



# MORAY

Information Guide **2016/17**



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Official Fuel Consumption Figures for the Discovery Sport range in mpg (l/100km): Urban 44.1 (6.4) – 50.4 (5.6), Extra Urban 60.1 (4.7) – 62.8 (4.5), Combined 53.3 (5.3) – 57.7 (4.9). CO<sub>2</sub> emissions 139 – 129 g/km.

Fuel consumption and CO<sub>2</sub> emission figures provided are as a result of official manufacturer's tests in accordance with EU legislation. A vehicle's actual fuel consumption may differ from that achieved in such tests and these figures are for comparative purposes only.

## Welcome and contents

# Your complete Moray information guide

**W**elcome to our latest Moray Information Guide, a publication that should again prove invaluable to our readers.

It takes the toil out of thumbing through phone books by highlighting numbers for Moray primary and secondary schools, hospitals, health centres, bus and rail services, the police and Moray Council, as well as important local information on term times and holiday dates for the current academic year.

And there's lots more. Our guide also carries special features on health and fitness, hobbies and pastimes, looking good and feeling good, and more.

We have contact details for goods and services in connection with these and other themes, making it so much easier for you, our readers, to find out easily

and quickly how to get what you want and where from.

It's a guide that has captured the imagination of the people who provide these important goods and services locally, and

we are sure it will prove popular with readers. Enjoy the new Moray Information Guide.

Put it to good use – it will be good for you.

Mike Collins, Editor



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## Useful numbers

### POLICE

Police Scotland, the national police force, came into being in April 2013.

Aberdeenshire and Moray divisional headquarters: Blackhall Road, Inverurie, Aberdeenshire AB51 3QD

Tel: 101

MorayLPP@scotland.pnn.police.uk

This group email address is for non-urgent local crime or anti-social behaviour problems. This should not be used to report a crime or incident. If there is an emergency situation which requires immediate police attention, dial 999. For non-emergency contact, call 101, the single non-emergency number.

Service users who are deaf or have a hearing impairment can contact Police Scotland via Text Relay in an emergency on 18000 or non-emergency on 18001 101.

The Moray area of Police Scotland covers the multi-member wards of Elgin City North, Elgin City South, Heldon & Laich, Fochabers & Lhanbryde, Buckie, Keith & Cullen, Speyside & Glenlivet, and Forres.

These are contained within four policing areas, each with

a nominated local policing team inspector.  
[www.scotland.police.uk](http://www.scotland.police.uk)

Local police offices:

#### Buckie Police Office

Moray House, West Cathcart Street, Buckie

#### Cullen Police Office

32 Seafeld Street, Cullen

#### Elgin Police Office

31/33 Moray Street, Elgin

#### Fochabers Police Office

Institution Road, Fochabers

#### Forres Police Office

Victoria Road, Forres

#### Keith Police Office

Turner Street, Keith

#### Lossiemouth Police Office

31a Clifton Road, Lossiemouth

#### Roths Police Office

2 New Street, Roths

#### Tomintoul Police Office

Backdykes, Tamnabat Lane, Tomintoul

If you have information about crime in your area and wish to provide it anonymously, call

Crimestoppers on 0800 555 111. Crimestoppers guarantees anonymity, which means that no-one can ever find out who passed on information about crime.

### SCOTTISH WATER

Customer Service Helpline - 0345 601 8855

Emergency 24-Hour Helpline - 0845 600 8855

Special Assistance Helpline - 0345 601 8855

SEPA Floodline - 0845 988 1188

### AA ROADWATCH

24-hour traffic information Call 84322: 'theAA' on your mobile keypad, or 0906 88 84322 from your land line. Then choose options on your phone keypad for AA Roadwatch services.

### GP PRACTICES

#### Aberlour

Aberlour Medical Practice  
Queen's Road  
01340 871210

#### Buckie

Ardach Health Centre  
Highfield Road  
01542 831555/ 833311

(24-hour prescription orderline)

#### Seafeld Medical Centre

Barhill Road  
01542 835577

#### Burghead

(see Lossiemouth)

#### Cullen

Cullen Medical Centre  
1 Reidhaven Street  
01542 835577

#### Dufftown

Rinnes Medical Group  
Mount Street  
01340 820888

#### Elgin

Elgin Community Surgery  
Highfield House  
Northfield Terrace  
01343 542234

#### Elgin Health Centre

Maryhill  
High Street  
0345 337 0610

#### Linkwood Medical

The Glassgreen Centre  
0345 337 6350

#### Fochabers

Fochabers Medical Practice

12 High Street  
01343 820247

#### Forres

Dr Govan & Partners  
Castlehill  
Forres  
0345 337 1120

#### Varis Medical Centre

Castlehill  
Forres  
0345 337 1120

#### Glenlivet

Glenlivet Health Centre  
Community Surgery  
Drumlin  
01807 590273

#### Hopeman

(see Lossiemouth)

#### Keith

Keith Health Centre  
Turner Street  
01542 882244

#### Lossiemouth

Moray Coast Medical Practice  
Muirton Road  
Lossiemouth  
0845 337 1190

#### Burghead Surgery

18A Grant Street  
Burghead  
01343 835780

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T: 01343 821999 • M: 07990786004  
E: [office@graysrecycling.co.uk](mailto:office@graysrecycling.co.uk)

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sales@deveronhomes.co.uk

www.deveronhomes.co.uk



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## Useful numbers

**Hopeman Surgery**  
Harbour Street  
Hopeman  
01343 830269

**Portsoy**  
Portsoy Medical  
Practice  
16 Seafield Terrace  
01261 842336

**Roths**  
Roths Medical Centre  
High Street  
01340 831435

**Tomintoul**  
Tomintoul Medical Centre  
Rattray's Lane  
01807 580219

### HOSPITALS

**Dr Gray's Hospital**  
Elgin  
0845 456 6000

**Aberdeen Royal Infirmary**  
Foresterhill, Aberdeen;  
Royal Aberdeen Children's  
Hospital  
Westburn Road,  
Foresterhill,  
Aberdeen  
both 0845 456 6000

### DAY CENTRE

**The Oaks Palliative Care  
Day Centre**  
Morriston Road,  
Elgin  
01343 555104

### COMMUNITY HOSPITALS

**Leancoil Hospital**  
St Leonard's Road  
Forres  
01309 672284

**Stephen Hospital**  
Dufftown  
01340 820215

**Fleming Hospital**  
Queen's Road  
Aberlour  
01340 871464

**Seafield Hospital**  
Barhill Road  
Buckie  
01542 832081

**Turner Memorial Hospital**  
Turner Street  
Keith  
01542 882526

**Campbell Hospital**

Park Crescent  
Portsoy  
01261 842202

### DENTAL PRACTICES

**8 to 8 Dental (Buckie)**  
32 West Church Street  
Buckie  
01542 833087

**Apex Dental Studio**  
40-42 Moss Street  
Elgin  
01343 556606

**Buckie Dental Practice**  
93 West Church Street  
Buckie.  
01542 831163

**Keith Dental Practice**  
59-61 Moss Street  
Keith  
01542 886251

**8 to 8 Dental (Keith)**  
1 Westerton Road North  
Keith  
01542 882507

**KH Lang**  
50c High Street  
Forres  
01309 675544

**Leys Dental Practice**  
South Street  
Forres  
01309 673553

**Oasis Dental Care**  
15-17 South Street, Elgin  
01343 541164 Continued on  
Page 6

**Spynie Dental Care**  
Duffus Road, Elgin  
01343 556654

**Bishopmill Dental**  
91-93 Lossiemouth Road,  
Elgin  
0844 576 9607

**Glassgreen Dental Practice**  
The Glassgreen Centre  
2 Thornhill Road, Elgin  
01343 553131

**The South Street Dental  
Practice**  
16 South Street, Elgin  
01343 542729

**Trinity Dental Practice**  
6 Trinity Place  
Elgin  
01343 542697

**West End Dental  
Practice**

**Dr Gray's Hospital**  
West Road  
Elgin  
01343 567891

If you do not have a dentist, and require emergency treatment, it is possible to contact the West End Dental Practice at Dr Gray's Hospital. For emergency treatment of non-registered adults you may call on 01343 567891 between 9am and 4pm. For non-registered children you should contact 01343 567205 (9am-12.30pm). All other dental emergencies should go through DIAL or GDENS systems. NHS Grampian has a dedicated Dental Information and Advice Line (DIAL) where patients can talk to fully trained, qualified dental nurses who can assess patient needs and give advice on dental problems. This service is available between 8.05am and 5.45pm, Monday to Friday, and can be accessed on 0845 45 65 990. For problems that occur between 6pm and 8am or at weekends, call NHS 24 on 08454 24 24 24.

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44 Commercial Road, Buckie AB56 1TX  
[www.clunyauctions.co.uk](http://www.clunyauctions.co.uk)  
Tel: (01542) 833318 • 07970 033316



## Useful numbers

**CITIZENS ADVICE BUREAU**

Moray CAB provides advice, information and practical assistance on issues including benefits, consumer debt, employment, housing, legal matters, tax and utilities. The service is free, confidential and impartial, based on respect for the client.

Main office:  
Moray Citizens Advice Bureau  
6 Moss Street  
Elgin IV30 1LU  
01343 550088  
bureau@moraycab.casonline.org.uk

Opening times: Monday, 9.30am to noon; Tuesday, 9.30am to noon, 1pm-3.30pm and 5pm-7pm; Wednesday, 9.30am to noon and 1pm-3.30pm; Thursday, 9.30am to noon, 1pm-3.30pm and 5pm-7pm; Friday, 9.30am to noon. Emergency appointments available Monday and Friday afternoon - call 01343 550088. Outreach sessions are provided as follows:

**Buckie Library**  
Cluny Place  
Buckie AB56 1HB

Every second Thursday morning, 10am to noon  
Call 01343 559004 for an appointment

**Keith Access Point**

The Resource Centre  
Mid Street  
Keith AB55 5BJ  
Every second Thursday morning, 10am to noon  
Call 01343 559004 for an appointment

**Forres Access Point**

High Street  
Forres IV36 1DX  
Every second Tuesday morning, 10am to noon  
Call 01343 559007 for an appointment

**Lossiemouth**

Moray Coast Medical Practice  
Muirton Road  
Lossiemouth IV31 6TU  
Every second Wednesday afternoon, 2pm-4pm  
Call 01343 559007 for an appointment

**Dufftown**

Rinnes Medical Group  
Mount Street  
Dufftown AB55 4FJ  
Every second Thursday

afternoon, 2pm-4pm  
Call 01343 559007 for an appointment

**Tomintoul**

Rinnes Medical Group  
Ratray's Lane  
Tomintoul AB37 9HF  
Monthly on Tuesday afternoon, 2pm-4pm  
Call 01343 559007.

**Other advice services****Relationships Scotland - family mediation service**

AVENUE - Elgin office  
17 Institution Road  
Elgin IV30 1QT  
01343 540 801  
elgin@avenue-info.com  
Services include relationship counselling, family mediation and counselling for children and young people.

**ParentLine Scotland**

Free helpline and email service for anyone with a concern about a child.  
0800 028 2233  
parentlinescotland@child-ren1st.org.uk

**ChildLine**

Private and confidential

service for children and young people up to the age of 19. Contact a ChildLine counsellor 0800 1111  
www.childline.org.uk

**Smokeline**

Smokeline advisers are specially trained to help you quit the habit.  
0800 84 84 84

**National Child Protection Line**

0800 022 3222

**Elgin Samaritans**

21 Greyfriars Street  
Elgin IV30 1LF  
08457 90 90 90

**Carer support**

Quarriers Carer Support Service (Moray)  
01343 556031

**LOCAL RAIL SERVICES****Elgin Railway Station**

Station Road, Elgin  
Enquiries: 08457 48 49 50  
Email: customer.relations@scotrail.co.uk

**Forres Railway Station**

Tytler Street, Forres

Enquiries: 0345 748 49 50

**Keith Railway Station**

Station Road, Keith  
Enquiries: 0345 748 49 50

**Aberdeen Railway Station**

Guild Street, Aberdeen  
TrainTracker: 0871 200 49 50

**Inverness Railway Station**

Station Square  
Academy Street  
Inverness  
TrainTracker: 0871 200 49 50

**LOCAL BUS AND COACH OPERATORS****Stagecoach Bluebird**

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01343 540928

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## Useful numbers

**Forres Coaches and Taxis**  
Coach hire  
01309 672353

**W Hendry, Knockando**  
Council-supported bus services and mini-coach hire  
01340 810213

**Keirs of Dufftown**  
Council-supported bus services and coach hire  
01466 700283

**Kineil Coaches, Elgin**  
Council-supported bus services and coach hire  
01343 552777

**Roberts of Rothiemay**  
Council-supported bus services and coach hire  
01464 711213

**Smiths Central Coaches, Keith**  
Council-supported bus services and coach hire  
01542 882113

**Stables of Keith**  
Council-supported bus services and coach hire  
01542 882482

**National rail and coach operators**  
National Rail Enquiries will allow you to find the best-matched trains for your journey, regardless of operator, across the national rail network.

