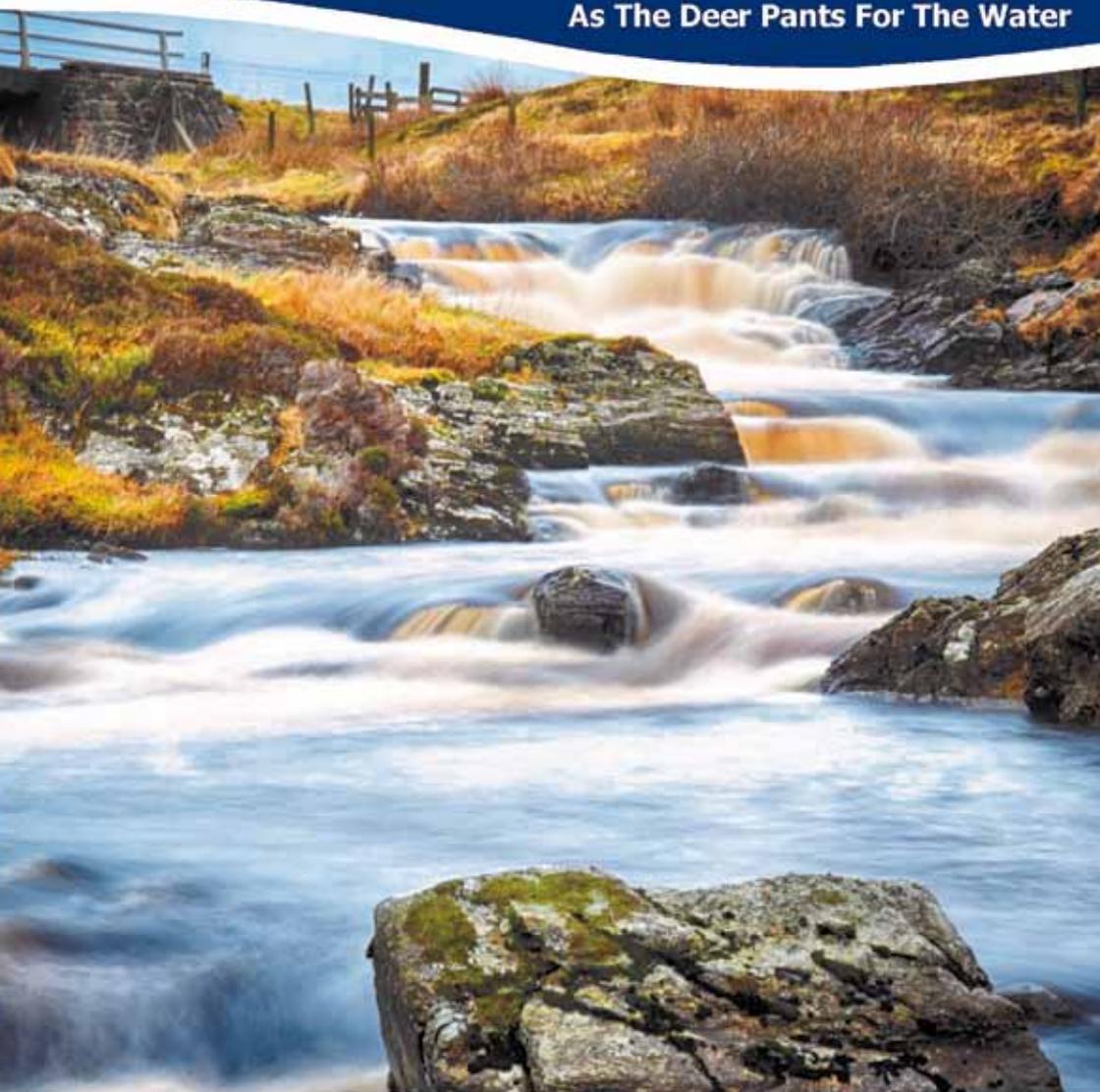


Vol.LVII No. 2
MARCH 2019



INSPIRE

As The Deer Pants For The Water



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A cup of coffee
shared with a friend
is *happiness tasted*
and *time well spent.*

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Mon to Sat 9am - 4pm
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CHURCH CALENDAR MARCH - April

Wed 6 March	10.30am	Midweek Service	
Sun 10 March	10am	Morning Worship	
Wed 13 March	10.30am	Midweek Service	
Sun 17 March	10am	Morning Worship	
Wed 20 March	10.30am	Midweek Service	
Sun 24 March	10am	Morning Worship	
Wed 27 March	10.30am	Midweek Service	
Sun 31 March	10am 3.15pm	Morning Worship Craigielea Gardens Service Led by Rev Holly Smith	
Wed 3 April	10.30am	Midweek Service	
Sun 7 April	10am	Morning Worship	
Wed 10 April	10.30am	Midweek Service	
Sun 14 April - Palm Sunday	10am	Morning Worship	
Wed 17 April	10.30am	Midweek Service	
Thurs 18 April Maundy Thursday	Noon	Lunch and worship– Mannofield Sanctuary	
Fri 19 April Good Friday	7.30pm	Craigiebuckler- Good Friday joint service	
Sun 21 April Easter Sunday	10am	Morning Worship	
Wed 24 April	10.30am	Midweek Service	
Sun 28 April	10am 3.15pm	Morning Worship Craigielea Gardens Service Led by Alison Lobban	

Dear Friends

I typed 'Easter' into an Internet Search Engine and as soon as I did that a series of 'results' popped up on screen. You guessed it – top of the list were Easter Bunnies, Easter Eggs, images of Spring scenes with flowers and sunshine and a description of Easter as a public holiday.



Easter undoubtedly means different things to people, depending on life experiences and priorities. I guess it's always been that way ever since the first Easter that we talk of in Church and Christian Faith. Most of us are familiar with the story whether we be regular church attenders or not. Even those who have no faith, or a faith other than Christianity, will generally be able to detail the events of the death of Jesus and the stories of resurrection.

At a deeper level however the sense of what Easter means to us is not necessarily as simple as a 'one-conclusion' story. Just like the word Easter typed into *Google*, today a description of what Easter brings to people in terms of a Faith response is varied.

'Substitutionary Atonement' is the fancy name that commonly describes the conclusion that many associate Easter with – namely that 'Jesus died to take away the sins of the world'; that Jesus took our place on the cross and that he took our sin upon himself. These words/phrases are popular and common expressions of faith. Sometimes their commonness might suggest that the expressions are offered with little thought to their depth.

