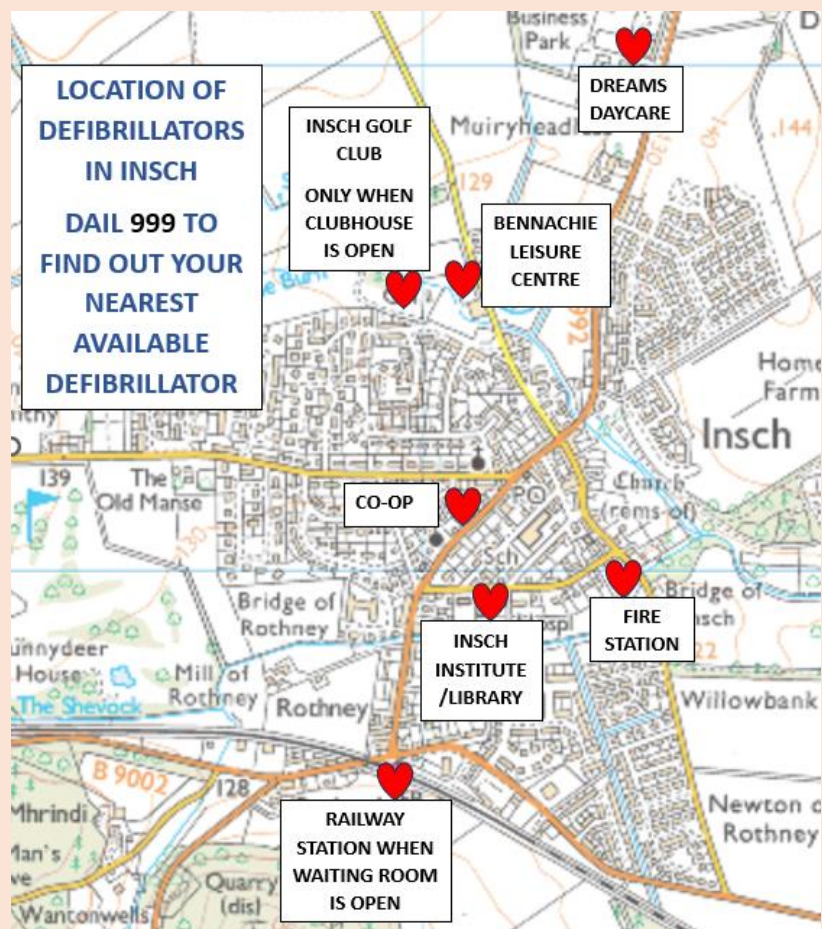
S is for **SHOUT** for help, **call 999** and shout for help in the immediate vicinity.

Use your speakerphone to make the call if you are on your own.

A is for **Airway**. To check the airway, place the casualty on their back, firstly open the mouth and check for any obstructions in the mouth and remove. Now tilt the head back by placing 1 hand on their forehead and a couple of fingers on the chin to tip their head back gently.

B is for **Breathing**. Spend 10 seconds checking for signs of normal breathing. If they are unconscious but breathing normally put them in the recovery position and wait for help to arrive. If not breathing move on to C for circulation.

C is for **Circulation**. If confident check for a pulse or look for signs of circulation (colour of the casualty). If the casualty has no signs of circulation, we need to commence CPR. When you call 999 they will guide you through how to do chest compressions (Cardio Pulmonary Resuscitation, CPR) along with making you aware if there is a Public Access Defib nearby and give you the code to open the box.





COMMUNITY ACTION PLANS AND LOCAL DEVELOPMENT PLANS

Many thanks to the members of the community who joined October's BCC public meeting where we explored the possibility of developing a new Community Action Plan (CAP) for Inch. We were encouraged by the response, and it was agreed that this CAP should cover the wider Bennachie Community Council area. We, therefore, are going to progress with a CAP for Inch & District to allow our outlying communities to contribute to the process and the outcomes.



A CAP is a participatory process that can build the skills and capacity of a community, when people get involved to take action to address their needs, any issues and develop the

potential of their community.

It is a road map for implementing positive change by identifying and specifying WHAT will be done, WHO might be involved and HOW it will be done.

"A healthy community is a form of living democracy: people working together to address what matters to them" (Stephen B Fawcett).

A Community Action Plan provides a framework for making positive change through activities that are decided by your community. The action plan will normally have a lifespan of 3 -5 years. It is important to emphasise that community members should be the main actors in preparing their own community action plan.

