



# WELCOME

**NEWSLETTER: DECEMBER 2025**

## CHAIRMAN STATEMENT:

Welcome to our 2<sup>nd</sup> Newsletter.

As we approach the end of another busy and rewarding year, I'm delighted to share some positive news from across Grampian Heart and Health.

It's been a busy and exciting time for Grampian Heart and Health, and I'm delighted to share some great news from across our community. We've recently launched two new classes, one at The Garioch Sports Centre and another at Inchgarth Community Centre. These additions mean even more opportunities for our members to stay active, meet new people and enjoy the benefits of regular exercise and connection. We also relaunched our ever popular Hopeville class in Inverurie.

Our continued growth is a reflection of the enthusiasm and commitment of our members, instructors and staff. Your involvement keeps our charity vibrant and ensures that we can continue offering activities that make a real difference to people's lives.

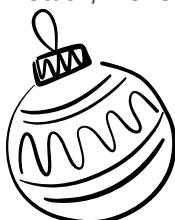
I would like to extend my sincere thanks to the Board for all their help at our meetings and for giving up their valuable time in support of our charity. I'd also like to offer a special thanks to Donna, Megan and Lindsay for the outstanding work they do every day, going above and beyond in all that they contribute. I am so incredibly grateful to them for the difference they are making to GHH and for bringing us forward in this increasingly digital world. A special thank you as well to Caroline, who, although now retired, continues to generously volunteer her time and support for GHH. Thank you.

As we look ahead to the festive season, I'd like to extend my warmest wishes to you all. Merry Christmas and a Happy New Year to you and your families. Thank you for being part of Grampian Heart and Health, we look forward to another fantastic year together.

Warm Regards

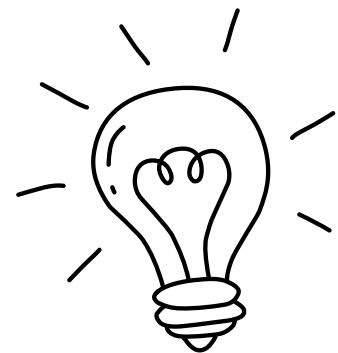
*Albert Lyon*

**Grampian Heart and Health Chairman**



## FUNDING UPDATES:

A huge well done to the RGU class who successfully organised a fantastic quiz night on Sunday, November 2, 2025, at the Ashvale, Great Western Road, Aberdeen. Their hard work paid off, raising an incredible total of £270 for the Charity. Thank you to everyone who took part!



## HOW YOU CAN HELP:

GCRA LTD trading as Grampian Heart and Health is a registered charity and receives no government funding and is heavily reliant on the generosity of its members, the public, local businesses, trusts and foundations in order to continue delivering high quality exercise classes.

### **Fundraise for Grampian Heart and Health:**

We have been incredibly lucky to have had such strong support from our members and the wider community who have organised their own fundraising events to raise funds for us over the years.

For anyone who would like to support us with their own or class-led fundraising event, please contact Megan Couch (Funding and Marketing Coordinator) - [megan.couch@grampianhearthealth.org.uk](mailto:megan.couch@grampianhearthealth.org.uk) for further support.

### **Become a Grampian Heart & Health Ambassador:**

We're looking for enthusiastic members of our community to help spread the word about Grampian Heart and Health.

Would you be interested in promoting what we do?

Would you be willing to share your story and inspire others?

As an Ambassador, you'll play an important role in encouraging more people to look after their health and wellbeing and show how small changes can make a big difference

If this sounds like you, we'd love to hear from you! Contact Megan Couch (Funding and Marketing Coordinator) -

[megan.couch@grampianhearthealth.org.uk](mailto:megan.couch@grampianhearthealth.org.uk) for further support.

*Together, we can make a positive impact across Grampian*

# Get Active News

## BRANDED ITEMS:



We are delighted to announce the launch of our brand new, extensive range of official branded clothing and merch!

Now you can proudly represent our organisation whether you are taking part in an event, training, or just going about your day.

We have carefully curated a selection of high-quality items designed for comfort and style. The range currently includes:

- T-Shirts and Polos
- Hoodies and Sweatshirts
- Caps
- Waterbottles

• Aircool T-Shirt - £11 (Available in sizes XS - 3XL)  
Colours Available: White, Black, Bottle Green, French Navy and Blue

• Pitcher Poloshirt (130gsm)- £12 (Available in sizes XS - 3XL)  
Colours Available: Black, White or Grey

• Pegases Polo (210gsm) - £22 (Available in sizes XS - 3XL)  
Colours Available: Black or White

• Organic Pullover Hoodie - £40 (Available in sizes XS-3XL)  
Colours Available: Black, White or Grey

• Russell Fleece £28 (Available in sizes XS-3XL)  
Colours Available: Black or Royal Blue.