The service includes a cheapest fare finder.

You can text direct to your mobile if you choose, and also check to see if there are any disruptions to the journey.

In addition you can view station departure boards for all national railway stations, showing the most up-to-date information available. For routes, timetables and tickets, visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or call 08457 48 49 50.

ScotRail provides services throughout Scotland.

Up to two children aged between five and 15 can travel free with each adult who buys a Kids Go Free ticket, available off-peak all week, all year round – even in the school holidays.

Kids Go Free tickets are available in advance on 0344 811 0141, or on the day from your local staffed station.

Cycles are carried free by ScotRail. However, availability is subject to space and, in some cases, to a cycle reservation.

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cycling. For timetables and tickets, visit [www.scotrail.co.uk](http://www.scotrail.co.uk) or call 03457 48 49 50.

Traveline Scotland offers accurate, up-to-date and impartial timetable information to get you to your destination by the quickest public transport mode, whether bus or train.

Full information on connections is given to make necessary transfers as smooth as possible.

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Sustrans is the sustainable transport charity which works to encourage people to walk, cycle and use public transport.

The organisation's website at [www.sustrans.org.uk](http://www.sustrans.org.uk) features maps showing rail and bus stations, bus stops, and on- and off-road cycle routes.

**Megabus**  
0900 160 0900  
[www.megabus.com](http://www.megabus.com) uk

**National Express**  
08717 818178  
[www.nationalexpress.com/home.aspx](http://www.nationalexpress.com/home.aspx)

**Community transport**

BABS Dial-a-Bus  
Community bus service in Buckie and surrounding area  
01542 835800

**Speyside Community Bus, Aberlour**  
01343 562569

**Shopmobility Moray**  
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[jacknjillpreschool@hotmail.com](mailto:jacknjillpreschool@hotmail.com)

22 WARDEND PLACE  
ELGIN IV30 6YP



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**8 TO 8 DENTAL (Buckie)**  
32 West Church Street, Buckie, Moray AB56 1HL

**Tel: 01542 833087**

Opening Hours:

Mon - Thurs 8am to 8pm, Fri 8am to 5pm

**8 TO 8 DENTAL (Keith)**  
1 Westerton Road North, Keith, Moray AB56 5FL

**Tel: 01542 882507**

Opening Hours:

Mon - Wed 8am to 8pm, Thurs - Fri 8am to 5pm

## Useful numbers - Education

**School term dates for session 2016/17 (all dates inclusive)**

**Autumn term:** Tuesday, August 16, to Friday, October 7, 2016  
**Autumn holiday:** Monday, October 10, to Friday, October 21, 2016

**Winter term:** Monday, October 24, to Thursday, December 22, 2016

**Christmas holiday:** Friday, December 23, 2016, to Friday, January 6, 2017

**Spring term:** Monday, January 9, to Friday, March 31, 2017  
**Spring holiday:** Monday, April 3, to Friday, April 14 (Good Friday), 2017

**Summer term:** Monday, April 17, to Friday June 30, 2017  
**Summer holiday:** Monday, July 3, 2017, to Monday, August 12, 2017

**Mid-term, in-service and other closures:**

**In-service closures:** Monday, August 15, Monday, November 14, and Tuesday, November 15, 2016

**Mid-term holiday:** Friday, February 10, and Monday February 13, 2017

**May Day holiday:** Monday, May 1, 2017

**In-service closures:** Thursday, May 18, and Friday, May 19, 2017

Plus one occasional day holiday when the following schools will be closed:

**Buckie High School ASG:** June 12, 2017  
**Elgin Academy ASG:** February 9, 2017  
**Elgin High School ASG:** February 9, 2017  
**Forres Academy ASG:** April 28, 2017  
**Keith Grammar School ASG:** June 5, 2017  
**Lossiemouth High School ASG:** April 28, 2017  
**Milne's High School ASG:** April 28, 2017  
**Speyside High School ASG:** June 5, 2017  
 Schools operate in a group format, based on the secondary school and its associate primaries. This is known as an associated school group (ASG).

### PRIMARY SCHOOLS

■ Aberlour 01340 871255  
 Alves 01343 850247  
 ■ Anderson's (Forres) 01309 672887  
 ■ Applegrove (Forres) 01309 672367  
 ■ Bishopmill (Elgin) 01343 547841  
 ■ Botriphnie (Drummuir) 01542 810207  
 ■ Burghead 01343 835529  
 ■ Cluny (Buckie) 01542 831417  
 ■ Craigellachie 01340 881271  
 ■ Crossroads (Grange) 01542 870221  
 ■ Cullen 01542 840279  
 ■ Dallas 01343 890206

■ Dyke 01309 641275  
 ■ East End (Elgin) 01343 542381  
 ■ Findochty 01542 832287  
 ■ Glenlivet 01807 590216  
 ■ Gordonstoun (Elgin) 01343 837837  
 ■ Greenwards (Elgin) 01343 541661  
 ■ Hopeman 01343 830281  
 ■ Hythehill (Lossiemouth) 01343 812014  
 ■ Inveravon 01807 500217  
 ■ Keith 01342 882802  
 ■ Kinloss 01309 690376  
 ■ Knockando 01340 810257  
 ■ Lhanbryde 01343 842649  
 ■ Logie 01309 611258  
 ■ Millbank (Buckie) 01542 831113  
 ■ Milne's (Fochabers) 01343 820977  
 ■ Mortlach (Dufftown) 01340 820268  
 ■ Mosstodloch 01343 820476  
 ■ Mosstowie 01343 547119  
 ■ New Elgin 01343 547587  
 ■ Newmill 01542 882788  
 ■ Pilmuir (Forres) 01309 673034  
 ■ Portessie (Buckie) 01542 832288  
 ■ Portgordon 01542 831198  
 ■ Portknockie 01542 840244  
 ■ Rothes 01340 831269  
 ■ Rothiemay 01466 711220  
 ■ Seafield (Elgin) 01343 547792  
 ■ St Gerardine's (Lossiemouth) 01343 812251  
 ■ St Peter's (Buckie) 01542 831339

■ St Sylvester's (Elgin) 01343 541453  
 ■ St Thomas's (Keith) 01542 882256  
 ■ Tomintoul 01807 580271  
 ■ West End (Elgin) 01343 543161

### SECONDARY SCHOOLS

■ Buckie Community High School  
 West Cathcart Street  
 Buckie AB56 1QB  
 01542 832605

■ Elgin Academy  
 Morriston Road  
 Elgin IV30 4ND  
 01343 543485

■ Elgin High School  
 High School Drive  
 New Elgin IV30 6UD  
 01343 545181

■ Forres Academy  
 Burdsyard Road  
 Forres IV36 1FG  
 01309 672271

■ Gordonstoun School  
 Elgin IV30 5RF  
 01343 837837

■ Keith Grammar School  
 School Road, Keith AB55 5ES  
 01542 882461

■ Lossiemouth High School  
 Coullardbank Road  
 Lossiemouth IV31 6JU  
 01343 812047

■ Milne's High School  
 West Street  
 Fochabers IV32 7DJ  
 01343 820611

■ Speyside High School  
 Mary Avenue  
 Aberlour AB38 9PN  
 01340 871522

### COLLEGE

Moray College UHI  
 Moray Street  
 Elgin IV30 1JJ  
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www.moray.uhi.ac.uk  
 Moray College UHI offers entry-level courses which have a strong work-based focus through content, placements and realistic work environments.

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These courses can be studied full-time or part-time. Check out the range of courses and entry requirements and find details on the information evenings and open days. Or call 01343 576000 for course information and advice on how to apply.

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## Financial planning

# It can pay off handsomely if you take the time to make 'the switch'

CURRENT accounts have been put under the microscope once again, with the competition watchdog unveiling proposals that could help customers see more easily if they might be better off elsewhere.

At the moment, it's too easy for banks to sit back and take existing customers for granted, according to the Competition and Markets Authority (CMA).

The watchdog has put forward a series of proposals which it hopes will shake the situation up – and which it says could bring benefits to bank customers to the tune of £1 billion over five years.

### What are the problems with current accounts?

One major issue is our reluctance to switch deals. It is sometimes said that people stay "married" to their current

account provider for longer than they stay wed to their spouse.

More than half (57 per cent) of consumers had been with their account provider for more than 10 years and 37 per cent for more than 20 years.

Current accounts have no particular "use by" date, so many of us stick with the same provider year in, year out, without considering if we might be better off elsewhere.

By contrast, with a financial product like car insurance, for example, many people will shop around when their annual policy is about to end, to see if they can get a better deal.

The array of mind-boggling charges that can come with current accounts may cause further confusion and put people off switching.



Yet the CMA found that many of us could be much better off if we made the leap to a new provider.

The annual savings could be on average £116 – ranging from £89 on average for

customers who do not use an overdraft to £153 on average for overdraft users.

In 2013, a new current account switching service was introduced. This has cut the length of time it takes to switch deals and

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# New technology is being lined up to get customers better deals

has taken much of the hassle out of switching – so it may not be as hard as you think.

## What is the CMA proposing to do?

A final report is being released later this summer, but the remedies CMA has provisionally put forward include a cap on monthly unarranged overdraft charges.

Other suggestions include improving the current account switching service and making more of advances in technology to help customers see the best deals for their personal needs.

In the meantime, if you're wondering if you could be getting a better current account deal, how do you choose?

The good news is that many current

accounts offer perks such as cash-back, rates of interest which are much higher than you could expect to get from many savings accounts and also cash to switch.

But while perks like this seem attractive, there are also the fees and charges to consider.

So it's worth taking some time to sit down and decide how you use your account – are you someone who always stays in credit or regularly goes overdrawn, for example?

Rachel Springall, a finance expert at financial information website Moneyfacts.co.uk, explained:

"Customers need to be careful when picking a new current account. It needs to support their day-to-day banking needs, which can include dipping into an overdraft.

"Daily usage fees can really build



up so consumers would be wise to be wary of these charges when they look to borrow over the short term.

"Packaged current accounts are a great way to get a little extra from a current account, such as worldwide travel insurance, but they can be a costly mistake if the benefits are not

used or if people find that they are not eligible.

"Anyone looking to switch their current account could take advantage of some attractive cash incentives such as the Co-operative Bank that is offering £150 up front."

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## Food, glorious food

# Countryside offers cream of the crop

THE Moray landscape yields some of the best natural produce there is anywhere.

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Long summer days compensate for the relatively short growing season to give the perfect pick of fruit and veg, even in the wildest of locations. And we have some of the finest fish and seafood around.

It's not just quantity of choice – it's the quality.

The emphasis everywhere is on hand-crafted, hand-reared, traditional, time-tested techniques.

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Most malt whisky lies for at least 12 years before it's allowed to see the light of day.

Top-quality ingredients, simply served, provide a memorable dining experience.

And when it comes to choosing where to eat, the range of restaurants, bistros and cafés is expanding all the time with places to suit every mood and occasion.

From gourmet breakfasts served in a modern bistro; warm home-baked scones spread with home-made jam and served with a giant pot of tea in a cosy teashop; or fine candlelit dining in a top-class restaurant... every town and village has its treasures.

Simply ask locally for recommendations – then savour every mouthful.



The famous Cullen skink

## Tuck into tasty, healthy grub

IT is never too late to introduce a healthy diet into your life. Cut down on junk food and caffeine which deprive the body of nutrients and instead eat plenty of wholegrains, fresh vegetables and fruit.

Good nutrition helps the body

to cope better with stress and infection. Vitamins B and C and the minerals magnesium and zinc are especially important because they boost immunity.