Aberdeenshire Council Garioch Area Office and Community Planning recognise the value of the Community Action Plan process and to ensure that process is robust, inclusive and community led the CAP activities



will be supported and guided by an independent consultant experienced in community development.

We were delighted to have 7 volunteers join our Steering Group to take this forward. The first steps will be to get together in January 2024 and consider how best to ensure we reach our whole community and hear what they have to say about how we can make Inch & District a better place to live, visit and work. Integral to this is to be able to gather the views and hear the voices of our younger people. It is important that we include the experiences and perspectives of young people as this contribution will be valuable in shaping the future of our place.

We are keen to hear from any young people who would be interested in either joining the CAP Steering Group or may be able to help us with any activities. Helping with the development of the CAP and volunteering is not only great for yourself but also for your CV too!

It can leave you feeling fulfilled and positive. It can expand your employability skills! New skills and experiences can be transferred across to your CV and job applications.

Improve your confidence by stepping outside your comfort zone and build relationships in your local community. Volunteering is a great way to get to know your local community better and give back to your local area.

As we progress with the CAP we will look to undertake a Local Place Plan which is similar to a CAP in that this is community-led but has a narrow focus on land use and environment and how we want to see our area develop in the future.

For more information and to volunteer to support the CAP and Local Place Plan process please contact bennachiecc@outlook.com.



The Studio - Inch is creative home to Hayley - The Wee Loft and me, Becky - The Illustrated Tree Co.

Hayley is an absolute whizz on a sewing machine! Her business, The Wee Loft specialises in beautiful tweed homeware and gifts. Cushions, notebooks, hip flasks and keyfobs can all be personalised and Hayley has a large range of tweeds on display at The Studio for you to choose from.

I run The Illustrated Tree Co, I take on all sorts of illustration projects from murals to logo designs but my favourite thing to make is personalised family trees. Recently I've started getting my designs printed, so I now also stock notebooks, mugs, coasters and tea towels.

This coming March marks our first full year working together in The Studio, and what a year it's been! We actually got the keys to The Studio in February and spent much of that month transforming the space into a shared working studio complete with an area for packing our orders, a large table so we could hold workshops and a smaller shopping area so folk could see what we make, browse and buy!

We both run our businesses around our family commitments and knew from the start that traditional shop hours wouldn't work for us. So, at The Studio we aim to be open Monday - Friday.

During weekends we welcome other talented creatives to hold workshops that offer something different for the community. This year we've been delighted to host classes in macramé, needle felting, crochet, arm knitting, an introduction to crystals, painting, candle pouring, jewellery making and knitted wreaths! There are just so many talented makers out there happy to share their skills!

Think you fancy learning a new skill in a friendly relaxed environment? Contact us at thestudioinsch@gmail.com and we'll add you to our email list.

In the New Year we welcome back Sophie from Forest & Dot with her very popular knitting and crochet classes. Upcoming workshops are:-

Beginners crochet:	Jan 20th & March 30th
Arm knitting:	4th Feb
Spring wreath making:	3rd March
Beginners knitting:	9th March

For more info check forestanddot.co.uk

We love being part of the community and keeping our shop windows looking attractive. Memorable window display highlights have been collaborating with Joanne's Alterations, Made to Measure and taking part in the village scarecrow hunt.

Joanne (who is also Inch based) kindly allowed us to feature a couple of stunning wedding dresses each made by her, along with gorgeous accessories during the summer months. These co-ordinated beautifully with the bespoke wedding gifts we offer.

Then in October we went all out Gruffalo themed for the scarecrow hunt! It was lovely hearing excited kiddies stop and take a look. It has been such a fun packed busy year and we've been delighted that so many of you have decided to shop local this Christmas. We would really like to say a big thank you to all our wonderful customers who've been so supportive and positive about our studio.

Roll on 2024 and our 1st birthday celebration when on February 29th we're planning a birthday bash shopping evening, and guess what? You're all invited!



