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MARR AREA partnership

Dear All

Pop-up Syrian cooking. [Glenbuchat Eclectic Events](#) and the Outsiders Scottish Charity in support of [The Amal Project](#) are pleased to present a Syrian pop-up restaurant at Glenbuchat Bothy on 20th October. The Syrian cuisine prepared and served by some of our Syrian New Scots together with Syrian music guarantees a memorable night out. Price is £20 per person and advance booking necessary either to Eclectic Events eclecticglen@yahoo.co.uk or The Outsiders greatscotts@waitrose.com.

You are welcome to BYOB discreetly - the hosts do not drink alcohol. It is hoped to follow this with a cookery workshop so you can make some of these delightful dishes at home. Hope to see you there!

Become a Snow Warden. Aberdeenshire Council wants to actively support members of the local community who wish to offer their spare time to clear snow from publicly-adopted footways and footpaths. Groups of volunteers are invited to join the Snow Warden Scheme where they can assist with the clearing of snow within an area of their local community whether that be a footway/ footpath along a street, a cul-de-sac, several streets or a housing estate. This pack includes all the information for volunteers to collectively assist their community in a Snow Warden-capacity over the winter months. The season usually runs from 1st November until 31st March. However, voluntary snow-clearing may be required outwith this period. See the two attachments for full details.

[Volunteer Snow Warden Welcome Pack.doc](#)

[Volunteer Snow Warden Scheme Training.docx](#)

Think: Brexit. Deveron Projects is arranging a People's vote event and walk around Huntly on 20th October. All welcome. <https://deveron-projects.com/events/brefast-peoples-vote-march-london/>. On 31st October there is a talk with Ian Hudghton, local MEP. £2 donations for lunch. Booking essential. <https://deveron-projects.com/events/lunch-ian-hudghton/>

Make Aberdeenshire More Active Strategy – Request for information on current physical activity opportunities for Target Groups. The benefits of increased physical activity on all aspects of health and wellbeing are well documented. The Scottish Government in line with World Health Organisation has a priority to increase levels of Physical Activity (PA) in Scotland. The Making Aberdeenshire More Active (MAMA) is a multi-sector partnership leading on this strategy in Aberdeenshire with three priorities:

- Increased PA opportunities for those living with Long Term Conditions.
- Increased PA opportunities for those with additional needs and at risk of not meeting recommended PA guidelines – teenage girls, people with a disability, ethnic minorities.
- Increased opportunities for active travel (walking & cycling) within and between communities.

To enable MAMA to drive this agenda forward we need to establish a baseline of current PA levels and AVA has offered to assist with this data collation by gathering third sector information. We would be grateful if you could complete the following information and click reply to:

consultations@avashire.org.uk by Friday 12th October

Name of organisation/group:

Contact email:

Types of Physical Activity on offer:

Any specific criteria for participants:

Location(s) of activities:

If you would like further information about the MAMA group, please contact Mary McCallum, Health Improvement Officer/Health Psychologist/Public Health Specialist: mary.mccallum@nhs.net

kind regards
Natasha



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