Foods rich in vitamins B and C

Contd. on page 17



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## TAKEAWAY MENU

### FISH

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Standard Haddock	£7.20
Breaded Scampi	£7.20
Battered Scampi	£8.00
Lemon Sole	£9.45
Rock Turbot	£8.45
Fish Cake	£5.70
Senior Citizen Small	
Haddock Supper	£5.95

### MEAT

Jumbo Sausage	£4.90
King Rib	£5.40
Smoked Sausage	£5.10
Jumbo Burger in Batter	£5.20
King Rib Daddy	£6.20

### PIES

Steak, Mince,	
Macaroni or Chicken	£5.10

### CHICKEN

Chicken Breast	£6.60
Chicken Fillets	£6.40

### BURGERS

Quarter Pounder	£5.40
Cheese Quarter Pounder	£5.60
Chicken Burger	£5.90
Double Quarter Pounder	£6.80
Cheese Double	
Quarter Pounder	£7.00
Veggie Burger	£5.30
Hot Dog	£4.60

### PUDDINGS

Red, White,	
Black or Haggis	£5.10
Spicy Haggis Pouch	£5.70

### CHIP PORTION

Regular	£2.20
Medium	£3.20
Large	£3.80

### FRITTERS

Pineapple	£1.80
Potato	£2.30

### SIDE ORDERS

Onion Rings	£2.15
Battered Mushrooms	£2.20

### EXTRAS

Peas	£1.40
Mushy Peas	£1.50
Beans	£1.50
Curry Sauce	£1.70
Coleslaw	£1.70
Pickled Onions (4)	£1.20
Pickled Eggs (2)	£1.20
Vinegar	£1.50

### ICE CREAM

Vanilla, Strawberry,	
Chocolate	£1.85

### DRINKS

500ml	£1.60
2 litre	£2.60
Water	£1.40
Can	£1.20

### SPECIAL PRODUCTS

The Ashvale Whale	£12.65
Jumbo Breaded Scampi	£12.05
Jumbo Battered Scampi	£12.05

## SPECIAL PRODUCTS

The Ashvale Whale £12.45  
Jumbo Breaded Scampi £11.85  
Jumbo Battered Scampi £11.85

All meals served with chips  
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**Smaller portions for Senior Citizens £6.95**

4oz Haddock, Breaded Scampi or Chicken Fillets served with Chips and Peas

**Teatime Special £10.25 served daily 5pm to 7pm**

Standard Haddock or Chicken Fillets with Chips or Baked Potato and  
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## Carry Out Menu

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### Starters

Vegetable Pakora	£2.95
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King Prawn Pakora	£6.50
Prawn Pakora	£4.50
Chicken Breast Pakora	£4.25
Onion Bhaji	£3.25
Aloo Tikka	£2.95
Mix Pakora	£4.25
Mix Platter	£4.95
Chicken Tikka	£4.25
Fish Tikka	£4.95
Tandoori Chicken	£3.95
Sheekh Kebab	£4.25
Mix Kebab	£4.95
King Prawn Butterfry	£6.50
King Prawn Puri	£6.50
Punjabi Prawn Puri	£4.50
Garlic Prawns & Mushroom Puri	£4.95
Chicken Puri	£4.50
Vegetable Puri	£3.95
Mince Samosa 2 Pieces	£3.95
Vegetable Samosa 2 pieces	£3.25
Garlic Prawns	£3.95
Garlic Mushrooms	£3.50
Prawn Cocktail	£3.75
Dall Soup	£3.25

### Tandoori Dishes

Chicken Tandoori (chicken on the bone)	£10.50
Qismat Mix	£14.95
Chicken Tikka (chicken pieces off the bone)	£10.95
Lamb Tikka	£11.95
Sheekh Kebab	£10.50
Jhinga Tandoori	£15.95

### Masalas

Chicken Tikka Masala	£11.95
Lamb Tikka Masala	£12.95
Jhinga Masala	£16.95
Qismat Mix Masalas	£13.95

### House Speciality

Lamb	£1 extra
King prawn	£4 extra
Qismat Special	£3 extra (rice not included)

### Mild

Chicken Mara	£10.95
Chicken Mohamwala	£10.95
Chicken Chandani	£10.25
Chicken Tikka Chasni	£9.50
Chicken Mughal	£10.25
Chicken Pasanda	£9.95
Chicken Tikka Pasanda	£10.50
Chicken Tikka Bahar	£9.50
Kashmiri Chicken Masala	£9.50

### Medium

Chicken Tikka Rhani	£10.25
Chicken Tikka Nawal	£10.25
Chicken Tikka Jammu	£10.25
Murgh Khan Puri	£10.25
Murgh Mastani	£10.25
Murgh-E-Mingora	£10.25
Chicken Tikka Pardesi	£10.25
Chicken Mahrani	£10.25
Chicken Tikka Garlic	£9.95
Chicken Jalfrezi	£9.95
Nargasi Tikka Karahi	£9.95
Chicken Tikka Punjabi Masala	£9.95
Chicken Nawabi Masala	£9.95
Chicken Makhani Masala	£9.95
Jhinga Makhani Masala	£13.95
Rogan Josh	£9.50
Jaipuri Chicken Jeera Breast	£9.50
Chicken or Lamb Nentara	£8.95
Chamak Chalo Chicken	£9.95

### Medium Hot

Chicken Tikka Manchurian	£9.95
Chicken Tikka Qandari	£10.25
Chicken Tikka Faislabadi	£10.25
South Indian Garlic Chilli Chicken	£10.25
Chicken Tikka Lashkara	£10.25
Chicken Jalfhari	£10.25
Chicken Lyallpuri	£10.25
Chicken Maharaja	£10.25
Chicken Tikka Sonali	£10.25
Chicken Tikka Sohni	£10.25
Murgh-E-Thari	£10.25
Chicken Tikka Butter Masala	£10.25
Chicken Multani	£10.25
Chicken Tikka Kot Masala	£10.25
Chicken Sassi	£10.25
Chicken Jallandar	£10.25
Chicken Mirpuri	£10.25
Chicken Handi	£10.25
Chicken Tikka Chilli Bhoota	£10.25

Chicken Tikka Garlic Chilli	£9.95
Chicken Tikka Garam Masala	£9.50
Mirchi Garam Masala	£9.95
Chicken Karachi	£9.50
Chicken (Desi Style)	£10.95
Lamb (Desi Style)	£11.95
Chicken Nentara	£9.50
Jantar Mantar	£9.95

### Chef's Speciality

Rice Extra

### Reshmi Masala

Chicken Tikka Reshmi Masala	£9.95
Lamb Tikka Reshmi Masala	£10.95
King Prawn Reshmi Masala	£14.50
Qismat Mix Reshmi Masala	£12.95

### Basanti

Chicken Tikka Basanti	£9.95
Lamb Tikka Basanti	£10.95
King Prawn Basanti	£14.50
Qismat Mix Basanti	£12.95

### Mazedar

Chicken Tikka Mazedar	£9.95
Lamb Tikka Mazedar	£10.95
King Prawn Mazedar	£14.50
Qismat Mix Mazedar	£12.95

### Achari Dishes

Chicken Tikka Achari	£9.95
Lamb Tikka Achari	£10.95
King Prawn Achari	£14.50
Qismat Mix Achari	£12.95

### Balti Dishes

Chicken Balti	£9.95
Chicken & Prawn Balti	£10.95
Lamb Balti	£10.95
Lamb & Prawn Balti	£11.95
King Prawn	£14.50
Mixed Vegetable Balti	£8.50
Qismat Mix Balti	£12.95

### Jaipuri Dishes

Jaipuri Chicken	£9.95
Jaipuri Lamb	£10.95
Jaipuri King Prawns	£14.50

### Korma Dishes

Chicken	£9.25
Scampi	£11.50
King Prawn	£14.50
Mixed Vegetable	£7.95
Prawn	£9.50
Lamb	£10.25
Mushroom	£7.95

### Seafood Dishes

Scampi Curry	£10.95
Scampi with Mushrooms	£11.95
Prawn Curry	£9.25
King Prawn Curry	£14.25
Prawn with Mushrooms	£10.25
Prawn Madras	£10.25
Mahi Masala	£9.95

### Vegetable Dishes

Saag Paneer	£8.50
Muttar Paneer	£8.50
Mixed Vegetable Curry	£7.50
Gobi Mushroom Bhuna	£7.50
Mushroom Curry	£7.50
Tarka Dhal	£7.50
Aloo Saag	£7.50
Bhuna Chana	£7.50
Aloo Mushroom Bhuna	£7.50

### Burryanie Dishes

Chicken Burryanie	£9.95
Chicken Tikka Burryanie	£10.95
Scampi Burryanie	£11.50
Prawn Burryanie	£10.25
Lamb Burryanie	£11.50
Qismat Special Burryanie	£12.50
King Prawn Burryanie	£15.95
Vegetable Burryanie	£8.95
Mushroom Burryanie	£8.95

### Rice

Mushroom Pilau Rice	£3.40
Vegetable Rice	£3.40
Egg Rice	£3.40
Egg Mushroom Rice	£3.75
Onion Rice	£3.40
Qismat Special Rice	£3.95
Pilau Rice (Fried)	£2.95
Pilau Rice (Boiled)	£2.75
Chicken Rice	£3.40

### Side Dishes

Mushroom Bhaji	£3.50
Bhindi Bhaji	£3.50
Cauliflower & Potato	£3.50
Dall	£3.50
Chana	£3.50
Bombay Potatoes	£3.50
Aloo Saag	£3.50

### Sundries

Masala Popadum	£0.90
Popadum	£0.75
Spiced Onion	£1.50
Gravy	£2.95
Mixed Salad	£1.95
Raita	£1.95
Lime Pickle	£1.25
Mango Chutney	£1.25
Yoghurt	£1.50
Chips portion	£2.75

### European Dishes

Sirloin Steak	£15.95
Fillet Steak	£17.95
Fried Scampi	£9.95
Chicken Maryland	£9.50
Roast Chicken	£8.95
Plain Omelette	£7.95
Tomato Omelette	£8.50
Mushroom Omelette	£8.50
Prawn Omelette	£8.95
Chicken Omelette	£8.50
Spanish Omelette	£9.50
Haddock & Chips	£8.50
Chicken Salad	£9.95
Prawn Salad	£9.50

**Buffet Night**  
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from 6.30pm-8pm  
Eat as much as you like

**3 Course Business Lunch**  
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from £4.95

**We can arrange a Buffet**  
**any night for a Party!**

**Office or Children's**  
**Parties welcome!**

## Joys of healthy eating

Contd. from page 14

include meat, fish, wholegrains, fresh fruit, vegetables, Brussels sprouts and peppers.

Magnesium and zinc can be found in broccoli, peanuts, wholegrain cereals, nuts and seeds, and high protein foods such as beef, pork, lamb, peanuts, and legumes.

Alcohol and cigarettes can both interfere with the body's ability to absorb nutrients, so cutting out – or at least cutting back on – booze and nicotine will make a big difference.

Breakfast really is the most important meal of the day. A nutritious, protein-full breakfast such as porridge or muesli will maintain blood sugar levels, boost energy, improve concentration, and help the body and mind to cope with stress.

Skipping meals during the day, particularly breakfast, is counterproductive. You will not lose weight because your metabolism slows down, and depriving your body of essential nutrients makes it less able to fight off infections.

Diet and keeping fit really go hand in hand. There is little point cutting out fatty foods and eating healthily if you are going to live the life of a couch potato. Weight loss may be your goal, but exercise is vital to keep the body healthy.

# Finest venison you'll ever taste!

MORAY Speyside is known as malt whisky country but there is more to the area than uisge beatha (the water of life).

The wild open glens, hills and forests here provide the perfect conditions for Scotland's iconic wild and farmed deer to produce the finest quality venison you will taste.

Of course, beef, lamb and pork are also of the highest quality. You will also find beef from one of the oldest herds, the Longhorn, near Forres.

Shellfish is plentiful with crab, scallops and langoustine as well as local smokehouse delicacies using salmon and haddock.

Cullen Skink is a traditional, creamy Scottish fish soup made

with smoked haddock, potatoes and onion and is a speciality of the Moray fishing village of Cullen.

A number of producers have become international brands yet still operate from their local community including Walkers Shortbread, Aberlour and Elgin, and Baxters of Speyside famous around the world for its range of soups and condiments.

There are 60 distilleries here that attract thousands of visitors every year and the annual Spirit of Speyside Whisky Festival ([www.spiritofspeyside.com](http://www.spiritofspeyside.com)) rightly celebrates Scotland's national drink. Next year's festival takes place from April 27 to May 1, 2017.

Over 500 events were held throughout this year's festival period drawing thousands of visitors from home and abroad.

As well as whisky, across Moray there are also excellent local brewers and gin producers that make fine use of the area's natural resources.

Earlier this month a new drinks festival was held in Elgin Town hall that united for the first time Speyside's famous whiskies with the region's award-winning brewers, gin-makers and food producers.

The Spirit of Speyside: Distilled brought together an array of great flavours through drinks, food and masterclasses over one weekend in one venue.



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Wed - Portgordon Harbour.....4pm - 7pm  
Thur - Forres, Grantown Rd. ....4:30pm - 7pm  
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E: [info@whiskynn.com](mailto:info@whiskynn.com)

## Food, glorious food

# Fresh and delicious fare from markets

DON'T forget you can try some of the area's wonderful fresh produce at various farm and community markets held across Moray Speyside and its surrounds.