BENNACHIE LEISURE CENTRE

CHRISTMAS TIMETABLE

FRI. 22nd	9.15AM 10.00AM 11.00AM 11.00AM	SPIN POWER PUMP FLEX & STRETCH MINI YOGI'S 3 - 5 YRS
		THE CENTRE CLOSSES AT 4.00PM 7.00PM FAMILY CHRISTMAS CELEBRATION <small>TICKETS STILL AVAILABLE</small>
SAT. 23rd - SUN. 31st		CLOSED
MON. 1st	7.00PM	NEW YEARS DAY CEILIDH <small>TICKETS STILL AVAILABLE</small>
TUE. 2nd - SUN. 7th		CLOSED THE CENTRE WILL BE CLOSED FOR AN EXTENDED PERIOD THIS YEAR TO ALLOW US TO DO: → TRAINING ON OUR NEW BOOKING SYSTEM → ESSENTIAL MAINTENANCE → TO INSTALL PART ONE OF OUR GYM REVAMP
MON. 8th		OPEN AS NORMAL <i>Looking forward to seeing you all</i>

- ALL MEMBERSHIPS WILL BE EXTENDED TO COMPENSATE FOR OUR EXTENDED CLOSURE.
- BOOKINGS FOR THE WEEK OF THE 8TH JAN. CAN BE MADE OVER THE PHONE FROM MONDAY 18TH DEC. FOR 21 DAYS IN ADVANCE ONLY. (i.e. Mon 18th for Mon 8th etc.)

We would like to thank you all for your support in 2023 and wish you a Very Merry Christmas

FOR MORE INFORMATION AND TO BOOK USE US A CALL
 ☎ 01464 821248 ✉ info@bclinsch.co.uk
 Largie Road, Inch AB52 6LT

OSCR
OFFICIAL SCOTLAND RECREATION CENTRE

RESILIENCE – ARE YOU PREPARED?

It is undeniable that the climate is changing and because of this we need to be able to adapt to the extreme weather conditions that we are going to see more and more of. Our area is predicted to get drier hotter summers and wetter more tropical like rain events in winter. In this area are used to high winds but these are set to increase in the future causing a bigger impact. Here are the weather events we have had in the last 8 years and what we have learnt.



*On December 29/30th 2015 we had storm Frank where it was thought that a once in a 100-year event flooded parts of the north east including Ballater, Braemar, Stonehaven Kemnay, Inverurie, Insch, Premnay and Leslie. Flood risks in the areas were looked at and flood prevention schemes implemented in some areas. Fubar News on Facebook became the place to find out what the local situation was as local residents reported the fast-moving conditions as they occurred.

*In 2018 in February we had the Beast from the East and this was followed by a long dry summer causing a drought. Private water supplies dried up and the public mains water systems were under pressure. The Scottish Government set up a scheme to provide bottled water to help with the drinking water shortage. We had a wildfire on Bennachie 7th July 2018 and another one at Pitfichie Forest. There are now wildfire warnings issued by the Fire Brigade and many places now ban fires and BBQ's being used due to this high risk.

*In 2020 after a dry summer with some drought conditions we had a months' worth of rain fall in 24 hours on October 3rd. This was the second large rainfall event in 4 years but luckily it was after a very dry summer. Maybe it wasn't a once in 100 years frequency we were looking at after all!

*On 26/27th November 2021 we had storm Arwen which massively affected on our area. Trees, even whole forests were blown down; roads were blocked; power cuts for days, even over a week ensued due to the unprecedented level of damage Arwen caused. This was the first time we realised we would lose mobile reception communications over the whole area as the mobile phone masts had very little resilience when the power went out. Landlines worked but you needed an old fashion analogue plug-in phone to work. The power and communications were out for over a week in the area. Rest Centres we set up to help people without power, hot food or ways of charging phones or torches.

*On 28th/29 January 2022 Storm Malik caused further damage. Again, power and mobile communications were lost.

*On 30th/31st January 2022 Storm Corrie on the back of Storm Malik caused even further damage with power and mobile reception communications being lost again. Storm Corrie again showed that these storms were not just a once in a 100-year event but would happen more frequently. We also learnt that if you can get power to your broadband router and can use Wi-Fi calling you can make phone calls. (See Telecoms and Power Cuts)

*On 17th February 2023 Storm Otto resulted in power cuts and again a loss of mobile communications. To further compound the issue there were faults on the landlines which meant this was not working either. Lack of Communications is a major issue that needs to be resolved as it hampers everything.

*June 2023 was our hottest on record. On September 5th 2023 there was a wildfire on Millstone Hill as September had the highest temperatures for that month in 25 years.

*On October 19-20th 2023 Storm Babet produced over a third of the years rainfall total within a week causing issues with flooding on the roads. The Gadie burst its banks at Premnay. The Don and Dee also burst their banks. We were lucky that this occurred after a dry September and the water levels were very low.

As you can see extremes of weather are getting more common. So what can we do about it?

ARE YOU RESILIENT?

Can you survive without any help for 3 days?

What do we need to do to become more resilient?