• Caps £9  
Colours Available: Black or White

• Waterbottles 500ml- Black £4



Are you looking for something a bit more personal, your name can be added to any t-shirt, polo, hoodie or fleece for an extra £4 per item.

**To view and purchase branded clothing get in touch with our Office Administrator, Donna Paterson, at 01888 569160 or [info@grampianhearthealth.org.uk](mailto:info@grampianhearthealth.org.uk) to arrange a visit to your class where the full clothing range will be on display**

## DATES FOR YOUR DIARY:

**Aberdeen City:**

**Get Active Westburn - Classes will return: Tuesday 13<sup>th</sup> or Friday 16<sup>th</sup> January 2026**

**Get Active Beacon - Classes will return: Wednesday 14<sup>th</sup> or Friday 16<sup>th</sup> January 2026**

**Ferryhill - Class will return Tuesday 6<sup>th</sup> January**

**Kippie Lodge - class will return Wednesday 7<sup>th</sup> January 2026**

**Wallace Practice - Class will return Thursday 8th of January 2026**



**RGU Sport - Classes will return Tuesday 13th of January and Wednesday 14th January 2026**

**Inchgarth- Class will return - Thursday 8th January 2026**



#### **Aberdeenshire:**

**Insch - Class will return Monday 5<sup>th</sup> January 2026**

**Inverurie (Hopeville) - Class will return Monday 5<sup>th</sup> January 2026**

**Inverurie (Garioch Sports Centre)- Class will return 6<sup>th</sup> January 2026**

**Turriff - Class will be provided email updated**

**Mintlaw - Class will return Thursday 15<sup>th</sup> January 2026**

**Peterhead - Classes will return Wednesday 14<sup>th</sup> January 2026**

**Newmachar - Class will return Friday 16<sup>th</sup> January 2026**

**Westhill - Class will return Monday 5<sup>th</sup> January 2026**

**Banchory - Class will return Wednesday 7<sup>th</sup> January 2026**

**Ellon - Classes will return on Monday 12<sup>th</sup> of January 2026**

**Aboyne - Classes to return on Tuesday 13<sup>th</sup> of January 2026**

**Tarves - Class will Thursday 15<sup>th</sup> January 2026**

## **INSTRUCTOR SPOTLIGHT**

Hi, I'm Sharon Thomson.

I am a married Mum of two grown up children.



I have over 20 years of experience within the fitness industry and have taught a variety of classes over the years.

I currently lead classes each week in Banchory, Kippie Lodge and Wallace Practice.

My sessions are a low impact class with a combination of cardio and resistance training, which is designed to improve your overall wellbeing.

In my spare time, when i'm not teaching classes, you will usually find me at a gig or in the cinema. I have a real passion for music, especially if it is live!

## **ADDITIONAL INFORMATION:**

#### **New Year Giveaway:**

To celebrate the launch of our branded clothing, we will be doing a giveaway of branded clothing, free for all members to enter. More information to follow so keep your eyes peeled.

#### **New Class Starting:**

We are delighted to confirm the launch of our new class in Laurencekirk this January. The class will be run by our new Instructor, Linda, and will take place on Tuesdays from 1:00 PM to 2:00 PM at The Sanctuary, Catalyst Vineyard Church Mearns (148 High Street, Laurencekirk, AB30 1BL). We look forward to welcoming new members soon!

## Staff Christmas Party:

Our small team came together to celebrate the festive season at this year's staff Christmas party, which took the form of a lively Shania Twain and Dolly Parton tribute night. With great music, plenty of singing along and lots of festive cheer.

It was a fantastic way to unwind and celebrate the year together. The evening gave staff a chance to relax, connect and reflect on the year gone by and to recharge as we head into the Christmas period, ready to continue supporting our members with commitment, care and enthusiasm that guides everything we do at Grampian Heart and Health



## Awareness:

Give the gift of a healthier, happier 2026 and extend the invitation to friends, family members or colleagues who may be looking to improve their health and wellbeing and bring them along to your local GHH class. Not only could it change their life, it could save their life!

They may not have heard of us, or they may not have the confidence to walk through the doors, and your endorsement as a valued member of our GHH community is really worth its weight in gold. Please don't keep our classes a secret - we need you to help us shout from the rooftops about our knowledgeable and professional instructors, our caring and committed ethos and the fun you have each week in your local class.

# THANK YOU



If you have something that you wish to share with us via the newsletter, please get in contact with Megan at [megan.couch@grampianhearthealth.org.uk](mailto:megan.couch@grampianhearthealth.org.uk) before the 6<sup>th</sup> of March to ensure that it is featured in the March Newsletter.

MERRY  
*Christmas*

AND HAPPY NEW YEAR