Here are some dates for your diary:

■ First Saturday of the month  
**Huntly Farmers' Market, The Square, Huntly, 9am-1pm.** Call 078255 18375 or visit [www.huntlyfarmersmarket.co.uk](http://www.huntlyfarmersmarket.co.uk)

■ Third Saturday of the month  
**Moray Farmers' Market, Plainstones, Elgin, 9am-4pm.** Call 01343 842819 or visit the events page at [www.morayfarmersmarket.co.uk](http://www.morayfarmersmarket.co.uk)

[morayfoodnetwork.org.uk](http://morayfoodnetwork.org.uk)  
■ **Turra Market, Balmellie Street, Turriff, 9.30am-12.30pm.** Call 01261 821244 or visit the farmers' markets page at [www.aberdeenshire.gov.uk](http://www.aberdeenshire.gov.uk)

■ Last Saturday of the month  
**Macduff Market, The Fishmarket, Macduff, 9am-12.30pm.** Call 01261 821244 or visit the farmers' markets page at [www.aberdeenshire.gov.uk](http://www.aberdeenshire.gov.uk)

■ Select Dates  
**Cairngorm Farmers' Markets in Aviemore and Grantown-on-Spey.** For specific dates, visit [www.cairngorms-farmers-market.com](http://www.cairngorms-farmers-market.com)



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Our intimate award winning restaurant offers a memorable mix of modern & traditional menus with a few Scottish favourites.

As a great alternative, visit the hotel's Bistro and enjoy a superb selection of food in a less formal atmosphere.

Only the finest of fresh produce is used in both restaurants and the hotel boasts a fine selection of wines from around the world. Room service is available from both menus during restaurant opening hours. Outside our service hours, a condensed Room Service Menu is available.

Lunch is served between 12.00pm & 2.00pm  
Dinner is served between 7.00pm & 9.00pm (Bistro from 6pm)

Our "Still Room" is a perfect choice for a private lunch, dinner or small wedding and can accommodate up to 30 guests (20 guests on one table).

**MANSION HOUSE**  
Hotel & Country Club  
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[www.mansionhousehotel.co.uk](http://www.mansionhousehotel.co.uk) | email: [reception@mhelgin.co.uk](mailto:reception@mhelgin.co.uk)

## UK PARLIAMENT

Angus Robertson, MP for Moray (SNP)  
Constituency office:  
9 Wards Road  
Elgin IV30 1NL  
Tel: 01343 551111  
angus.robertson.mp@parliament.uk  
www.angusrobertson.org

## SCOTTISH PARLIAMENT

Richard Lochhead, MSP for Moray (SNP)  
Constituency office:  
9 Wards Road  
Elgin IV30 1NL  
Tel: 01343 551111  
www.richardlochhead.org  
richard.lochhead.msp@scottish.parliament.uk

## Highlands and Islands regional MSPs:

Donald Cameron (Conservative)  
John Finnie (Scottish Green Party)  
Rhoda Grant (Labour)  
Edward Mountain (Conservative)  
Douglas Ross (Conservative)  
David Stewart (Labour)  
Maree Todd (SNP)

## MORAY COUNCIL

**Moray Council members:**  
**Ward 1** – Speyside Glenlivet  
Mike McConachie (SNP)  
Fiona Murdoch (Independent)  
Pearl Paul (SNP)



**Ward 2** – Keith and Cullen  
Gary Coull (SNP)  
Stewart Cree (Independent), leader  
Ron Shepherd (Independent)

**Ward 3** – Buckie  
Gordon Cowie (Independent)  
Gordon McDonald (SNP)  
Sonya Warren (SNP)

**Ward 4** – Fochabers and Lhanbryde  
Margo Howe (SNP)  
Sean Morton (Labour)  
Douglas Ross (Conservative)

**Ward 5** – Heldon and Laich  
John Cowe (Independent)  
Dennis Slater (Independent)  
Chris Tuke (Independent)  
Allan Wright (Conservative), convener

**Ward 6** – Elgin City North  
Patsy Gowans (SNP)  
Kirsty Reid (SNP)  
Mike Shand (SNP)

**Ward 7** – Elgin City South

James Allan (Conservative)  
John Divers (Labour)  
Graham Leadbitter (SNP)

**Ward 8** – Forres  
George Alexander (Independent)  
Lorna Creswell (Independent)  
Aaron McLean (SNP)  
Anne Skene (Independent)

**Councillors' contact details can be found on www.moray.gov.uk**

Moray Council's main switchboard is 01343 543451 during office hours (8.45am-5pm, Monday to Friday). Out-of-hours emergency number is 03457 565656. Contact centre hours are 8.45am-5pm.

**Jobs Line**  
01343 563384  
jobs@moray.gov.uk

**Revenues – Council Tax**  
01343 563456

revenues@moray.gov.uk

**National Entitlement Card**  
0300 123 4565  
accessmoray@moray.gov.uk

**Roads Maintenance**  
0300 123 4565  
road.maint@moray.gov.uk

**Special Collections/Bulky Uplift**  
0300 123 4565  
bulkyuplift@moray.gov.uk

**Waste**  
0300 123 4565  
waste@moray.gov.uk

**Housing and Property**  
0300 123 4566  
housing@moray.gov.uk

**Dial M for Moray (bus service)**  
0300 123 4565

**Moray Travel Enquiries**  
0300 123 4565  
transport@moray.gov.uk  
The emergency out-of-hours number is 08457 565656. For more information, visit www.moray.gov.uk

**Moray Council office locations**  
Email: access.point@moray.gov.uk

**Buckie**  
Buckie Access Point  
Moray Council  
13 Cluny Square, Buckie

Areas covered: Arradoul, Buckie Central, Buckpool, Connage, Cullen, Deskford, Drybridge, Enzie, Findochty, Fochabers, Garmouth, Lhanbryde, Lintmill, Mosstodloch, Portessie, Portgordon, Portknockie, Rathven, Urquhart.

**Elgin**  
Council Offices  
High Street, Elgin  
Areas covered: Alves, Birnie, Burghead, Clackmarras, Duffus, Elgin, Findhorn, Hopeman, Kinloss, Lossiemouth, Miltoduff, Rothies, Spynie.

**Forres**  
Forres Access Point  
Moray Council  
Auchernack  
High Street, Forres  
Areas covered: Brodie, Dallas, Dunphail, Dyke, Forres, Rafford.

**Keith**  
Keith Access Point  
Moray Council  
The Resource Centre  
Mid Street, Keith

Areas covered: Aberlour, Archiestown, Craigellachie, Drummuir, Dufftown, Dundurcas, Fife – Keith, Glenallachie, Glenlivet, Grange, Keith Central, Knock, Knockando, Marypark, Mulben, Newmill, Rothiemay, Tomintoul, Tomnavolin.

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**MONDAY:** Westerton Road, Keith  
**TUESDAY:** Ardersier  
**WEDNESDAY:** Cuminstown  
**THURSDAY:** Archiestown  
**FRIDAY:** Burghead  
All approximately 4pm - 6.30pm

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# Easing the burdens at a time of sorrow and trial

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Funeral directors will arrange a date and time for the funeral and will contact the church, cemetery or crematorium, and/or the person who will

be conducting the service, to arrange a date and time that is mutually convenient.

They will also transfer the deceased from the place of death, or from where the deceased may have been taken after death, to their premises or provide practical assistance to allow the deceased to remain at home prior to the funeral, should this be the request of the family.

They can provide the



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necessary vehicles and staff to conduct the funeral with dignity and professionalism, according to the instructions of the family, and arrange all necessary paperwork to allow burial or cremation to take place.

Local funeral directors will also offer a variety of coffin styles and caskets to suit a range of budgets and will help you make a decision.



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## Helping others

# Satisfaction is the reward if you opt to lend a hand

YOU won't regret giving some of your time and energy to a worthwhile local cause. Here in Moray we have a wide range of excellent charities, from those that are nationally recognised to smaller but nonetheless vital local ones.

And any of them will be glad to hear from you, especially in these difficult economic times when many charities and organisations face new challenges.

There are many ways you could help make use of your skills, knowledge and expertise. In return, you have the satisfaction of doing something really worthwhile, learning new skills, making friends and feeling valued in a way that you might not have experienced before. People of all ages and backgrounds become volunteers for many

different reasons and often, while they are doing voluntary work, they are learning.

You usually do not need qualifications to be a volunteer, and it can also act as a launch pad to getting a job for the first time, finding a new post or setting out on a completely different career path.

To help people find their ideal volunteering position, the Scottish Government has developed ten top tips to ensure that people's first experience of volunteering is so positive it will encourage them to develop long-lasting relationships with an organisation or group, or inspire them to try a variety of volunteering roles.

The tips form part of a Scottish Government campaign that aims to raise awareness of the benefits of



volunteering and encourage people to visit their local volunteer centre.

Staff at volunteer centres are trained to help you find the right

position and answer any questions you may have.

To find out more, visit [www.volunteerscotland.org.uk](http://www.volunteerscotland.org.uk)



## Drug and Alcohol Support Service in Moray

- Assessment and support for adults experiencing substance misuse.
- Direct access for Moray Integrated Drug and Alcohol Service.
- Recovery support, one-to-one and groups.
- Holistic family support including family counselling and therapies.

**Call to refer or find out more on 01343 610500.**

23 High Street, Elgin, Moray IV30 1EE Text: 07812 228547 • Email: [arrows@quarriers.org.uk](mailto:arrows@quarriers.org.uk)  
[www.quarriers.org.uk/arrows](http://www.quarriers.org.uk/arrows)



Quarriers is a registered Scottish Charity No SC001960

## Quarriers

**Do you support a loved one who has an illness or a disability?**



- Are you tired, stressed or struggling?
- Do you feel isolated?
- Do you need support?

**Call us today for a confidential chat on 01343 556031.**

Quarriers Carer Support Service (Moray)  
 44 High Street, Elgin, IV30 1BU

[carersmoray@quarriers.org.uk](mailto:carersmoray@quarriers.org.uk)

[www.quarrierscarersservice.org.uk](http://www.quarrierscarersservice.org.uk)

[www.quarriers.org.uk](http://www.quarriers.org.uk)

Registered Scottish Charity No. SC001960

# Tips to get the best for all if you become a volunteer

**1** Remember that everyone can volunteer – whatever your skills, experience or background you should be able to find an opportunity that is right for you.

**2** Work out how much time you have to volunteer – it could be just an hour a week or all week. You can volunteer as much or as little as you want.

**3** Establish what you want to get out of your volunteering experience – for instance socialising, gaining new skills or using some of your existing skills to help others.

**4** Combine your goals – identify volunteering opportunities that help you to achieve your other goals in life, for instance losing weight, learning a new set of skills or helping out with something that interests you.

**5** If you want to volunteer with friends, family or work colleagues

then ask your local volunteer centre about any group opportunities available in your area.

**6** Find out about the area of volunteering you are interested in by visiting your nearest volunteer centre where you'll be made very welcome.

**7** Meet with different organisations to ensure you get the maximum benefits from volunteering before you commit. It's okay to shop around.

**8** Ask questions – don't be shy, for instance ask about training when you apply to become a volunteer.

**9** Organisations will also want to know about you. This helps to ensure that both of you are happy and able to get what each of you wants from the volunteering.

**10** Just ask – the most difficult part of volunteering is making the first move and deciding what you can do!



## Working with you to create a better Moray

tsiMORAY is here to support and promote volunteering, community groups, voluntary organisations and social enterprises.

**Representation** **Award Schemes** **Governance**

**Business Coaching** **3rd Sector Support**

**Funding** **Training** **Networking**

...and much more



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E: info@tsimoray.org.uk



[www.tsimoray.org.uk](http://www.tsimoray.org.uk)

## COUNSELLING SERVICE

*If you are experiencing anger, bereavement, loss, anxiety, stress, burn-out, trauma, childhood abuse, depression, workplace issues, past issues that are affecting day to day life - or if you simply want to understand yourself better - maybe counselling can help.*

*This professional, confidential service offers a safe space to discuss your emotional needs with an experienced Counsellor and Psychotherapist.*

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dip.Counselling MBACP, CMCOSCA

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**07756 206992**

or E-mail:

[donna.davies454@btinternet.com](mailto:donna.davies454@btinternet.com)

[www.donnadaviescounselling.co.uk](http://www.donnadaviescounselling.co.uk)



## Health and fitness

# Reap the huge benefits of an active lifestyle

EMBARKING on a programme of physical activity and attaining a healthier lifestyle may be easier than you think.

First, look at your daily routine and see what activity you already do and what improvements you can make for an even healthier lifestyle. An easy way to begin is to take the active option rather than the inactive one – use the stairs rather than the lift, for instance.

At work, achieving a healthier lifestyle could mean taking a short walk at lunchtime or walking to work. You could get off the bus a couple of stops earlier and walk the rest of the way.