**KEEP CALM
AND
BE
RESILIENT**

1. Listen to or sign up for any weather alerts which are amber or red. Sites to look at are: -

Met Office	Insch (Aberdeenshire) weather - Met Office
Aberdeenshire Council	Aberdeenshire Council Aberdeen Facebook
SEPA	Flooding Scottish Environment Protection Agency (SEPA) Water Scarcity Scottish Environment Protection Agency (SEPA)
SSEN	Power Track (ssen.co.uk) Planned power cuts - SSEN
North East Police	Police Scotland North East Facebook
NHS Grampian	NHS Grampian Facebook
Travel Scotland	Traffic Scotland Trunk road traffic updates & route planner
Ready Scotland	Ready Scotland Facebook

2. Charge up all mobile phones, chargeable torches, UPS and power packs if you have them when an amber or red alert is issued in case there is a power cut. Ensure you have enough petrol/diesel/electric charge in your car to be able to travel if you need to evacuate.
3. Ensure you have enough food, water, medicine, toiletries, nappies, baby formula, pet food to last at least 3 days in case it is not safe to travel. Hot water bottles, blankets and thermos flasks are handy and can be filled if the weather conditions are worsening.
4. If you are in a vulnerable group, or someone you know is, sign up to the Priority Services Register (PSR). It's a free, UK wide service that helps utility companies, including energy suppliers, electricity, gas and water networks to look after customers who have extra needs in the event of a power cut, gas or water supply interruption. [The PSR - The Priority Services Register \(PSR\) is a free UK wide service which provides extra advice and support, including when there's an interruption to your electricity or gas supply - PSR](#)
5. Know how to switch off your water and electricity in case of a flood.
6. Have an emergency action plan and go over this with your family and have an emergency grab bag made up when these alerts are issued.
7. Listen to local Radio. If you have internet/mobile communications see: -

Bennachie Community Council Facebook Page; Aberdeenshire Council Facebook page or website
Fubar News Facebook Page and Local Facebook Pages: -

Bennachie Community Council	Bennachie Community Council Facebook	Pitcaple	Durno Residents Facebook
Culsamond/Fisherford area	Fisherford Friends Facebook	Premnay	(1) Premnay Page Facebook
Insch	(1) Insch Community Group Facebook	Old Rayne	(1) Old Rayne Community Association Facebook
Oyne Community Association	(1) Oyne village chat Facebook Oyne Community Association Facebook	Wartle	(1) Wartle Community Association Facebook Wartle Community Group Facebook
Chapel of Garioch	Chapel Of Garioch Info Page Facebook	Aberdeenshire Council	Aberdeenshire Council Facebook

As we are a rural community it's good to look out for your neighbours especially if they are vulnerable or live alone.

Other helpful things to have: -

- Camper gas cooking stove with gas
- Fuel for wood burner/open fire with fireguard
- Generator, and ensure your fuel (petrol/diesel) is always useable and stored safely
- Gas heater, and fuel (When using gas indoors ensure there is proper ventilation to stop a build-up of carbon monoxide. For more information on staying safe during a power cut please see [Heating and Gas - Home Fire Safety \(firescotland.gov.uk\)](#))
- Tins of easy to heat food in the house (soup, lentils, beans), as well as Cuppa Soups and Pot Noodles
- Warm clothes – hats/scarves/gloves/coats/boots
- Have your contact details ready to display in your window in case you are required by the emergency services to leave your home
- You could also consider making an inventory and note the location of valuable/important household items

At the moment the BCC is trying to see if we can identify possible local rest centres which can be used if people need to evacuate their homes. The plan is to apply for grants to obtain an independent power supply to these centres so they will have power in an emergency. We are also looking at how to communicate when the power goes out. As we know we lose the mobile network when the power goes down. However, if you can get power to your Broadband router you can still access the internet. We are also looking at providing the rest centres with power and broadband so that people can call from there.

PHONES AND MOBILES IN POWER CUTS

Power cuts have shown a big issue with the resilience of our communication structures. We have found that if you can get power to your router you can get the internet. Here is information from BT about connecting a battery back-up unit to your broadband router to give you approx. 1 hour of service in a power cut. [Digital Voice: Will my service work in a power cut? | BT Help](#)

If your phone and your mobile contract allows you to make phone calls over the Wi-Fi and you have power to your router you can set this up by following this video. [How to set up Wi-Fi Calling on your phone - YouTube](#). This will allow you to make phone calls using the internet.