There is another conclusion that is quite popular today in the thinking of scholars and theologians. This is the argument that early Christians saw the death and resurrection not as Jesus substituting himself for our sin, but atonement of a different sort. In this view Jesus conquered death, evil and all that kept people in bondage. Christ did not die in place of rebellious sinners but instead rescued victims from a fallen world. In his book 'Love Wins,' Rob Bell offers an alternative to the 'substitutional view' and talks up the argument that Jesus' death on the cross was a victory of Love, over all that is opposed to Love.

As we celebrate Easter in our normal traditions, no doubt there will be some Easter Eggs eaten, some flowers picked and some roast meals cooked. We might (hopefully) even attend a worship service or two!

Perhaps amid such tradition there won't be enough space available in our heads to consider the loftier arguments surrounding the theology of Easter. But maybe we need to content ourselves with the reality that as with many things contained within the Bible and the Gospel - there is ample material and truth in it that allows us to find what we as individuals need to take away from our reading and reflecting in order to grow stronger in faith.

For some it needs to be the view that Jesus died in our place and took our sin on himself. For others it's that Jesus' death means '*Love Wins*' over all that is opposed to love, and we have a model to live by. For others it's a combination of these two views and maybe even several more. But this is all okay!

Happy Easter Everyone.

Keith



Youthie: reborn is fully up and running on Sunday nights at Mannofield. Come along and join our youth club.

We will be working through various themes and Bible characters with large helpings of food, laughs, music and games.

Who: Ages 12+

When: Sunday nights 7.30-9.00pm

Where: Mannofield Church

What: Games, food, Bible bit, fun!

Contact Ryan Webster at Ryan.webster87@gmail.com or 07446015279.

Mannofield Guild

SPRING COFFEE MORNING (Balmanno Hall)

Saturday 16th March

10am - noon

£3

Various Stalls

In aid of Guild Projects

Stand together with mums this Christian Aid Week 12-18th May



This year Christian Aid is focusing on the stories of women in Sierra Leone like Jebbeh, pictured above.

Jebbeh is heavily pregnant, her sister just died giving birth, and now she fears she could be next.

In Sierra Leone, Christian Aid is dedicated to working alongside local communities, through partner RADA to build bigger, better health clinics and improve hygiene practices so that mums and babies can survive and thrive.

RADA (Rehabilitation and Development Agency) is a local NGO based in Bo and works towards securing livelihoods of marginalised people in Sierra Leone.

If you can help Mannofield's effort for Christian Aid please contact Ann Kindness on 01224 39336 or ann@aohs.uk.com



Heart Health - Exercise

Laura Walker



FITNESS
her way

Heart health is essential to each and every one of us. So maintaining a healthy heart is a precautionary and preventative strategy to be taken by us all in order to avoid heart disease. Physical activity is central to both the primary prevention of heart disease and long term recovery for people with heart disease. Coronary heart disease (CHD) pertains to the heart and the cardiovascular system as a whole.

For example, high blood pressure or hypertension, stroke, heart failure, peripheral heart disease, valvular heart disease and congenital heart disease are all forms of CHD, and can be managed well with medications. But, there is one therapy which if you are preventing, managing or rehabilitating from CHD you should be doing - Exercise!

Given that the heart is elevated during exercise to supply extra blood and oxygen to the working muscles it is dependant on the form of exercise as to the rate and degree by which the heart rate elevates.

An aerobic exercise class (such as ours at The Hub in Cults on a Thursday) is a recommended form of exercise to improve the strength and therefore function of the heart. The class consists of exercise in an undulating aerobic curve, which enables participants to exercise for longer. You must be able to speak through the exercise as your heart rate elevates. Exercise strengthens the heart and improves function, thus lowering blood pressure at rest.

The local and unique Strength & Balance class at Mannofield Church on a Wednesday, for both men and women, will elevate the heart rate, but not so that 'out of breath' is achieved. Using a resistance band with major muscle of the body will naturally elevate the heart rate as force is used against a resistance. Strengthening legs and arms, performing Tai Chi for Balance and many enjoyable retorts, is the focus and intention of this class, rather than elevating heart rate alone.

Whatever exercise you choose, enjoy it. If you choose an exercise class, ensure that your instructor is qualified to deal with your health condition/s within a fitness setting. Ask the instructor, to find out.

Contact Laura at laura@FitnessHerWayLtd.co.uk

CHURCH CONTACTS

www.mannofieldchurch.org.uk

Minister	Rev Keith Blackwood	kblackwood@churchofscotland.org.uk	01224315748
Associate Minister	Holly Smith	holly.smith@churchofscotland.org.uk	07834218203
Secretary	Jean Sharman	office@mannofieldchurch.org.uk	01224310087
Church Officer	Nick Youngson	nick.youngson@gmail.com	01224322239
Session Clerk	Bob Anderson	Nnikibob@aol.com	01224743484



As usual it has been a busy couple of months for our Boy Brigade Company. Numbers are stable. However there are some places still available in all sections and we are keen to have some new P1 & P7 boys. So if after reading this you know of anyone who might enjoy BBs please get in touch with us – info@40four.co.uk. We cater for boys of ages from school years - P1 (aged 5) through to S6.



All sections had Christmas parties. Anchors went to Innoflate at the beach where they bounced and jumped for an hour before some party food and games and the inevitable Baby Shark song during one of the games. Company and Junior Sections had theirs at Mannofield. Company Section games were themed on plastic cups with some whacky new activities to try. Stacking, sorting M&Ms and blowing them over with the air from a balloon. A Dominos delivery provided the food!

In January, Anchors did some giant painting themed on their Pirate Captain team names. Some interesting results from pirates, ships and parrots to treasure, swords and desert islands. Some sections celebrated Burns Night with a Scottish tasting session for Anchors and Juniors. It was interesting to find out some anchors had not tried In Bru. Juniors were more adventurous and wolfed into the haggis, neeps and tatties on offer. Everyone also got to try shortbread, tablet and oatcakes.



Also in January it was Dark Night at Company Section again. Blindfold games and fun in the dark was the theme. They played Blind Football using a special RNIB football which has holes and a bell in it so you follow the sound to find it. At the end everyone got a glow stick, a LED balloon and LED balls to play with.

In February, Chinese New Year is celebrated and Anchors and Juniors learned about it. Both enjoyed Fortune Cookies and learned which animal it is for their birth year. Juniors made Chinese lanterns and Anchors had a Dragon race when their team joined up to form a dragon racing down the hall. February is also the NCO night at Company Section. The older boys have to plan and run a BB evening by themselves. It all counts towards their leadership hours for Queens Badge. It's the final push for the two we have completing the badge this year as their completion course is at Kincaig in April.