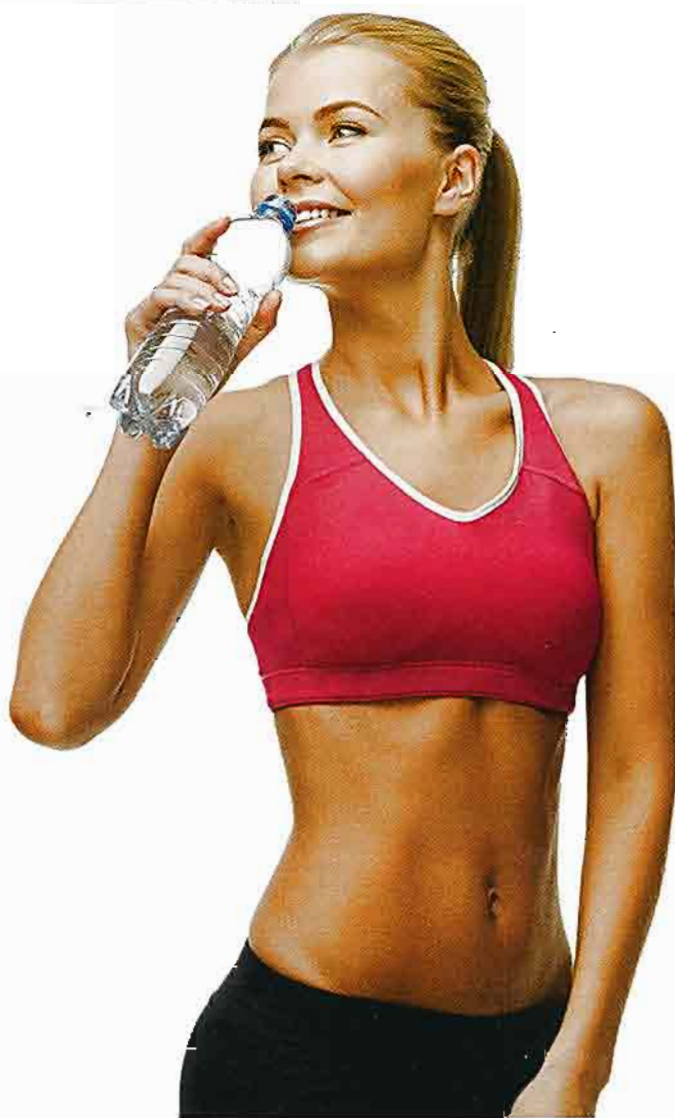
These small changes can really make a difference to the way you feel. You should start to feel less tired and stressed, and more alert throughout day.

Also remember to enjoy the activities you do – this will be one sure way of keeping going.

The good news is that as soon as you begin regular physical activity you'll feel the benefits immediately.

Active people have:

- A longer life
- Less risk of developing many diseases
- Greater wellbeing – the feelgood factor!
- Less anxiety and depression
- Less stress – physical activity helps people to relax
- Lower rates of smoking and substance misuse
- Greater ability to function at work and home. This can also lead to greater independence in later life as active people are able to cope with daily tasks more easily
- Improved sleep
- Better maintenance of a healthy weight
- Increased social opportunities – you meet more people and develop friends.



## WHY NOT HAVE A ROUND?

AT

## Hopeman Golf Club



"I spent many happy hours there, learning how to play certain shots and being imaginative on the course which is great fun and has some brilliant holes – the signature Par 3 12<sup>th</sup> hole, the Prieschach, is one of the best of its kind anywhere!" Paul Lawrie

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## bikespokes

MOBILE SERVICING & REPAIRS

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07801 365 710



## BUCKIE DENTAL PRACTICE



93 West Church Street  
Buckie, AB56 1H

01542 831166

[buckiedentalpractice93@gmail.com](mailto:buckiedentalpractice93@gmail.com)

# Aiming for 'magic 30'

AS you can see, healthy living provides many benefits.

Getting physical activity into your daily routine, combined with healthy eating, is the best way to get those short- and long-term benefits into your life.

To achieve an active lifestyle, adults should have at least 30 minutes of moderate physical activity most days of the week.

Children should aim for at least one hour or more of moderate physical activity most days. It needn't all be done in one go, though.

Develop an active lifestyle piece by piece – small chunks of moderate activity over time will add up to a more active, healthier lifestyle.

Moderate activity is the equivalent of brisk walking.

Moderate intensity physical activity should feel comfortable and not lead to injury.

If physical activity is painful, it's likely you're overdoing it and may need to reduce the intensity and possibly the frequency of the activity.

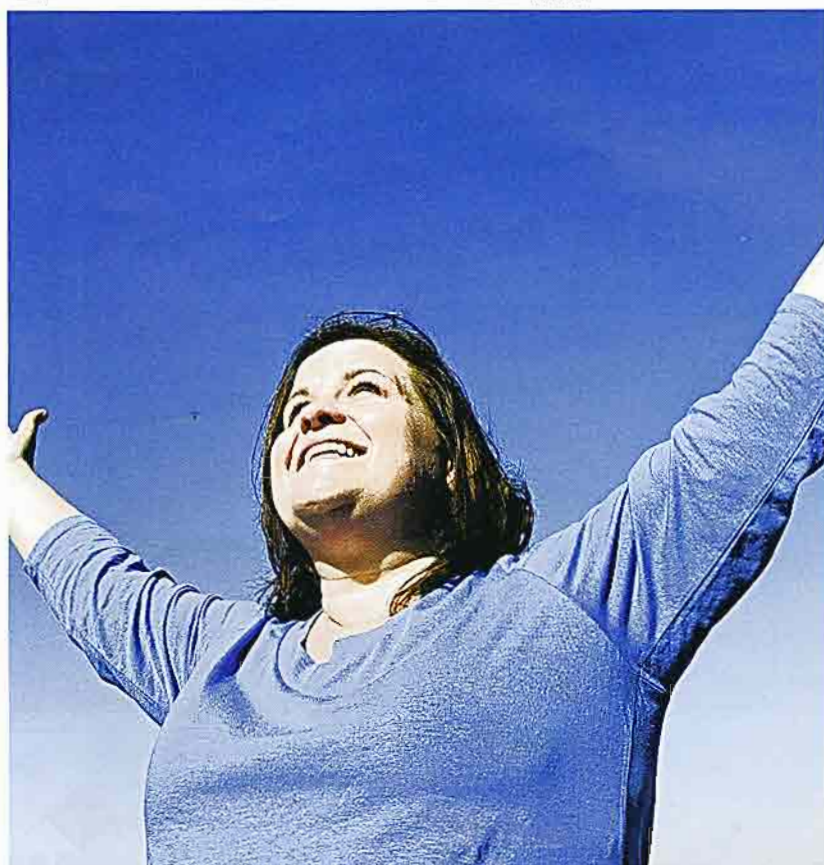
Active commuting is one way to keep regular physical activity in your everyday life. After two or three weeks, try to increase your walking time or how often you walk.

Consider cycling to work or walking the whole way. By doing this you can gradually add more minutes of regular physical activity into your day.

Ideally, after a month or two, you want to be building up to 30 minutes on most days.

If you've been gradually increasing the level of your physical activities, this will feel like a natural progression.

One way to ensure you get the maximum enjoyment is to join others in taking exercise.



Whether it be enrolling at a gym, joining a keep fit class or just roping the family in for a brisk walk or cycle ride, exercise can be extremely satisfying.

If you have a serious weight problem,

a slimming group might be just the outlet for you.

Finding a sport you enjoy is a great motivator for keeping up regular physical activity.

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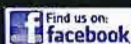
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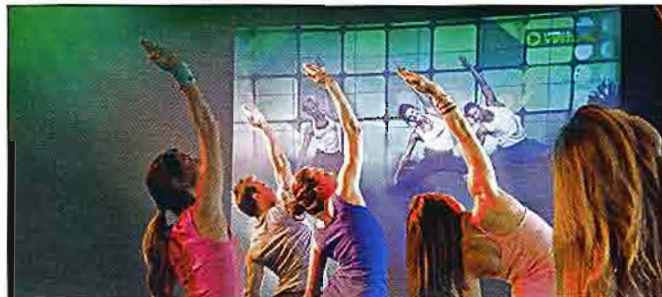
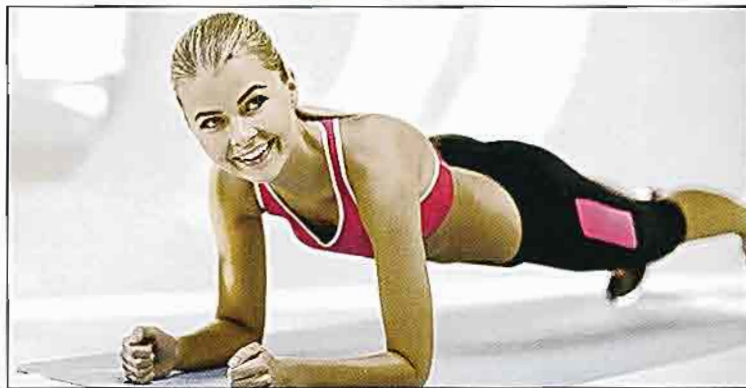
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# Drop in and keep feeding recycling centres in Moray

MORAY Council is keen to help local people recycle as much as possible. As well as the regular kerbside collection service, there are a number of recycling centres and points across the area. The recycling centres can take a wide range of materials for recycling and disposal, while the recycling points are much smaller and can accept a limited amount of materials.

You can view or download a copy of the council's Recycling Guide at [www.moray.gov.uk](http://www.moray.gov.uk)

## Recycling centres in Moray

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Monday to Saturday, 8am-4pm;  
Sunday, 10am-3pm

**Cullen:** Portlong Road Recycling Centre  
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Sunday, 10am-3pm

**Dallachy:** Spey Bay Recycling Centre  
Monday to Saturday, 8am-4pm

**Dufftown:** Industrial Estate Recycling Centre

Monday to Saturday, 8am-4pm;  
Sunday, 10am-3pm

**Elgin:** Chanonry Road South Recycling Centre  
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Sunday, 10am-3pm

**Forres:** Waterford Recycling Centre  
Monday to Saturday, 8am-4pm;  
Sunday, 10am-3pm

**Keith:** Balloch Road Recycling Centre  
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**Lossiemouth:** Shore Street Recycling Centre  
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**Tomintoul:** Conglass Lane Recycling Centre

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■ Opening times of recycling centres are subject to change without notice.



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#### Toots Cafe Bar & Bistro

Ernest Forsyth, father of the hotel owners was known almost universally as Toots. In the café bar that bears his name, visitors and local residents alike can relax in the warm and welcoming atmosphere. Here you can enjoy an aperitif or an expertly-prepared barista coffee, as well as bar meals, snacks and delicious desserts from our all day casual dining menu.

#### The Spirit Safe

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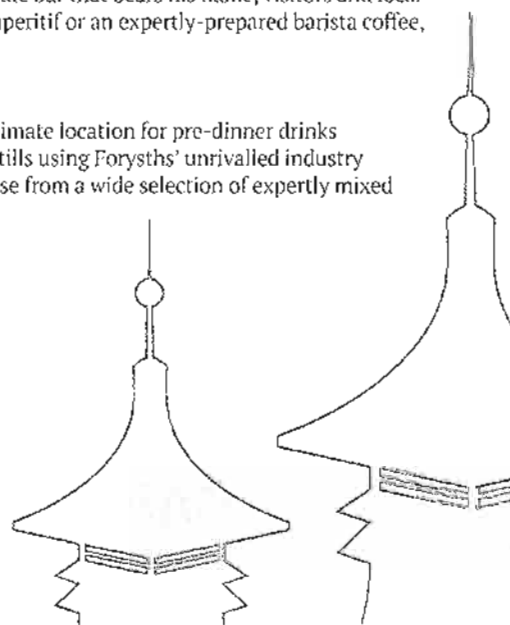
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# Don't be driven up the wall by making wrong colour choice

A WALL colour you don't like is hard to live with – and, as there are so many different colours and finishes to choose from, it's important to try a new paint first. It is a good idea to apply a little of a new colour to each wall, so you get the full effect and can see how it looks at different times of the day.

Printed colour charts aren't always accurate, so don't rely on them, and the same is true of paint colours viewed online – always try

the paint in the room it'll be used in.

Once you've found an emulsion you like, you'll need to work out how much to buy. The paint tin will have information on coverage, and you can use an online paint calculator to work out how much paint is needed per room. These calculators take into account things like the size of the walls, windows and doors, but not the type of emulsion you're using or the state of the walls themselves.



As soon as you start applying an emulsion, you'll be able to see how well it covers your space.

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## Around the home

# Brush up well and be happy!

AS soon as you start applying an emulsion, you'll be able to see how well it covers and get an idea of how many coats you'll have to do. The quality of the emulsion will affect the number of coats, as will the state of the walls.

More paint will be needed to cover textured wallpaper and lumpy and bumpy walls than smooth ones (new plaster should be sealed first to make it less absorbent). Some emulsions cover better than others. It's worth paying more for a good-quality paint that provides excellent coverage than scrimping and paying for it later.

The colour you use can also affect how much emulsion you need. Pale colours may not cover as well as dark ones, and if you're painting new plaster with pale emulsion there may be patches you can't cover easily – use a stain-block paint or a basecoat emulsion on these.

Basecoat emulsions, which are white and cover better than most standard emulsions, are useful if the emulsion you're using isn't covering well.

If you're painting over dark walls with a pale colour, for example, you'll save time, effort and paint by applying a basecoat first.



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When it's always better to have too much

It's obviously better to have too much emulsion than not enough, as long as you can return it - most DIY stores will refund unused tins, although usually not from paint-mixing machines (unless faulty).