Landlines are also in the process of changing and **Ofcom** has given out the following information about the changes to your phone network systems. Landline phone calls have traditionally been delivered over the old telephone network – this is known as the Public Switched Telephone Network (PSTN). BT has taken the decision to **retire the PSTN by December 2025** and other providers plan to follow



a broadly similar timescale. This means that in future, **landline calls will be delivered over digital technology** called Voice over Internet Protocol (VoIP), which uses a broadband connection.

Why is it happening?

The equipment used in the PSTN was developed and installed in the UK in the 1980s, and is becoming harder and more expensive to maintain. At the same time, telecoms providers are investing in new systems and networks such as full-fibre technology. So, broadband and phone companies have decided to switch off the old network and deliver landline calls over new digital technology to make sure that our phone services continue into the future.

When is it happening?

Some of this migration to VoIP is already happening for some customers, such as people who have upgraded their home phone and broadband package, or who have moved house. Your landline provider will contact you to let you know when the process to migrate from your old landline to your new telephone service will apply to you.

What do I need to do?

You don't need to do anything until your provider tells you your telephone service is changing, or until you decide to change your telephone service. Once a home phone service is moved from PSTN to VoIP, the phone will generally work in the same way as it always has, but it will need to be plugged into a broadband router instead of into the phone socket on your wall. If you need any new equipment - for example, a new router – or if you need a new broadband service installed, your provider should arrange this. It's important you talk to your provider about how the service will work for you.

This change will affect other devices that rely on a phone line, such as some fire and burglar alarm systems and telecare devices. So, you should mention those devices to your provider and check if these need to be replaced or reconfigured to continue working.

Do I have to have broadband to get the new landline service?

Once the PSTN is switched off, customers who wish to continue having a landline phone, and do not already have broadband, will generally need to have a suitable connection – this is the case even if they don't use a broadband service. We expect that providers will have a range of options for people in this situation, so customers should not be forced to take out a high-speed broadband package if they do not want to.

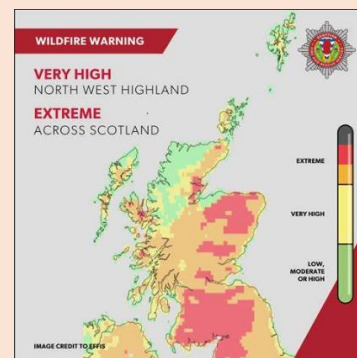
Will VoIP phones work in a power cut?

Unlike traditional phones, a phone connected to a broadband router will not work in a power cut, as the router gets its power from the mains.

If you rely on your landline - for example, you don't have a mobile phone, you're unable to use a mobile phone or you don't have mobile signal inside your home - your provider must make sure you are able to contact the emergency services during a power cut. This could be in the form of battery back-up so your landline will continue to work, or giving you a basic mobile phone to use in this situation.

DROUGHTS / EXCESSIVE HEAT/ WILDFIRES

This is something we are just starting to see occur in the last few years and is something we will have to learn to adapt to. In June 2023 a new Scottish record of 30.7C was recorded in Dumfries and Galloway. We have a mixture of Private Water Supplies and Scottish Water mains water supplies in the area. If a private water supply dries up contact Aberdeenshire Council's Private Water Supply Team [Private water supplies - Aberdeenshire Council](#) to see if there is a Government Scheme operating and what they can do to help you. With a lot of forested areas and areas open to the public wildfires is one thing we need to be prepared for. The Scottish Fire and Rescue Service now



produce information about wildfires [Wildfires | Scottish Fire and Rescue Service \(firescotland.gov.uk\)](https://www.firescotland.gov.uk/) and also warnings.

INFORMATION ON FLOODING

The Gadie, Urie, Shevock and Valentine water ways all run through our area and have the potential to cause flooding. When the ground water level is high, we get water running off the fields onto the roads and causing issues with transport.

If your home is in a flood area see Flood RE which is a joint initiative between the Government and insurers. Its aim is to make the flood part of your insurance more affordable. [Flood Re - A flood re-insurance scheme](#) There is also a build back better scheme they offer.

To get warnings of flooding sign up to SEPA flood warnings [Flooding Sign Up – SEPA Floodline](https://floodline.sepa.org.uk/floodingsignup/) <https://floodline.sepa.org.uk/floodingsignup/>

The nearest place to pick up sandbags is Inverurie. We have a back-up stock of sandbags at Premnay and Inch which are two of the main vulnerable sites in the area. Check the Bennachie Community Facebook page to see when these are being used.