Finally a thank you to all my dedicated staff who turn up each week to plan and run the activities for the boys. We have a new adult helper at Junior Section. Andrew Wells is up in Aberdeen for Uni and wants to carry on his BB career with us and my wife, Heather, is now qualified BB leader at Anchors having done two weekend training days recently in Fraserburgh.

More fun in the pipeline with a Sleepover for Company Section. A Fun Day for Anchors and the annual Bisset Trophy competition for Juniors featuring drama and quiz elements. Please get in touch if you'd like to join in.

Dave Tait, Captain, 44th Aberdeen Boys Brigade.

Evening Prayer

What a fragile world I inhabit, Creator God!
How uncertain are human plans and projects!



How quickly valued ways and treasured friends come to their end!

Help me tonight to see all my affairs in the light of eternity - and to see eternity in the light You have so wonderfully provided in the person of Jesus Christ, in His birth, His life, His death, His resurrection.

With all Your people on earth
I dare to look forward to the end,
knowing that death and rebirth
are part of Your purpose which touches all nature,
and has been sealed to me in baptism.

May God the Father sort out what is behind me,
May God the Son make clear what is before me,
May God the Spirit touch my here and now.
AMEN.

Acknowledgement: This extract is taken from "Word of Life: Pray Now" and is used with permission. "Word of Life" publications are available from www.standrewpress.com

GIFT AID

giftaid it

Sandy McKenzie, our Gift Aid Convener, wishes to thank all who have forwarded Gift Aid payments in the current tax year.

He would be pleased to receive all outstanding amounts, either deposited in the church plate or church office, in a clearly marked envelope.

THANK YOU

£677 was collected for:

SUE RYDER
DEE VIEW COURT
APPEAL

at the Christmas Eve
and Christmas Day Services.



Rainbows Update

Last September we started working on the new Programme for Guiding, which has superseded the Roundabouts which were popular with both our Rainbows and the Leaders. The new Programme offers six themes which Rainbows can choose which of these they want to work towards, and involves an Interest badge (which is designed to be completed outwith the Rainbow meetings), a Skill Builder badge and a variety of Unit Meeting Activities to complete a Theme Award.



Our Rainbows decided they would like to work towards the "Express Myself" theme award, and we have had fun letting our imagination go wild pretending to be gobots, doing experiments, making puppets and telling stories amongst many other activities. We were lucky to have one Rainbow Mum offer to do the Storyteller Interest Badge which we completed in Unit time, with all the Rainbows enjoying the fantastic stories. We've spent quite a bit of time looking at the new programme, but we've still had time for the usual games and other activities that we include as part of our varied programme, including making edible spiders for Halloween and what now seems to be our annual Christmas Jumper theme night!

The new Programme seems to be a hit with the Rainbows enjoying the varied activities and they will be delighted to be finally awarded badges for completion of challenges. The Unit couldn't run without the support of our volunteers and we're grateful to have some Duke of Edinburgh participants come along to help on a weekly basis.

For further information contact Helen Keith helenkeith@nhs.net

Pastoral Care at Mannofield



The Pastoral Care Group is made up of local folks who volunteer in a variety of ways. Some are involved with older friends who are often very young at heart!

We all had a great time at the recent Christmas Sing-Along, where around 80 people enjoyed the singing, games, tea and cakes. One of the Pass the Parcel winners was later able to tell her daughter where the box of Maltesers had come from- the first piece of “remembering “ in a long time!

At the end of last year, I travelled to Dunfermline to take part in a Pastoral Care event organised by the Church of Scotland. At a time of alarming statistics regarding our religious life, it was most uplifting to be with around 400 delegates from all over the country.

The day was divided into 3 sessions, with a choice of 3 workshops within each session. My first was “Thinking differently about Dementia “, where we were encouraged not just to see a neurological disease, but instead a widespread social experience to be embraced by all of us and included as part of our everyday society. The presenter had once been approached by a church member with a diagnosis of dementia.” What if I eventually don’t remember about God?” The reply was simple.” God will always remember you”.

My second session was ”Stigma and Mental Well-being” which tied in with the third, “Loneliness and Isolation”. This was led by the chaplain to the University of Stirling and provided a real insight into how young people, as well as the elderly, can experience isolation.

Displaying a (distorted, even fictitious) world of fun and friends, Instagram and Facebook leave some students with a sense of failure. Distanced from their families, they may feel too ashamed to tell those at home just how they feel.

The chaplain provided counselling but realised this didn’t provide a long - term solution. She set up activity groups with a leader and each student was given a “prescription” to attend. A film club, walking, baking, cooking and knitting all offered the chance to feel included but, more importantly, an opportunity to arrange to meet somebody at lunchtime or to go for a drink in the evening – to be like everyone else.

Here at Mannofield we always need new volunteers so if you have time to be a visitor, once every three weeks or so, please get in touch.

Lesley Reid 01224 867874

ON LINE AH-HIN



More and more of our interactions these days are on line, not only those commercial ones we can't really manage without, but also increasingly more of our social ones too. Occasionally we seem to forget the medium does not excuse the message.

Should you say something to a person on the street which would be a crime, it is likely to be a crime to say it to them on line - the Courts are littered with people trying to excuse their poor behaviour as "Banter" "Rants" "Blowing off steam" or even "a Drunken mistake".

The on line world is no place to hide and snipe/bully/abuse people because you feel brave and confident in your anonymity. Recent events have proven your behaviour is recorded by many companies and kept for a considerable amount of time.

In a similar vein and particularly to some of our younger residents, when you post or exchange a photo your control over that image is instantly lost and whilst you might be best friends with them now that might not always be the case.

Please remember that the same rule of law applies regardless of the medium used to communicate. If you would like information on how to keep yourself safe on line: <http://www.scotland.police.uk/keep-safe/keep-secure-online/>

Recent scams regarding conmen requesting payment in iTunes vouchers for instance, or appeals about missing persons, are all on the Police social media accounts long before they are picked up by the mainstream media.

For local initiatives or Police appeals <https://twitter.com/NorthEPolice> look for #WestendCPT or North East Police Division on Facebook.

