

# NEWSLETTER



## WELCOME

**NEWSLETTER- MARCH 2026**

### CHAIRMAN STATEMENT:

Welcome to our 3rd Newsletter.

As we approach the end of March, I'm delighted to share some positive news from what has already proven to be a great year for Grampian Heart and Health. We are delighted to announce that our charity has been honoured with the Bronze Award at the Aberdeen Student Show 2026, a recognition that holds deep significance for us given the long-standing relationship we have shared with the show over the years. Their commitment has played an instrumental role in our ability to continue our work and we remain incredibly grateful for the partnership we have built together. For those looking to support this year's production, "Cove Actually," I highly encourage you to book tickets via the Aberdeen Student Show website; it promises to be a fantastic evening for both the students and vital local causes.

Our success this year is also a testament to the strength of our local community and the generosity of our supporters. I would like to extend a heartfelt thank you to everyone who participated in the Westburn Stovies Quiz Night. I would also like to share the wonderful news that we have been awarded £23,760 from the Community Mental Health and Wellbeing Fund. These funds will be dedicated specifically to our Aberdeen classes, ensuring we can continue to provide essential health and wellness resources to the city. This financial milestone, coupled with our recent success at the Prestige Awards, reinforces the high standard of service we strive to maintain.

Finally, the heart of our organisation remains our people and we have several significant milestones to celebrate within our team. I want to offer my congratulations to Robert Paton on being awarded the title of Director Emeritus, a fitting tribute to his years of dedicated service and leadership. We are also pleased to welcome Anne Bisset to our Board as Funding and Engagement Liaison, where her expertise will undoubtedly help shape our future direction. It is a joy to welcome Linda Bethell (Turrieff Class) and Linda Brown (Laurencekirk Class) to our team of instructors; their contributions will be vital as we continue to deliver high-quality support to our members. Thank you all for your continued dedication to Grampian Heart and Health as we look forward to a successful year ahead

Warm Regards

**Albert Lyon**

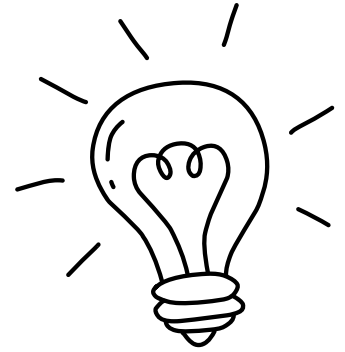
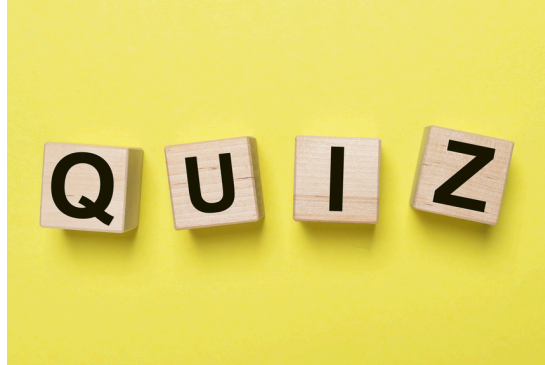
**Grampian Heart and Health Chairman**

# NEWSLETTER

## FUNDING UPDATES:

### Stovies Quiz Night

A huge well done to the Westburn class who successfully organised a fantastic quiz night at the Newhills Bowling club. Their hard work paid off, raising an incredible total of £540 for the Charity. Thank you to everyone who took part!



### Aberdeen Student Show - 2026

Grampian Heart and Health has been awarded the Bronze Award at the Aberdeen Student Show 2026.

This recognition is especially meaningful to us, as the Aberdeen Student Show has supported our charity for a number of years. Their ongoing commitment has played an important role in helping us continue our work and we're incredibly grateful for the partnership we've built over time.

If you or someone you know would like to see this year's show, "Cove Actually," you can book tickets via the Aberdeen Student Show website. It promises to be a fantastic evening and a great way to support both the students involved and the charitable causes they champion.

Click on the link below to view the website for to book your ticket.

[Book a Ticket now](#)



**cove**actually  
aberdeen student show, presented by *Apache*

HIS MAJESTY'S  
THEATRE

Wed 22nd - Sat 25th April 2026



# NEWSLETTER

## FUNDING CONTINUED:

### CMHWF - Round 5

We are also pleased to share that we have been awarded £23,760 over two years from the Communities Mental Health and Wellbeing Fund (Round 5). This funding will support our venues across Aberdeen City, helping us continue to provide vital services to our community.

### May Music Extravaganza

We are so proud to be one of the local charities supported by the upcoming May Music Extravaganza!

The May Music Extravaganza arrives at the Aberdeen Music Hall on Saturday, 23rd May at 3pm to celebrate community music from across NE Scotland. This impressive showcase features the Bridge of Don Academy Choir, the Brass Monkeys Quintet, and many others, including a special performance by pianist Joseph Long.

We are honoured that Grampian Heart and Health is one of the local charities supported by this event.