Sometimes the same colour can change slightly between batches of paint, especially with paints that use natural pigments, so not buying enough in the first place can be disastrous.



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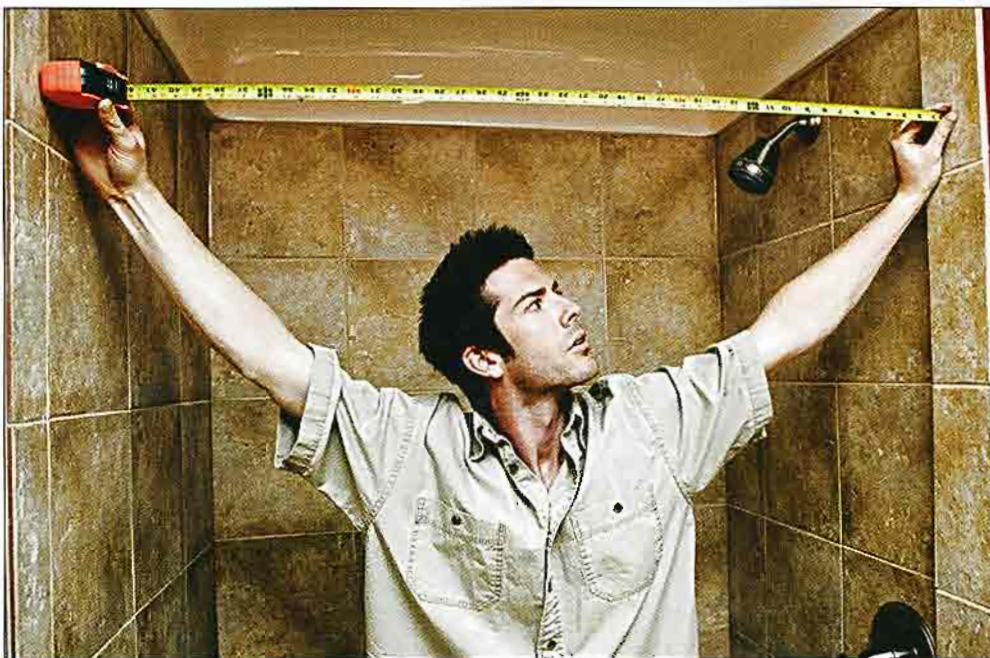
# Ceramic and porcelain enables you to tile in style





TILES come in various shapes, sizes and materials, and it's important to get ones that suit the style and function of the room you're tiling, as well as your budget.

Often an affordable option, ceramic and porcelain tiles are popular because they're easy to lay and care for. Glass tiles are also low maintenance and look fantastic, but they tend to be expensive – as are many stone tiles (such as slate, marble and limestone) which are often higher maintenance and can vary a lot in thickness, colour and texture, so they're not for everyone.

Mosaic tiles are available in lots of different materials and are ideal for a feature wall or splashback, but they're rarely cheap. They can be hard to keep looking good, depending on where they are and the colour of the grout, because there are so many grout lines compared with larger tiles. Mosaics aren't the most practical option as a cooker or hob splashback, for example, especially if the grout is pale.

If you're buying tiles online that you haven't seen in person, make sure you get a sample first because you could end up with tiles you don't like that are expensive to return. Of course, you may prefer to buy tiles in store, where you can see what you're




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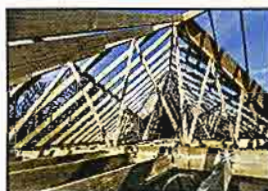
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# Advantages of of buying your tiles in store

getting. Another advantage of buying in store is that you can ensure all the tiles come from the same batch (as long as there's a batch number on the boxes), so they're exactly the same colour and finish.

To work out the number of tiles required, multiply the length by the height of each wall or part wall to be tiled (minus the area of any doors and windows) and add them together to get the total area, plus around 10 per cent more for breakages and wastage. Lots of tiles are sold per square metre and, even if they're not, it should say what the price is per square metre - this is the easiest way to work out the cost.

Don't forget to factor in the cost of the tile adhesive and grout, tools, spacers and other accessories.

The adhesive and grout must be suitable for where you're tiling (not all

can be used in showers, for example) and the sort of tiles you're using.

The grout can make almost as much of a style statement as the tiles themselves, as the colour of the grout can make a big difference to the finished look, so don't decide on the grout as an afterthought. You can get an idea of how grout changes the appearance of tiles at [www.tilegiant.co.uk](http://www.tilegiant.co.uk), which also has a visualiser where you can see how different tiles look in a room set.

If you're doing the tiling yourself, it's a good idea to buy tile adhesive the same colour as the grout - you can get all-in-one ready-mixed products. This is because the adhesive can ooze through the gaps between the tiles as you lay them and, if the grout is the same colour, you don't need to be as meticulous about removing all the excess adhesive before grouting.



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## Around the home

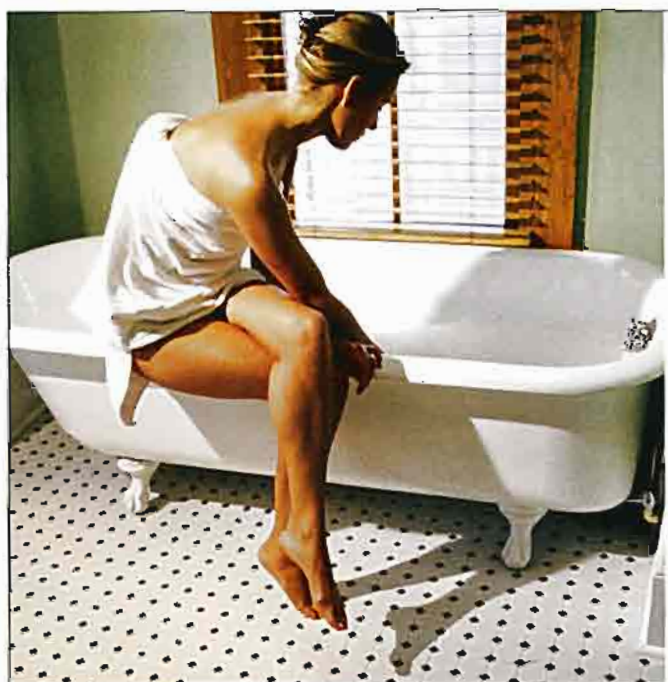
# Grout-colour has to be the right colour

WHEN you're grouting the tiles the grout can make almost as much of a style statement as the tiles themselves, as the colour of the grout can make a big difference to the finished look, so don't decide on the grout as an afterthought.

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# Chamber at the centre of business life in Moray

**Sarah Medcraf** (right) chief executive officer of Moray Chamber of Commerce, outlines the vital role of the organisation in supporting the local business community and highlights the benefits of membership

CHAMBERS have been part of the local business community in Scotland, contributing to the local economy, for hundreds of years and have always understood our members' needs because we live among them. Your local chamber, Moray Chamber of Commerce, is also part of something far bigger: chambers are local in

organisation but national in reach. There are 21 chambers across Scotland, from Thurso to Dumfries.

The chambers in Scotland come together as Scottish Chambers of Commerce. Just as the local chamber is integral to the local business community, the national chamber serves a **Contd. on page 36**



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## Chamber of Commerce

# Battling to support local firms

Contd. from page 35

unique function, acting as a third-party voice on important legislation that impacts on the business community. It is critical in shaping legislation at national government level.

Chambers interrogate the real barriers that businesses face – for instance helping them to overcome red tape and helping them meet the challenges of training, retaining and managing people. Government listens when we put forward constructive ideas to help support business.

Chambers are unique because they are built from the ground up – by Moray business, for Moray business.

**The values and aims for the team at Moray Chamber are identified as the four Cs: Communication, Connection, Collaboration, and Celebration**

Communication – with each other and with our stakeholders, about our members, about what our members need, what we offer, and what we do.

Connection – because although Moray Chamber is a young chamber, turning 15 years old this year, we are part of a centuries-old global network of businesses, but also because we

have connections and relationships in Scottish Chambers of Commerce with governments, local authorities and other stakeholders that we will develop and strengthen for the benefit of our members across Moray.

Collaboration – because when we collaborate between chambers, we are stronger. When we connect and create business partnerships and business connections both within and outside the network, for ourselves and



for our members, the outcomes are powerful.

And lastly, Celebration – because there is so much to celebrate about what businesses in Moray do. The media often focuses on the doom and gloom of our economy while ignoring the positives – we focus on the contribution that businesses make to life in Moray.

Moray Chamber represents businesses, not just individuals, and we speak on behalf of firms of all sizes

– from sole traders right through to multinationals, from new start-ups to long-established family businesses – and across all sectors.

By every international measure, Scotland is an SME nation – with the emphasis on “small”.

Moray businesses with fewer than 250 employees constitute the lion's share of our economy, accounting for over 99 per cent.

Looking forward, today's and tomorrow's SMEs – right down to the thousands of single-person enterprises the length and breadth of the country – will be the drivers of job creation, innovation and new export potential.

But they need help to ensure such aspirations of success are not just achievable, but are sustainable – and that is where Moray Chamber has a real role to play.

There are a number of advantages to membership. Our most popular benefit would be our online HR portal which has a comprehensive document library with more than 550 downloadable template documents from recruitment and selection to training and development and exit management. The portal even has its own editable contracts of employment – vital when the consequences of failing to give an employee a contract

is up to four weeks' pay.

Moray Chamber also works with a number of businesses to offer you discounted services including flights, health care and fuel cards to name a few, with well-known brand names and local providers alike. Our members are also very generous to each other and we have a number of “member to member” discounts.

Throughout the year we have a number of both informative and networking events. We are a key partner in Moray Business Week which is held in November each year and we host our annual awards dinner which has around 300 guests and is the biggest black-tie event in Moray. The dinner is held on the first Friday in September and each year celebrates a business that has made a significant contribution to the local economy. Other awards which we present at the dinner and through Moray Business Week are Export of the Year, Most Promising Enterprise, SME of the Year, Tourism Business and Community Tourism.

Moray Chamber also hosts the Moray Speyside Tourism initiative and the Developing the Young Workforce (DYW) project for Moray.

The Moray Speyside Tourism team, under the auspices of the chamber,

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are working as a destination marketing organisation to promote the area to visitors. They also work closely with tourism businesses in the area, listening to their needs and challenges and helping them collaborate with other tourism businesses. Its aim is to raise the value of tourism in Moray Speyside to £190m by 2025.

DYW Moray is a new project within Moray. The programme will see an industry-led team encouraging businesses to work with education to help shape the workforce of the future. The team will be encouraging meaningful, sustainable partnerships with schools and the college, as well as working with public, private and third sector partners to make a real difference to the young people of Moray for years to come.

For more information on Moray Chamber of Commerce or to join you can visit [www.moraychamber.co.uk](http://www.moraychamber.co.uk)

Membership is based on your employee amount and starts from £150 plus VAT per year - with a discounted rate for charities and social enterprises.

I take great pleasure in visiting current and potential members and learning more about their businesses so I can assist and refer them to help them maximise their membership.

#### MEMBER TESTIMONIALS

##### Mervyn Stanley, Cameron Carnegie

We at Cameron Carnegie are delighted to have worked alongside Sarah on a number of projects and have always found her extremely focused,



Sarah Medcraft speaking at the Moray Chamber award lunch.

Picture: Dan Feg

results-orientated and, importantly, enthusiastic and engaged. Sarah places Moray Chamber members' best interests at the heart of everything she does. No request, no matter how difficult, is too much trouble and Sarah always delivers beyond expectations. A pleasure to work with.

##### Darren Margach, Pinz Bowling

We chose to join the chamber to become part of a network of local people such as ourselves - to use others' experience and ideas in pushing forward our business, as well as contributing our own ideas to others. The vast range of contacts, services and

experience has been invaluable to us as a small local business. The networking events provide a social and educational environment for members converse.

Past seminars hosted in conjunction with the chamber I have found particularly interesting, informative and relevant to my business. The exclusive offers available to chamber members also allow us to keep our costs minimal, which is paramount for any business. We have found the chamber welcoming, we know the door is always open, and there is always someone willing to help at the other end of the phone.



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Look good, feel good

# 'Bronzing beginners' should apply the lighter touch

UNLESS you've been holidaying in warmer climes, there hasn't been enough sun to catch a glorious tan this year – but that doesn't mean you have to resort to full-body fake-tanning.

Bronzing make-up has come a long way from the one-shade-fits-all powders of the past, and there's now a glow-inducing solution for everyone, even if you're naturally porcelain pale.

Here's the make-up artists' advice on the best new bronzers and how to apply them like a pro...

## MEET YOUR MATTE

"Powder bronzers generally give more of a matte finish, which is great for oilier complexions," says Sascha Jackson, UK head make-up artist for Stila. She recommends that bronzing beginners choose "a shade lighter than you think you need".