Should you want to contact us for advice or information BUT not to report crime let us know at AiryhallBroomhillGarthdeeCPT@Scotland.pnn.police.uk

Sergeant Simon Lewis-Dalby

Hazlehead & Westend Community Policing Teams Tel: 101

Email simon.lewis-dalby@scotland.pnn.police.uk



MANNOFIELD LUNCH CLUB

Balmanno Hall

21 March

25 April

Lunch served 1pm

Entertainment 2-3pm

Cuppa at 2.30pm Cost: £5

Need transport?

Contact: Lynn Allan

☎ 01224 323206

GARDEN CHAT

Looking out of the window I see my garden covered with a blanket of snow and ice on the paths. Many gardens in Aberdeen appear like mine and at this time in the year are perhaps far from thought when it comes to making a start towards the new growing season.



So what can we do in preparation for the time when we can get outside and make a start? There are plenty jobs to get on with and here are a few:

- ◆ clean and oil garden tools
- ◆ clean and check electric tools, examine flex, circuit breakers and fuses
- ◆ set the rollers on your lawn mower to give the grass a first light trim i.e.. Don't scalp it!
- ◆ wash out and clean empty pots and plant containers
- ◆ read the seed catalogues and buy seeds you may not have grown before
- ◆ geraniums that have survived indoors can provide good green fresh cuttings
- ◆ if indoor plants are showing signs of new growth begin to increase water plus a weak feed

A couple of things I would recommend worth doing are growing potatoes in tubs and some seeds on a warm window ledge. Keen gardeners will have dug over and manured their plots before the winter frosts and I know one person who will have planted his early potatoes on New Years day! He does this each year and will have lovely tastie tatties ready for the beginning of summer.

You don't need a plot or an allotment to be able to enjoy fresh new potatoes.

I have had great success growing potatoes in tubs and large pots. An ideal container is the old council plastic and bottle, green bin which is about 18" deep. The council let people keep these old bins when they reorganised their re-cycling collections.



The choice of variety to grow is very wide and depends on your preference for taste, texture and when you want to harvest your crop. This is where the garden centres provide most of the information to help you choose. In most garden centres at present you will find a display of seed potatoes bagged by variety and arranged in order of 'early', 'mid' and 'main' crop. This gives you an idea of when to plant and when to lift.

A couple of points to remember – the earlier you plant the greater the risk of frost damage - the later you harvest the greater the risk from disease especially blight.

Whatever variety you choose make sure the tubers are firm and there is no sign of mould or rot. Put a layer (about 3") of general compost in the bottom of your tub and plant 5 potatoes one in each corner and one in the middle making sure the sprouting eyes are pointing upwards. Cover the potatoes with a couple of inches of compost and give the tub a water making sure the tubers remain covered. Place the container in a sheltered spot and check regularly for signs of growth. As soon as green shoots appear earth them up which will protect them from frost as well as encourage side shoots which produce the new potatoes. Repeat this process by topping up with compost until 1" from the top.

The shaws by now will probably need some support to prevent wind damage. Feed and water during the growing season. Once the flowers have passed and the shaws turn yellow harvest your crop and enjoy.

John R. Little



Great Western Practice Pharmacists Your friendly local pharmacist-fit like??

Do you know your local pharmacist and their staff? If not, why not? Are you aware that your local pharmacy should be your first port of call for any minor ailments, be it summer or winter? By minor ailments I mean coughs, colds, sneezes, sore throats, flu like symptoms in the winter and hayfever, itchy eyes, sunburn (surely not in this day and age!) in the summer and, of course, the round



Valerie Sillitoe

the year suspects of indigestion, general aches and pains, headaches, constipation, mild skin problems to name but a few.

Advice for any of the above is free and some pharmacies have extended hours, which include Saturdays and Sundays. You may be eligible for a minor ailment prescription from the pharmacy at no cost to yourself (over 60, children under 18 in full time education, limited income etc.) so it seems to make sense to ask at the pharmacy first before trying to get an appointment with your GP. Community pharmacies also offer a number of services which are entirely free e.g. If you are a woman between 16 and 65 and you think you have a urinary tract infection, you can get treatment from your pharmacist after answering a few simple questions.

Pharmacists form part of front-line healthcare services and are available for a chat whenever the shop is open, be it for an enquiry about a particular condition or to discuss your current medication e.g. you cannot swallow the tablets, you don't know what medicine is for which complaint, the inhaler does not seem to be helping your breathing - Did you read the instruction leaflet or did you put it in the bin?

We are a mine of information and you should make use of us and the staff we work with as they have received comprehensive training which enables them to discuss the medicines we sell in the pharmacy which may help you. Of course, pharmacists don't just work in the local pharmacy. We also lurk in the GP practices now. You may well have received an invite to come to the practice for a "polypharmacy" review. Don't be intimidated by this. It is simply a friendly chat to discuss any medication issues you may have. It is particularly useful for the more elderly amongst us (I include myself in this group so please don't be offended) who are on numerous potions and lotions added to over the years but never reduced.

So I would encourage you to visit your local pharmacy and get to know your pharmacist and their staff.

You will be made very welcome and will get very good advice.

Cheers *Valerie and Birgit (on holiday so no photo!)*

Funeral Expense Assistance New benefit will increase eligibility by around 40%.

<https://www.gov.scot/policies/social-security/funeral-expenseassistance/>

A new benefit providing help for people on low-incomes to meet the costs of a funeral is on course to be delivered by the Scottish Government through Social Security Scotland by summer 2019.

Funeral Expense Assistance (FEA) will replace the current DWP Funeral Payment in Scotland and improvements mean around 40% more people will be eligible to apply.

Welcoming the progress in delivering the new benefit, Social Security Secretary Shirley-Anne Somerville said:

“Coping with the death of a loved one is one of the most tragic events any of us can face. At that difficult time, it’s even harder when there’s extra stress finding the money to pay for a funeral.

“Our Funeral Expense Assistance will increase eligibility by around 40% and so reach far more people struggling with the costs, and is backed by around £2 million additional funding.

“Help will be provided towards burial or cremation costs, certain transport costs, plus £700 for other costs such as funeral directors fees or flowers. We have committed to annually uprating the £700 to take account of the impact of inflation – something the UK Government has not done since 2003 I am pleased that this benefit will be available later this year and will deliver an improved scheme to help those on lower incomes pay for the cost of a funeral. This fits well with our wider work to tackle funeral poverty and the cost of funerals.”



Social Security Secretary
Shirley-Anne Somerville

Church Welcomes Funeral Costs report — Life &Work Feb 2019

The Church of Scotland has welcomed a report on the costs of funerals which recommends a full investigation into the industry.