To get the most information about Flooding see <https://scottishfloodforum.org> [The Scottish Flood Forum - Supporting Flood Risk Communities](https://scottishfloodforum.org) The Scottish Flood Forum is a charitable organisation which supports individuals and communities at risk of flooding and that have flooded. They specialise in flood recovery and resilience – and have many years experience in this area. Aberdeenshire Council can also offer some flood protection measures at cost price. See [Flood protection products - Aberdeenshire Council](#) or [SFF-Flood-Protection-Guide-Web-min.pdf \(scottishfloodforum.org\)](#).



Always prioritise the safety of people in your household over possessions and:

Your local authority and other agencies will be responding to the flood event. If you want further information about what is happening in your area, contact your local authority.

Tune into your local radio station, ideally using a battery or wind up radio

If you feel unsafe and need evacuated call 999

999

Fit any property level protection measures you have such as:

- Flood gates
- Air brick covers
- Sandbags or alternative barriers
- Toilet bungs
- Any other flood products

If you have time, and it is safe to do so – move your car to higher ground

Fold and roll up anything onto higher ground (or upper floors of your home), including photos, valuables and medicines

If you have an Emergency Flood Kit make sure you have it with you

Make sure everything that is of importance is secured (jewellery, documents, pets, and other valuables)

If you have one, plug in an analogue phone and charge your mobile phone (power failure stops digital phones working)

Turn off your gas and electricity supplies

Follow instructions from the Police and the Emergency Services.

DO YOU HAVE AN EMERGENCY PLAN?

IF YOU OR YOUR PROPERTY ARE IN IMMEDIATE DANGER CALL 999 /112

1. If a major emergency happens it may be some time before help arrives. It’s very important that you and your family get together to prepare. Agree a plan in advance with those in your home. Complete it together and keep it safe in case you need to use it. If the emergency means it is not safe to go out, the advice is usually to:

GO IN Go indoors and close all windows/doors

STAY IN Stay indoors until given the all clear

TUNE IN Tune in to local radio, TV or the Internet



Local Radio Stations (you can do this in the car and it may be possible to charge your phone in your car).

Northsound 1: 96.9 FM

Northsound 2: 1035 kHz

Original 106: 106.8 or 106.3FM

BBC Radio Scotland: 92 – 95FM 810 MW

2. If you have to leave your home, get out, stay out, and take others with you.
3. Agree with your household 2 meeting places or friends to stay with, one near home and one further away, in case you can’t get home.

Family Meeting Place	
Community Hub/ Second Meeting Place	

4. Your Contacts. If you have a mobile phone, make sure you add the contact details of a key contact person, your neighbours, school and / or work contacts, doctors, vets, child minders, plumber, electrician, fuel provider etc. Where possible back these up on the internet and note your internet/ email access details. If you don’t have a mobile phone or internet access, make a list and attach it to this plan.

5. Useful contact numbers:

Police, Ambulance, Fire brigade, Coast Guard or Mountain Rescue	Emergency 999 or 112	Insch Health Centre	0345 337 6310
Police	Non-emergency 101	Wilson Chemist Insch	01464 820266
NHS	111	Inverurie Health Centre	0345 337 9911
SEPA Floodline	0345 988 1188	Wills Chemist, High Street, Inverurie	01467 620475
SSE	105	Insurance	
Scottish Water	0800 0778 778	Childcare	
Aberdeenshire Council during office hours	Roads and Landscape 0345 608 1205	Vet	
Plumber		Work/School	

DO YOU HAVE AN EMERGENCY KIT IN A WATERPROOF BAG?

- ✓ A battery-operated torch and spare batteries/charged battery pack (or a wind-up torch)
- ✓ A battery-operated radio and spare batteries (or a wind-up radio)
- ✓ A mobile phone charger
- ✓ Any essential medication, some toiletries, wet wipes, toilet roll, towel and a first aid kit
- ✓ Three days' supply of bottled water and ready to eat food (that won't go off)
- ✓ Copies of important documents e.g., insurance policies, birth certificates
- ✓ Thermos Flask, Blankets and hot water bottle
- ✓ Pencil, paper, a penknife and a whistle
- ✓ Spare keys to your home and car
- ✓ Spare glasses or contact lenses
- ✓ Pet supplies
- ✓ Formula/baby food/Nappies
- ✓ Putty or a repair clamp for fixing burst pipes.
- ✓ Change of Clothes
- ✓ Emergency Cash as ATM's or card machines may not be working
- ✓ If flooding is a possibility also add wellington boots, rubber gloves, waterproof clothing and camera to record any damage for insurers.