She explains: "You can always build the colour intensity as you go. It's easier to apply more than it is to tone down."

And it's not a case of grabbing a big brush and daubing liberally. "When applying bronzer, it's always best to apply it where the sun would naturally catch the skin," Sascha says. "Think around your hairline, down the nose, cheeks and chin. This way you get the most natural, sun-kissed effect."

## HOW GLOW CAN YOU GO?

"Bronzer should enhance a tan, or warm the skin for a healthy glow," says make-up artist Lisa Prostamo. She advises that those with warmer or darker skin tones should try a shimmering bronzer, while "fair, untanned skins should avoid shimmer finishes".

Lisa says: "If the powder has a light shimmer finish, apply to the cheeks to create a pretty glow, and don't forget the neck and décolletage – bronzer should be applied to this area to balance the face, for a natural, authentic finish."

## CREAM OF THE CROP

If you prefer a dewy foundation



look rather than matte, try a cream bronzer.

"Cream bronzers offer more

coverage and can be applied sparingly over the face and neck to enliven a tan, or under cheekbones to contour

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the cheeks," Lisa advises.

Use your index finger to dot the bronzer in the desired area, then your middle finger to blend out.

#### LIQUID DREAMS

"Liquid bronzers tend to be more sheer and can be applied before foundation," explains Sascha Jackson. "I love applying liquid bronzers with a damp Beautyblender, as you can achieve a gorgeous, gentle sun-kissed glow by stippling a small amount onto the skin."

Lisa Prostamo advises: "Apply sparingly on areas of the face where the sun naturally hits. Apply a little at a time and build up to the intensity desired."

#### CUSTOMISE YOUR COMPLEXION

Liquid bronzers don't have to go straight on to your face - there's a new generation of highly pigmented formulas intended for mixing with other products.

Use the back of your hand as a palette and mix a drop at a time into your usual moisturiser or foundation, to create a custom blend perfect for your complexion.



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## Motoring

# Pleasures and challenges which go with the territory

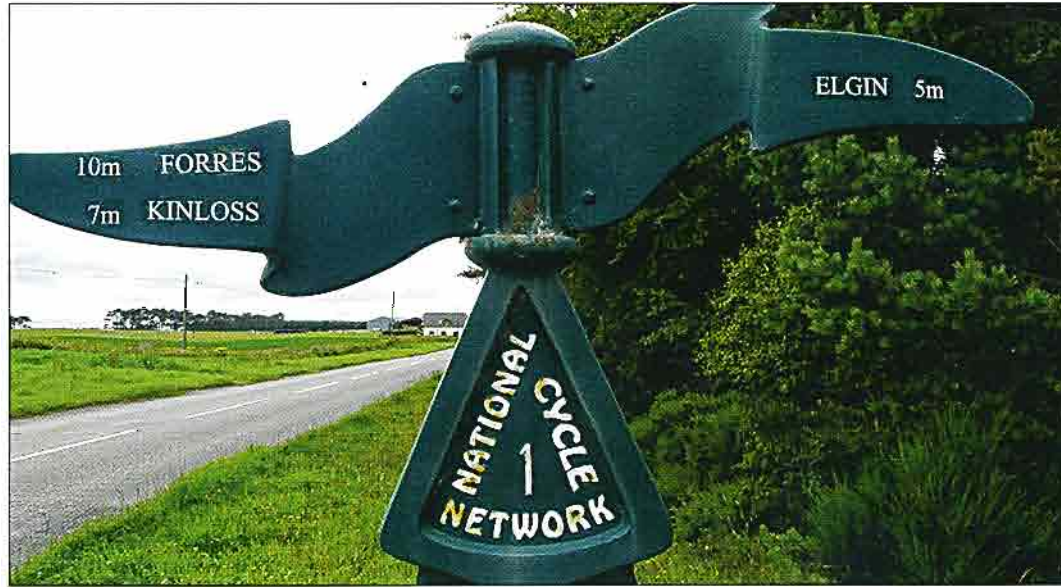
DRIVING on rural roads such as those in the north and north-east can be quite a challenge – whatever the time of year. Tight bends, unexpected animals and narrow lanes complicate matters, but if you get it right these roads can be enjoyable too.

Planning ahead is the key, according to Richard Gladman, IAM RoadSmart's head of driving and riding standards. He says we should expect the unexpected, and offers these top tips on getting rural roads right:

1 Look as far ahead as possible to see what direction the road is taking – hedge lines, telegraph poles or lampposts all give clues on twists and turns ahead. And always be prepared for something you can't see round the bend – a group of cyclists or a horse, for instance.

2 Wet roads can have a serious effect on car control. Keep an eye out for wet leaves or standing water on the road – as well as being slippery, they can hide a multitude of hazards.

3 Be mindful of any animals that may also use the road and look out for these warning signs. Horses in particular can be



When driving on rural roads, always be prepared for something you can't see round the next bend.

Picture: Alan Hend

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The North Coast 500 route has become one of the most popular driving routes in the country – but watch out for the cyclists!

easily startled, so when approaching reduce your speed and give them plenty of room. Pass wide and slow when it is safe.

4 Keep an eye out for agricultural vehicles on the road – they probably can't go as fast as you want to, so try and be patient. On a single-carriageway road only overtake where there is plenty of room to do so and where there is no oncoming traffic. Remember, any break in the hedge line is a

potential junction for a tractor – if in doubt, hold back.

5 If you're driving behind a bus or a school coach, keep a look out for passengers that start to move around inside. This is usually an indication of passengers getting off at the next bus stop – be prepared to slow down for children crossing the road in front of or behind the bus.

Mr Gladman said: "Most country lanes will have

a speed limit of 60 mph – but this doesn't make it a target. You should be able to stop in the distance you can see to be clear on your own side of the road. On a single-track road you may need to stop in half of that distance to allow for oncoming traffic – if you can't see, slow down. There are so many potential distractions in this environment, but nothing beats driving through a country road with beautiful scenery on a nice day."

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## Motoring

# Regular check on tyres is vital

THE safety organisation TyreSafe has underlined the importance of carrying out regular tyre checks.

While various tyre types are available, all of them need to be in good condition and at the right pressure to perform at their best.

Summer tyres are the type most commonly fitted and are designed for road conditions experienced in the normal UK climate.

Winter tyres are manufactured with a rubber compound and tread pattern specifically designed to perform when temperatures drop to 7C and below, and are particularly competent in snowy and icy weather as they have higher levels of grip in these conditions.

Like winter tyres, all-season tyres are manufactured with a slightly different rubber compound



If your tyres show any sign of bulges, cuts or cracking, you need to have them examined by a tyre professional.

designed to combine the benefits of summer and winter tyres.

All-season tyres are gaining in popularity largely as a result of new developments in technology

as they provide an all-year alternative for use in climates that suffer less severe winter conditions.

Motorists here should all be aware that winter is particularly difficult for all types of tyres, regardless

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of which are fitted. Compared with warmer months, the distance a vehicle takes to stop may well increase and grip around corners is also likely to be reduced.

"The particular circumstances of the driver will dictate which tyre is best suited to their needs and some will opt for the reassurance of winter tyres," said Stuart Jackson, chairman of TyreSafe.

"Of course, many motorists are not in a position to buy a set of tyres specifically for winter. They should at least regularly check that all their tyres are in good condition with adequate tread depth, and at the right pressure, and drive with extra caution throughout the toughest season of the year."

TyreSafe recommends drivers check their tyres at least once a month and before long journeys. A tyre's tread depth should be at least above 1.6mm - the legal limit - as it determines how quickly a vehicle can brake, change direction and clear water from the road surface to avoid aquaplaning.

To check whether a tyre is close to the limit, a 20p piece can be used as an easy guide as its

border is exactly 1.6mm. Simply insert the 20p into the tyre's grooves at three points across its centre and then repeat twice more around the circumference. If you can see the border of the 20p piece at any point, your tyre may be below the legal limit and you should have it checked by a tyre-fitting service.

While you're checking tread, have a look at the tyre's general condition. Tyre manufacturers don't make tyres with bulges, cuts, nails or cracking in them so if any of these are visible you need to have it examined by a tyre professional.

Finally, use an accurate gauge to confirm your vehicle's tyres are at the vehicle manufacturer's recommended pressure. Two units of measure are typically used: "psi" and "bar", and as a rough guide one bar is equivalent to approximately 14.5 psi.

You'll typically find the right pressures either in the door shut or behind the filler cap, or alternatively you can look up the right pressure for your car at [tyresafe.org](http://tyresafe.org)

Remember that when a vehicle is fully loaded, the pressures will typically need to be increased and the spare tyre should also be checked.



The legal requirement for tyre tread depth is at least 1.6mm.

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## Business Gateway

# Key decisions to be made as you get down to business

Whether you are starting a business or looking to develop an existing venture, it is important to get the best help and advice to drive your business forward. There are numerous organisations and professionals keen to give advice, but how do you know who to consult and which resources will be the most useful in the long run? **Craig Robertson** heads up the team at Business Gateway in Moray, offering advice to businesses in four key areas



BASED in Elgin, our advisers have the expertise to understand what your business needs. We offer a free, impartial service and will help you find the right solutions either directly or via our stakeholder partners. We have access to extensive networks, so if we can't help we will put you in touch with the right people who can. Business Gateway really is the best place to start.

## Starting a business

Becoming your own boss is both exciting and daunting. There is a lot to be done to get your new venture off to the best start, but thankfully there are also plenty of resources available at Business Gateway.

From one-to-one advice to local business skills workshops and online guides, we can help you assess your business idea, support you with business and financial planning and source market research information.

If you're a young entrepreneur, we will work with our partners at Prince's Trust Enterprise to help you access their resources including grants, loans and mentoring.

## Finding finance

Securing business finance requires the right approach, whether it be for start-up, growth or recruiting staff.

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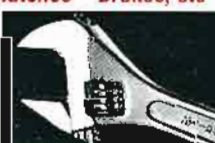
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ready" with a robust business plan and realistic financial forecasts. Failure to do this is cited by lenders as one of the main reasons for unsuccessful applications.

We work with a range of lenders to ensure that we know about the latest funding opportunities available. Our advice is all about finding the funding that is best suited to your business.

#### Expanding market share

For many businesses, increasing market share means expanding the customer base, increasing sales to existing customers, selling to new markets or developing new products/services, all of which need a sustainable strategy, based on market research.

We can help you identify a strategy that fits best with your circumstances, and can provide access to free market research to inform this. We will also help ensure that you have everything in place to implement your strategy successfully. Free templates and workshops are available to help you develop robust business, financial and marketing plans.

Networking is also crucial and Business Gateway regularly delivers events where you can connect with other businesses and organisations. You could also become a member of organisations such as Moray Chamber of Commerce, the Federation of Small Businesses or Moray Business Women to name a few. Choose the right organisation for you and your business needs.

#### Exploring export markets

Exporting can be a great way to grow a business, but it does entail risk. You'll need to conduct market



Gain advice on a proposed business venture and talk your plans through.

research, prepare an export plan, line up potential partners for sales and distribution, and complete legal documentation. However, local support is available to help you with every step. It is worth talking your plans through with your Business Gateway adviser in the first instance to make sure that you are ready to begin internationalising.

You would then be put in touch with the local Enterprise Europe Network team, based in Inverness.

This team is part of a wider network that covers some 600 organisations in over 50 countries

around the world, so it is a great entry point for international markets. It can provide UK and wider European market research including information on policy, standards and more; identify business opportunities; look for funding options; and find potential business partners from its extensive database and global network of colleagues.

■ Business Gateway Moray is based on the High Street in Elgin; call 01343 563634 or visit [bgateway.com/moray](http://bgateway.com/moray). You'll also find it on Facebook.

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## Property

# Turning the heat up in the push to keep the bills down

WITH summer but a distant memory, homeowners are turning their attention to how best to heat their homes during the colder months.

Energy costs are among the biggest household expenses so more and more people are considering installing renewable and environmentally-friendly systems to save money and help in the environment over the long term.

Here are five top tips if you are considering going green:

1. Heat pumps are one environmentally-friendly way to heat your home. Ground or air source heat pumps are most popular, as water source heat pumps aren't practical unless you have a lake, river or stream in your garden. Ground source heat pumps extract warmth from the earth and use it to heat your home or hot water. The (above-ground) pump is connected to a series of pipes (the ground loop) buried in the garden and can be used all year round, although you may need a back-up heating system in winter.

2. Air source heat pumps take heat from the air outside and use it indoors. They're either air-to-air pumps, which produce warm (and also cool) air and circulate it through fans, or air-to-water pumps, which supply your home's (wet) central heating system. Air source heat pumps can be less effective when it's colder

than -5C, so another form of heating again may be necessary in winter.

3. If your home is heated by radiators, they won't get as hot with a heat pump as they would with a boiler - you'll need to have them on for longer or replace them with more powerful ones. The perfect partner for a heat pump is wet underfloor heating because both work at lower temperatures, but this type of heating isn't particularly easy to retrofit.