The Competition and Markets Authority (CMA) released an interim report into funeral costs at the end of November, which revealed that the price of the essential elements has increased by more than two-thirds in a decade, almost three times the rate of inflation. It added that the scale of price rises ‘does not currently appear to be justified by cost increases or quality improvements’. The CMA also announced that it was consulting on launching a Market Investigation which would carry significant powers to limit the prices of funerals, should it find them necessary.

Andrea Coscelli, chief executive of the CMA, said: “People mourning the loss of a loved one are extremely vulnerable and at risk of being exploited. We need to make sure that they are protected at such an emotional time, and we’re very concerned about the substantial increases in funeral prices over the past decade.

“We now feel that the full powers of a market investigation are required to address the issues we have found. We also want to hear from people who have experienced poor practices in the sector, so that we can take any action needed to fix these problems.”

The Rev Bryan Kerr, the Church of Scotland’s representative on the Scottish Working Group on Funeral Poverty, said: “We welcome the Competition and Markets Authority’s report on the cost of funerals which sends a clear message about the scourge of funeral poverty. No one should be plunged into debt to say goodbye to a loved one and given one of the largest increases in the cost of funerals have been local authority burial charges, we would urge the CMA to take this into account during its proposed market investigation. The Church of Scotland is committed to working with individuals and communities to ensure that funerals are carried out with dignity, no matter the economic situation of the family concerned, and the service of ministers is provided free of charge.”

A farmer's wife took 99 eggs to market in four baskets, carrying an odd number of eggs in each basket.

How was she able to do that?



Find the words in CAPITALS

S	A	M	U	E	L	B	C	A
G	D	I	K	E	I	C	T	N
O	P	E	E	L	S	A	S	S
D	H	R	F	M	T	L	E	W
N	H	E	L	E	E	L	I	E
T	O	G	M	J	N	I	R	R
S	R	P	T	A	I	N	P	E
U	L	V	Q	C	N	G	P	D
E	C	I	O	V	G	W	D	Y

SAMUEL was ASLEEP in the TEMPLE when he heard someone CALLING his NAME. He thought it was ELI the PRIEST. THREE times the VOICE came, so Eli realised that GOD was calling Samuel. Next time God called, Samuel ANSWERED, 'Speak, Lord, I am LISTENING.'

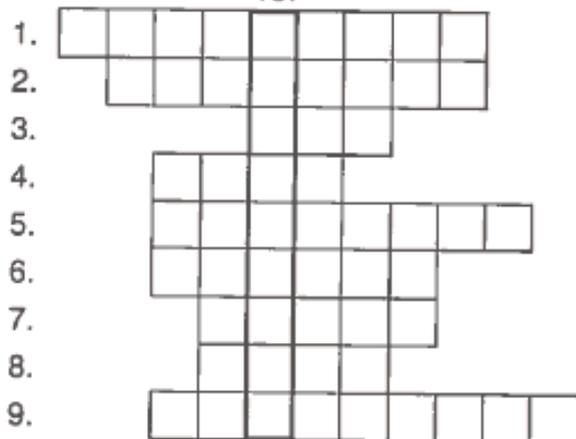


These pictures may look the same, but can you find six differences?



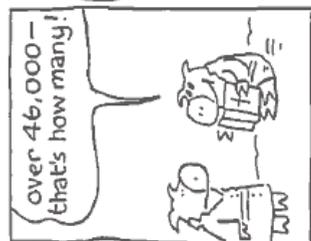
Jesus told a story to show us how to be good neighbours.
Read it in Luke 10:30-37.

10.



1. Which city did the traveller start from?
2. What did the robbers do?
3. Was the traveller a man or a woman?
4. They hurt the man when they ---- him.
5. They also ----- him of all he had.
6. The first person to see him was a -----.
7. But he walked by on the other ----.
8. A kind neighbour helped and took ---- of him.
9. He paid the ----- to look after him.
10. That good neighbour was a foreigner. He was a -----.

by Roy Mitchell



the GABERDINE SWINE

December 2018 answer: The riddle formed the word 'school'.

Councillor Douglas Lumsden

Time waits for no man as the saying goes and there's no truer a saying at the Council. New Year is but a distant memory as we now find ourselves at the beginning of the council budget setting process.



Council officers are currently gathering budget options which will allow Elected Members to consider and make the choices to set a balanced budget on the 5th March. It is very clear that this year's budget setting process is going to be very challenging with some very tough decisions having to be made. I am sure that you will have read in the Press recently that Aberdeen City Council is to receive less money from the Scottish Government and as a result the council needs to plug a funding gap of between £40-£50 million for the financial period 2019/20. Although a funding gap was expected, the Scottish Government has left the council with a gap that is much worse than expected. I have long argued that Aberdeen City Council does not receive a fair funding settlement from the Scottish Government and will continue to lobby them hard for an improved settlement for our City.

This gap will have to be filled in two ways.

Firstly, the Council will have to look at all its expenditure, that is everything it spends money on, and to look at what savings can be sought from right across the board.

Secondly, the Council will need to look at its income, such as Council Tax which may rise, as may other charges such as parking permits. It is unfortunate that the Council are in a position where it must now consider these.

On a more positive note, you may have heard that Aberdeen is due to be Scotland's first Gigabit city. This is fantastic news and work is well underway to roll out Gigabit speed fibre broadband right across the city. I am sure that like many residents of Aberdeen, the speed of broadband is always a contentious issue in the home, none more so than mine after my son discovered the online game 'Fortnite'. The rollout of much faster access internet will no doubt be welcomed by many families and I can't wait for it to become available!

Finally, please do get in touch should you wish assistance with any Council related matter, I am always keen to know about any issue you think I may be able to help with.

Councillor Douglas Lumsden dlumsden@aberdeencity.gov.uk:

CONGREGATIONAL REGISTER

Disjunction:

Mr. R & Mrs. M. Fraser, 28 January

Deaths:

Mr. David Ritchie, 20 December

Mr. Ronald Sangster, 20th January

Mr. Ian Barrack, 26 January

The deadline for the May mini InSpire 25 April

Material should be deposited
in the Church Office
or emailed to:

rodny@mccollassociates.com
office@mannofieldchurch.org.uk

Simnel Cake

Courtesy of Café Connect, Mannofield



INGREDIENTS:

170g sultanas; 170g currants; 85g mixed candied peel; 85g glace cherries; finely grated zest of 1 large orange

3 tbsp brandy (or orange juice); 170g unsalted butter at room temp, plus extra for greasing; 70g light brown sugar

4 medium free-range eggs, lightly beaten; 170g plain flour; 85g ground almonds

1 tsp ground cinnamon; 1 tsp ground mixed spice

For decoration:

Icing sugar to dust; 450g golden marzipan; 2 tbsp apricot jam, warmed in a small saucepan or low microwave; deep 20cm cake tin

METHOD:

1. A couple of hours before baking the cake, put the dried fruit, peel and cherries into a large bowl with the orange zest and brandy (or alternative) and stir together to combine. Set aside to allow the fruit to soak.

2. Heat the oven to 150°C and grease a deep 20cm cake tin generously with butter. Line the base and sides of the pan with a double layer of baking paper and set aside until needed.

3. Put the butter and sugar into a large mixing bowl and beat together with an electric mixer for around 5 minutes or until light and fluffy. Add the beaten eggs a little at a time, beating until fully combined before adding more.

4. In a separate bowl mix together the flour, ground almonds, a pinch of salt, cinnamon and mixed spice, then add to the butter mixture and beat together to combine. Add the fruit mixture to the cake batter and mix together with a wooden or metal spoon until evenly combined. Scrape half the cake mixture into the prepared tin and set aside.

5. Dust the work surface with a little icing sugar and roll out about a third of the marzipan into an 18cm diameter circle. Put this in the tin on top of the cake mixture and level the top, making a slight depression in the middle. Bake in the oven for about 2 1/2 to 2 3/4 hours until a skewer inserted into the middle of the cake comes out clean. Allow to cool in the tin for 20 mins, then invert onto a wire rack to cool completely.

6. To decorate, dust the work surface with a little icing sugar and roll out about two thirds of the remaining marzipan into a 20cm wide circle. Brush the top of the cake with most of the warmed apricot jam and carefully place the marzipan disc onto the cake. Crimp the edges using your fingers, then roll the remaining marzipan into 11 small balls. Use the remaining apricot jam to stick the balls to the outer edge of the marzipan top.

7. To give the classic burnished finish, either place the cake under a hot grill until the marzipan starts to brown, or use a kitchen blowtorch to gently heat and brown the marzipan



Kirsty Macrae, Café Connect Manager

Liam Kerr MSP — Mannofield Community

My family and I moved to Mannofield, just along from the church, around 8 years ago, from the City centre. What struck me then, and continues to do so, is the sense of community in our area.

It is a difficult thing to engineer, particularly when our community is bisected by such a busy thoroughfare as the Great Western Road.

However we are lucky to have anchors like the Cricket and Squash clubs, our local food and services stores, a resurgent community council and of course, at the heart of the community, Mannofield Church.

Leaving aside the regular, well-attended services, Café Connect is an excellent meeting point, serving very good quality fare with a smile (and it would be remiss of me not to mention Thyme Out and Figment at this juncture which also provide good meeting points). It's so important for people to see each other and actually talk, rather than succumb to the tyranny of mobiles and social media!

And that feeds into the community events over the last couple of months. It may have been cold but being part of the team that went out clearing up leaves around the neighbourhood felt good – and it also teaches my daughter, Lucinda, good values about helping the community. The Reverse Advent Calendar gave us the opportunity to help provide for those with less. Just what a good community should be doing.

These are the values that I take with me when trying to impact national policy in Holyrood. I believe it is incumbent on all MSPs to remember that our country, our cities and our towns are built on communities. Without that cohesion, purpose and shared belief at every level that we can improve the world for all those who live in it, would anything be achieved?

So in this, my first contribution to InSpire, let me simply thank Mannofield Church and all of you who make the community, for the InSpire-ation to keep doing what I can, with my colleagues from all parties, to make Scotland a better place.

If you would like me to help out with anything or simply wish to contribute your ideas to what I'm doing in Holyrood, my details are below. Or grab me on a Sunday after the Service to pass on your details and I'll be in touch!

With every best wish for Easter

Liam Kerr liam.kerr.msp@parliament.scot

T 01307 464 781

190 East High Street, Forfar, DD8 2HG



From the Archive Elizabeth Mantell (24 June 1941 – 27 January 1998) was a Scottish midwife and nurse who was born in Africa and spent much of her life as a medical missionary in Malawi. However she went to Macduff Primary and Banff Academy and began her nursing career at Aberdeen Royal Infirmary. Her story is part of the Scotland/Malawi partnership and the strong relationship between the two. She was best known for her significant contribution to the development of the Ekwendeni Nurses' Training School in Malawi, practicing holistic care and being one of the pioneering female medical missionaries of the latter 20th Century. Mannofield Church was honoured that she was our Mission partner.

1998

DAYS of YORE
Alastair Macdonald



It's hard to believe that eight years have slipped away since Mannofield Church lost a very dear friend with the death of Elizabeth Mantell, our mission partner in Malawi.

A reminder of this passage of time, and of the person herself, comes from a re-reading of the tribute paid to Miss Mantell in the March, 1998 issue of "InSpire". Appropriately, it was contributed by Bruce Craighead, her principal Mannofield contact.

"At the end of January, our mission partner Elizabeth Mantell died. Her funeral in Macduff Parish Church was attended by many people from all parts of Scotland. She was linked with 29 congregations in the Presbyteries of Dunoon, Buchan, Aberdeen and Gordon.

"Elizabeth was born in Africa and felt very much at home there. She trained in Aberdeen and London and served as a missionary of the Church of Mulanje Hospital, Malawi from 1966 to 1972, when she returned to nurse her mother. She undertook a Midwifery Clinical Teacher's course and gained a District Nursing Certificate. In 1982 she was appointed to serve as Midwife Tutor at CCAP Hospital, Ekwendeni, where she remained until her recent illness.

"Although the Malawians benefited directly from her nursing, her most valuable gift was to give them the skills to do the work themselves. In her moving farewell letter, published in the last issue of "InSpire", she wrote:

"For me the most exciting development of all is to see that all the heads of department in the hospital and nursing school are Malawians."

"Anyone who met her could not fail to be struck by the quality of her character. She radiated an inner strength which clearly came from her Christian faith. A visit to her, even when she was very ill, always left you with a feeling of gladness. Humour, humility, friendliness were always there.

"She will be greatly missed in Africa, in the supporting churches, and by her family. Her sister, Ruth, often visited Ekwendeni to help with the work.

"She was the most unselfish of persons, caring only for others, and for her own relationship with God. We do not have saints in the Church of Scotland, but, if we did, Elizabeth Mantell would surely qualify."