4. Biomass boilers are another eco heating option, ideal if you want to reduce your carbon dioxide emissions and have access to a regular supply of wood. These boilers burn wood chips, pellets or logs and can be used for central heating and hot water. The Energy Saving Trust ([www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)) says that an automatically fed pellet boiler for an average home costs £9,000-£21,000, including installation, so it's not cheap. However, if you replace an older gas heating system with a biomass system, you could save up to £360 a year, or up to £990 a year compared to an old electric heating system, according to the Trust.

For more information in installing renewables in the home contact Home Energy Scotland, the Government programme managed by the Trust. Telephone: 0808 808 2282 or visit [homeenergyscotland.org](http://homeenergyscotland.org)



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## Shopping

# Spoiled for choice on shop trips

WITH a clutch of towns and villages throughout the region that are all within easy reach of each other, Moray offers great diversity for shoppers – whether they're hoping to bag a bargain or looking for long-lasting quality. And everywhere you go you can expect friendly service and the highest levels of customer care.

Elgin offers an excellent mix of well-known national retailers and speciality shopping, all within a convenient hub in and around the town centre.

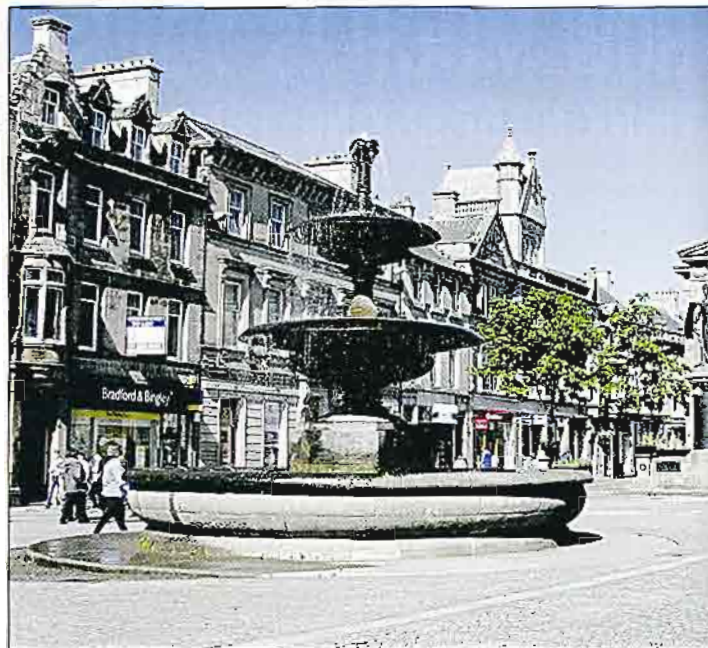
A Business Improvement District (BID) has been in operation for several years, aimed at helping Elgin enhance

its competitive advantage in a sustainable, proactive and managed way – ensuring a vibrant town centre for the people of Moray and visitors alike.

If you are looking for familiar names, visit the shopping centre in the heart of the town. This compact mall is home to many popular high street retailers and there's a number of eateries to keep those batteries fully charged while shopping.

Located next to the bus station, it is also well placed for those living in outlying areas who rely on bus services within the region.

Elgin's High Street is home to a



Elgin is an ideal shopping venue.

wide choice of stores, ranging from independent traders offering speciality shopping to the more familiar big brands.

Explore the centre's side streets and wynds to discover more

specialists offering the unique and unusual.

Elgin is also well stocked with traditional bakeries and tea shops as well as fast-food outlets.

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# Traders galore offering value for money

within easy travelling distance, shoppers will find a luxury cashmere visitor centre which offers men's and women's clothing, home furnishings, a gift and food shop and restaurant.

In addition, Elgin has all the conveniences you would expect from a large town including a choice of supermarkets, car dealerships and big brand warehouses at the retail park.

Forres similarly offers the best of both worlds - convenience and choice. The High Street has retained its market town feel with a host of independent traders and businesses offering something a little different.

A short drive from the centre of Forres is a converted model farm which now provides a home for local craft people and artists as well as a farm and garden shop selling local produce including meats, vegetables, preserves and plants.

Just four miles from Forres lies the pretty seaside village of Findhorn.

While many of the village's attractions are found in its natural environment - such as the beautiful white sands and a wealth of marine life, including dolphins and porpoises - Findhorn has other attractions too.

Visit the pioneering eco-village's gift shop and café for a range of books, New Age products and organic foodstuffs and call in to Findhorn for a delicious lunch.

Situated between Nairn and Forres is a

Contd. on page 50



There's always a good reason to visit Forres!

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## Shopping

# Towns that have a great deal to offer

Contd. from page 49

countryside emporium complete with a food hall and restaurant. It stocks the best local and Scottish products including fruit and vegetables in season, free-range eggs, homemade jams and chutneys, honey, home baking, chocolates, oatcakes and shortbreads, fine teas and coffees.

There is also a wide range of luxury men and women's clothing and footwear as well as home furnishings, crockery, gifts, cards, cosmetics and toys.

There is now an A96 bypass around Fochabers but it's still well worth stopping off in the village to explore its delightful shops. Fochabers is also home a large garden centre which has an impressive array of garden items as well as homeware, gifts, books and toys – and a play area to keep the kids happy.

Keith is a former market town and, although it has expanded over the years, it has retained its traditional charm and offers a welcome break from the hustle and bustle of larger centres.

Keith is home to a number of gift and craft shops which are ideal for finding something unusual and different for a present or a treat. There are also traditional ironmongers, furniture stores, cafés and bakeries, a car parts shop and a deli – which all attract customers from as far afield as Aberdeen.

Other communities have plenty to offer too, offering that same combination of quality, distinctiveness and commitment to customer service. Whether it's the friendliness of Buckie, the seaside splendour of Lossiemouth or the elegance of Aberlour, shopping in Moray is guaranteed to be a pleasure.



Lossiemouth's seafront splendour.

Picture: Alan Heron



Keith is home to a wide range of good stores.

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# Castle country in Moray is the place for a fairytale wedding

TO stage a fairytale wedding you need look no further than Moray and the north-east – well, it is castle country after all! This part of Scotland is steeped in history, from majestic castles and stately mansions to more rustic and quirky venues such as a Victorian barn or an idyllic courtyard.

Whatever the fantasy, you can almost guarantee to turn it into a reality.

Many of these stunning local venues also boast beautiful grounds and gardens

which make the perfect backdrop to your wedding photos or even an alfresco ceremony if you are planning a spring or summer wedding.

For a grand affair, consider a venue with carefully manicured lawns and flowerbeds, fountains and sweeping views. For something less formal but still boasting beautiful surroundings, consider a venue with a walled garden full of vintage, rustic charm such as stone arches with climbing roses and

Contd. on page 52



Castles such as Brodie provide a magnificent setting for your big day. Picture: National Trust for Scotland

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## Weddings

# A wide range of fantastic venues to choose from

Contd. from page 51

ivy, sundials and wild flowers.

If you are concerned about the weather, most venues cater for an outdoor ceremony with an indoor or marquee reception – so if the worst happens, and it turns into a monsoon wedding, everyone can keep dry. And you can still get those garden photos as soon as there's a break in the weather!

Many of these castles and mansions that cater for weddings boast their own chapel within the grounds, allowing couples to have the ceremony and reception at the same

location. But if you are looking for something a little different, perhaps a contemporary wedding in a luxurious or boutique hotel, there are also lots of fantastic venues available which are highly experienced in hosting small, intimate gatherings as well as larger, grand events.

You will also find these venues have excellent local contacts who can provide all the elements for your big day such as flowers, decorations, transport and catering.

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# Glorious setting to take your vows!

most wedding hotels can offer all three with a separate, more intimate room for the ceremony and a larger space for the reception as well as accommodation for the happy couple and their guests – ideal for those travelling long distance for the occasion.

For something different and quirky for the ceremony there are options too. Our coastline is home to many beautiful, secluded bays which provide a stunning yet intimate location for a service on board a vessel or on a quiet, pristine beach. This is an ideal choice for couples wanting a very private, personal ceremony in a tranquil setting before joining their friends and family onshore to party the night away at a hotel or reception venue.

As well as its beautiful beaches, Moray and the north-east is renowned for its glorious countryside, particularly its woodlands, which would make for a wonderful, rustic setting for a wedding with a pretty

floral arch among the trees where you exchange your vows. You might even get photo-bombed by a native red squirrel during your wedding pictures!

Wherever you decide to host your wedding, it is vital you do your research and book it as early as possible, especially if you need additional permission from landowners before you can hold the ceremony on their land.

Venues, particularly hotels and historic sites, book up well in advance – so ensure you have a couple of options rather than pinning all your hopes on one place. Make sure you visit the venue in person, discuss exactly what you want, and find out if and how the venue can provide it.

Many venues have their own dedicated wedding planner who can help you organise as much or as little for the big day as you want, whether you choose a set package or you prefer to tailor your own day.



Do the research for the perfect day.

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## Hobbies and pastimes

# Gain a real sense of wellbeing through having a great hobby

HOBBIES and pastimes are important to our sense of wellbeing – whether we're diving head-first into adrenaline-boosting exercise or gently exploring our creative talents.

Away from the stresses and strains of work, the enjoyment and satisfaction we gain from our chosen spare-time activities can play a big part in improving our self-esteem as we set new personal goals and meet different people.

You certainly don't need Olympic-standard levels of fitness to reap the benefits of taking part in sport!

From running to swimming, from cycling to badminton, there are clubs across the region that will make you

welcome and inspire you to get the most from participating at the right level. Golf is another great way to increase your levels of exercise while developing new skills and expanding your social circle.

Keep-fit classes, yoga sessions, dance tuition and walking groups are just a few of the other healthy options. Gardening has many proven benefits, whether you choose to lovingly cultivate your own piece of ground and grow your own fruit and veg or show your public-spirited side by getting involved in a community garden project.

Whether you do it for relaxation and enjoyment or as a way of saving money, taking up a craft hobby is



Gardening is a healthy activity with many proven benefits.

lots of fun. From knitting, crocheting, embroidery and sewing to weaving, felting, jewellery and home improvements, there is no shortage of activities to try your hand at.

Best of all, you will get a lovely creation as a reward for all your efforts!

Knitting and crocheting are long-established pastimes and continue to remain popular with a younger generation who find the process relaxing. You can create a gift or an accessory that is unique.

Creating your own accessories or gifts is the perfect way to make something different and exclusive. Wool, tweeds, felt, soft leathers and suede are ideal materials to work with and the different textures and colours complement each other well.

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• TUITION AND EQUIPMENT AVAILABLE

OPEN 7 DAYS A WEEK – 8 am till dark

For further information telephone  
IAIN MACDONALD on (01343) 8629  
[www.wardendfishery.co.uk](http://www.wardendfishery.co.uk)

# Looking to buy a new home?

Tulloch of Cummingston have a wide selection of quality homes on these luxury developments, all designed, built and finished to the most exacting standards



## Mains of Struthers by Kinloss



A selection of contemporary steading conversions and new build homes on large plots in a country-side setting close to the beautiful Findhorn Bay.

**ONLY 2 HOMES REMAINING**

## Forteath Avenue / Wards Road Elgin



Only three 4 and 5 bedroom executive split level homes on large south facing plots in one of Elgin's most sought after locations.

**PRICES FROM £478,500**

## Quarrywood Spynie by Elgin



Nine individually designed luxury homes on spacious plots, all finished in natural stone and slate with fantastic views yet minutes from Elgin town centre.

**ONLY 2 HOMES REMAINING**

## Inchbroom Pines Lossiemouth



A luxury selection of 2,3,4 and 5 bedroomed detached, high quality homes, set within mature woodland on the edge of this popular coastal town.

**PRICES FROM £227,500**

## Seaview Cummingston



Only 5 detached individual homes on large plots with outstanding panoramic sea views over the inner Moray Firth and across to the mountains of Sutherland.

**PRICES FROM AROUND £500,000**

## Design and Build Moray & Nairn



For those who have their own plot of land we offer a full turnkey package to take your dream home from initial conception through to final completion using our experienced in-house design team and highly skilled tradesmen.

### OTHER LOCAL DEVELOPMENTS

#### EASTER COLTFIELD by Alves

Individually designed 3 to 6 bedroom homes on large plots

#### CHAPLETON Forres

Executive homes with countryside views in sought after area

KINNEDAR MEADOWS Lossiemouth Selection of 2 - 4 Bedroom Starter & family homes **STARTING SOON**

**For further information or to view please contact: Tulloch of Cummingston on 01343 835 600**

**Move into a complete home  
from day one.**

**It's all included in the price.**



**Design your kitchen complete  
with all integral appliances.**

**Fitted carpets and flooring.**

**Choice of paint colours.**

**Turfed front and back gardens.**

**Block paved driveway.**

**IT'S INCLUDED.**



For more information please  
call 01343 550552

  
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