Flower Calendar

MARCH

- 3 Mrs. A. Thompson
- 10 Mrs. J. Anderson
- 17 Mrs. M. Craighead
- 24 Miss Youngson's Legacy
- 31 Mrs. E. Wotherspoon



APRIL

- 7 Mrs. R. Wallace
- 14 Mrs. A. Milne
- 21 Mrs. L. Byars
- 28 Miss Youngson's Legacy

Mannofield Guild



MARCH

- Tues 12th,** Guild Evening -
Join the Dots
Crossreach Project
- Sat 16th,** Spring Coffee Morning,
Balmanno Hall, 10am £3
- Tues 26th,** Guild Evening

APRIL

- Sat 4th,** 10am Coffee Morning,
Balmanno Hall,
- Tues 9th,** Guild Evening - 'Bees',
Speaker Brian Gall
- Tues 30th,** Guild Evening - AGM
Boy's Brigade Presentation

Mannofield Church Book Club



We continue to have interesting discussions about the books that we read and, as with previous years, we have included a mixture of fiction, non fiction and autobiographical books in our reading list. Listed below are the books that we are reading over the next few months.

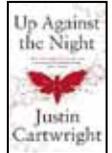
6 March

The Woolgrower's Companion
by Joy Rhoades



3 April

Up Against the Night
Justin Cartwright



5 May

Eleanor Oliphant is Completely Fine
Gail Honeyman



We are always happy to welcome new members so if you are interested in joining us please contact Niki Anderson at nikima62@gmail.com.

Mannofield Church Balmanno Hall

Saturdays 10am - noon
9 March
25 May
15 June
13 July

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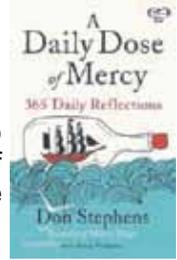


Book Review in Life and Work March 2019

A Daily Dose of Mercy by: Don Stephens with Nancy Predaina

Published by Hodder and Stoughton: Price: £12.99

The founder of the charity Mercy Ships which offers free surgical care to people in urgent and desperate need in Africa, has pulled together a series of 365 devotions for each day of the year, accompanied by a short scripture message.



The theme of the book comes from *Micah 6:8* 'And what does the LORD require of you? To act justly and to love mercy and walk humbly with your God'.

The charity, founded in 1978, has operated with ships filled with volunteer medical experts (who pay their own way) offering treatment to those in desperate need of care and treatment.

In an introduction to the 340 page volume, Stephens writes:

"Our work is far from over. The tragic truth is that more than five billion people worldwide have no access to safe surgical care. Please pray for our dedicated staff and crew as we sail ahead to offer even more hope and healing to the people of Africa."

The reflections are based on the best stories from the charity's daily Mercy Minute radio programmes and are designed to be read in less than a minute, offering food for thought in the bustling busy lives of the 21st century.

CrossReach Home Award

CROSSREACH
Care you can put your faith in

A CrossReach care home for adults with learning disabilities has won a major award. The Bungalow, in Stonehaven near Aberdeen, was named Specialist Service/ Unit of the Year at the Scottish Care National Care Home Awards in November.

The Bungalow is a long-term residential service catering for five people with profound learning and physical disabilities. This is the second time it has been successful in the Scottish Care Awards, having won the Specialist Adult Care category in 2013.

A CrossReach spokesperson said: "We are delighted that The Bungalow was chosen as the winner of the Specialist Service/ Unit Category in the Scottish Care, National Care Home Awards 2018. This is a testament to the service's leadership and team.

"The Bungalow is a hidden gem of CrossReach in Stonehaven. Professionally it is known as being a well-respected specialist residential learning disability service that follows a social model of care and concentrates on making a positive difference to the lives of the five individuals with profound and multiple learning disabilities who live there, as well as making a difference to their extended families.

"The service is centrally located in Stonehaven around what can be accessed locally, so the service users can have the same opportunities as other people when their needs have gone beyond the remit of their family carers.

"Although a residential model, care and support is individually tailored to people's needs, using person-centered approaches offered by an enthusiastic and dedicated staff team who have a wide range of knowledge, experience and excellence in the field.

CrossReach is the operating name for the Social Care Council of the Church of Scotland.

Airyhall Primary School Report February 2019



Unfortunately through lack of space it's not been possible to include a number of Class reports. Editor

Since the start of 2019 each and every stage across the school has been exceptionally busy, developing knowledge of 'democracy', exploring future vocations during 'World of Work' week, taking part in 'Internet Safety Day' and deepening understanding of Christianity. As part of their learning, **Primary 3** have had the Sports Leaders from Hazlehead in school on a Friday working with them. They have been doing ball skills and tennis together. As part of their democracy topic they have discussed fairness and different types of voting. Children have used this idea in class to have a class vote on an interesting topic to research for a series of lesson. P3SJ have chosen Rainforests and P3D have chosen Myths and Legends. Children will be beginning work shortly on a fantastic Easter production, 'Dragon Days'. In **Primary 4** the children have enjoyed looking at Creation Stories and made mini-books and e-books to show their learning. They made excellent use of technology and certainly mastered using the Book Creator app. Currently the children are learning about democracy in the UK and are using this information to create an Island that is fair and democratic for all! Children have since learned about government spending, manifestos, rights and laws, and how the Government is run.

The children in **Primary 5** particularly enjoyed some of the science experiments they have carried out throughout term 1 which include looking at liquid density and the PH scale. These experiments will link nicely to their new topic 'Our Physical World'. Throughout the Democracy topic, the children have been really enthusiastic and inquisitive. They have been learning about the features of democracy, constituencies, voting systems, Brexit and have been creating their own political parties for their very own class election! This topic has also inspired *taught writing* namely, balanced and persuasive arguments.

Those in **Primary 6** have had a fantastic World of Work week. They welcomed a Marine Scientist and the children had the opportunity to use some of the sampling equipment she uses on a daily basis. Children were amazed by what a local Immigration Officer told them about passports and the following day, had the opportunity to exercise with a Physiotherapist. Children were able to explore the skeleton she brought with her and name different bones within the body. Lastly but by no means least, children were joined by a Forensic Scientist. She shared information with staff and children about DNA and gave some examples of how forensic scientists can work in partnership with the police. Primary 6 are now getting organised for their upcoming Scottish Opera performance where they welcome the Scottish Opera team to school and perform for parents. **Primary 7** pupils will continue to focus on resilience and confidence building throughout this important year, of particular importance in their transition process. P7 enjoyed a class visit from the Scottish Parliament Education Outreach Programme where they learned lots about the Scottish Parliament. They also visited our Local Government chamber at The Town House and enjoyed learning about the Council's roles and responsibilities. This term the school look forward to learning about Fairtrade and the important message that it brings during a fun-packed Fairtrade fortnight. Additionally, we are celebrating the many talents of our children by taking part in a number of performances this term including an Easter production from Primary 3's and 4's and our Scottish Opera performance from Primary 5's and 6's.

WATCH THE BIRDIE

One of the signs of a healthy eco-system is the array of wildlife that it sustains. So when we moved house recently, we were looking forward to seeing lots of birds outside the kitchen window. Previously, our bird feeder was visited by all sorts of wee feathered things – lots of sparrows and dunnocks, a few tits of assorted variety, finches and goodness knows what else. Other, larger birds also appeared – blackbirds, thrushes, pigeons, crows, magpies and (attracted by all this bounty) the very occasional hungry sparrowhawk. Never a dull moment.

Then we moved house, taking the magic bird feeder with us. We had plenty of shrubs and small trees in the old garden, and even more in the new one. But, greatly to our disappointment, scarcely any birdlife. The occasional blackbird, and that was about it. Then, as autumn set in, a robin could be seen poking around. Eventually, a few bluetits took an interest in the bird feeder and the robin started acting frantically. A bluetit would appear, closely followed by the robin zooming in to the attack. After a week or so, the bluetits had been seen off.

Now robins are notoriously aggressive, but none had ever managed to clear out our old garden. So why the big difference?

My theory is that almost all the shrubs and trees in our new garden are exotic species (I'll know better once the spring foliage appears). Our native birdlife evolved amongst native plants, as did all the bugs and insects they feed on. So natural food is short, and the robin does his best to defend what little there is. We should be grateful for what nature provides and not change everything to suit our own tastes.

Alistair Stark Convenor, Eco Congregation Committee



Reporting back – Councillor Ian Yuill

Pavement and road repairs needed

Although local residents contact me about many different issues, the most common one by far is the poor state of many of our area's roads and pavements. It is difficult to find a road in our area without a pothole or a pavement without an uneven area. I believe the council must invest more in properly repairing and resurfacing pavements and roads – rather than spending money doing temporary repairs which sometimes do not even last a few days.

Those who live on or use Thorngrove Avenue know just how broken, potholed and uneven it has been in for some time. I have repeatedly raised this with the council's roads staff on behalf of residents. I was delighted when I was told recently by the council's roads staff that they plan to resurface it in financial year 2019/20. I will continue to press for other crumbling roads and pavements in our area to be properly resurfaced or repaired.

Street lighting issues

Another issue about which people contact me is faults with street lights. People also tell me that very often nothing seems to happen even after they report faults to the council. I have raised these concerns with council staff.

Speeding and road safety

I am often contacted by people worried about speeding on local roads. The roads which cause most concerns are Countesswells Road, Craigton Road and St. Johns' Terrace/North Deeside Road. I regularly raise this with both the police and the council's traffic management team and urge them to take action to tackle this dangerous problem. I will continue to do this.

I am here to help

I am always happy to help residents with problems and complaints. Please contact me at 77 Duthie Terrace, Aberdeen, AB10 7PS, on 01224 522220 (council) or 0224 310746 (home) or at iyuill@aberdeencity.gov.uk. I can also be contacted via my website www.ianyuill.org.uk.



Maureen Watt MSP

It has been an incredibly busy period across the constituency but I don't think any issue has grasped the attention of the public as much as the opening of the southern section of the AWPR.



As all readers will no doubt be aware, in the weeks prior to the turn of the year the new road was used for the first time by members of the public meaning that, some 50 years after the possibility of a ring-road around Aberdeen was first mooted, motorists are now able to travel quickly and safely around the city.

It has been really promising to hear from so many constituents that this new section of road already appears to have brought much-needed improvements to the city, with fewer cars and, importantly, HGVs using our through roads or seeking short cuts on residential streets.

It is vital that these changes which are taking place in driver routes and behaviours are captured by the council and that action is taken to improve junctions on key routes such as Anderson Drive.

Back in Parliament, the Scottish budget for the coming year has been the main item on the agenda.

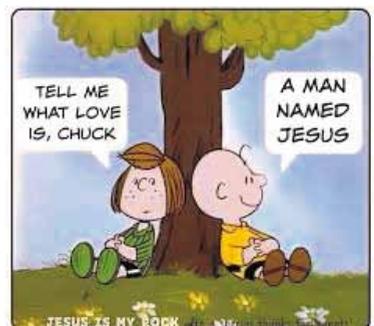
The importance of a measured budget approach cannot be underestimated and as ever, I was pleased to support the protection of free prescriptions, free concessionary bus travel and free higher education - as well as increased investment in house building and our NHS.

Importantly for Aberdeen, the capping of business rates increases for office accommodation and hotels in the city will remain in place – while the council will gain additional powers as well funding to deliver the expansion of free personal care for those under the age of 65, commonly known as Frank's Law.

There are, of course, many more aspects to the budget but I hope that these few examples provide an insight into the policies which I feel make a huge difference to so many people across our city.

I hope that everyone has a lovely Easter period and, as ever, if I can be of assistance on any matter please contact me on maureen.watt.msp@parliament.scot or 01224 876743.

It's not about a bunny...it's about *The Lamb.*



Thursday Fly Cup at Mannofield - What's that?



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Seated exercise – also brought smiles as did the afternoon of table games.



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Why not come and see for yourself?



If YOU would like to join us please come along. If you want someone to go with you or need transport, just call the office to arrange it.

Or, if you know of someone who would enjoy the Fly Cup then YOU take them along. A warm welcome awaits.

2.00pm – 3.30pm at Mannofield Church
on the following **Thursdays**

- 14 March,** A cream tea, with a touch of nostalgia
- 11 April,** Slides from around Aberdeen, guess where!
- 9 May,** A community event, Sing Along to the old favourites.
Not to be missed.



Congratulations to Bruce Craighead and Keith Campbell on receiving their 30 years Long Service Certificates from the Right Rev Susan Brown Moderator to the General Assembly at a service held in Ferryhill Church on Friday 8 February. Archie McCallum was also awarded a 30 years certificate *in absentia*.





Don't throw it out! – Keep it for the.....



Mannofield Church
Saturday 13 April
10.00am – 2.00pm

Admission free

Please bring your donations to the church, using the Countesswells Road door, on Friday 12 April between 4.30 and 7.30pm

(sorry, we can't accept books or electrical items)



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