Tickets are £27.50 and available through the APA Box Office or online at

[Click Here to Book](#)



**MAY MUSIC EXTRAVAGANZA**  
A celebration of community music across NE Scotland  
Saturday 23rd May at 3pm  
Music Hall, Aberdeen

Bridge of Don Academy Choir  
Cults Academy Percussion • Fyvie Community Choir  
Musical Midgies • The Brass Monkeys Quintet  
Thorngrove Silver Belles • Ugie Voices  
Vox Amabile • Westhill Community Choir  
Ythan Singers  
And featuring pianist **Joseph Long**

Tickets £27.50  
From APA Box Office • 01224 641122 or go online  
In aid of local charities

Life is precious

Musical Director **Morag Simpson**    Master of Ceremonies **Gordon M Hay MBE**    Accompanists **Rachel Mackison, Anne Deans**

# NEWSLETTER

## HOW YOU CAN SUPPORT US:

### EasyFundraising:

Easyfundraising partners with over 8,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

All you need to do is:

1. Go to <https://www.easyfundraising.org.uk/causes/gcra/> and join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, the retailer will make a donation to Grampian Heart and Health at no extra cost to you whatsoever! There are no catches or hidden charges and Grampian Heart and Health will be really grateful for your donations. Thank you for your support.

### Don't Send me a Card:

If you're looking for a simple and meaningful way to support our work, consider using Don't Send me a Card. Instead of traditional cards for birthdays, anniversaries, Christmas or special occasions, this platform allows you to send ecards online to friends and family whilst supporting us at the same time.

It's a win-win: your loved ones celebrate their special moments in a modern, thoughtful way, and we receive much needed support to continue our projects and make an impact. Every contribution, big or small, helps us grow and reach more people in our community.

Visit: <https://www.dontsendmeacard.com/ecards/charities/gcra-grampian-cardiac-rehabilitation-association>

1. Click the link above.
2. Pick your card from the selection.
3. Enter your desired message.
4. Choose the amount you wish to donate to receive the card.



## STAFFING UPDATES:

### Instructor Updates:

We're pleased to share a warm welcome to two new members of our team. Linda Bethell has joined us at our Turriff class, and Linda Brown who has launched the Laurencekirk group.

We're delighted to have them both on board and look forward to the experience and support they will bring to our sessions and wider community.

### Board Updates:

#### Robert Paton:

It is with profound respect that the Board has appointed Robert Paton as Director Emeritus.

As one of the "original three" who founded this association in 2002, Robert has been instrumental in transforming GCRA+/Grampian Heart and Health from a small community initiative into a vital regional health charity.

Having navigated his own cardiac journey, Robert's leadership has always been rooted in a deep, personal understanding of why our "Healthy Heart" and "Strength & Balance" classes matter.

His new honorary title ensures that his 20+ years of wisdom and dedication remain a permanent part of our foundation.

Robert, we cannot thank you enough for the thousands of lives you have helped improve through your vision and service.



### Anne Bisset:

We are also thrilled to announce that Anne Bisset has joined our Board as our new Fundraising & Engagement Liaison. Anne is passionate about raising the profile of Grampian Heart and Health and she is eager to spread the word about our range of services to ensure no one in our region misses out on the care we offer.



## SCOTLAND PRESTIGE AWARDS:

**WE ARE THRILLED TO SHARE THAT GRAMPIAN HEART AND HEALTH HAS WON SPECIALIST FITNESS SERVICE OF THE YEAR AT THE 2026/27 SCOTLAND PRESTIGE AWARDS!**



This award isn't just for us, it's for our amazing community. To every person who has walked through our doors, trusted us with their recovery and worked hard to improve their health: this is for you.

To be recognised for our dedication to this field is an incredible milestone for our team. Thank you to everyone who has supported our growth and shared in our vision.

Here's to many more years of making a difference!

## BRANDED ITEMS:



- 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)**

# NEWSLETTER

## INSTRUCTOR SPOTLIGHT

Hi I'm Pete Smith

I am the GHH Instructor who leads the classes at the Hopeville in Inverurie, The Axis Centre in Newmachar, Westburn Park (Fridays) and Ferryhill Court in Aberdeen.



I have been in the Fitness industry now for 20 years at various levels from cleaner, gym staff, Group ex coordinator, gym manager and freelance instructor.

For the past 15 years I have been teaching more "specialist populations" so seniors and people with long term health conditions but I still do teach more high intensity/impact classes across the city & shire (I pop up when and where you least expect me!)

I like to make my sessions functional & most of all, fun! (I appear to attract the cheeky classmembers!)

Outside of fitness, I enjoy cooking, especially baking, spending time with my partner and dog and I am a massive Sci-Fi & Fantasy fan!

If you are contemplating coming along to a class, I definitely recommend it! GHH offers a variety of sessions, so there will be something to suit you!

## ADDITIONAL INFORMATION:

### **New Class Starting:**

We are delighted to confirm the launch of our new class in Westhill this April. The class will be run by our Instructor, Kate and will take place on Mondays from 1:30pm - 2:30pm at Trinity Church (Kingshill Parish Church)

### **Coffee Morning: Save the Date**

We are delighted to be holding a coffee morning on Saturday 15<sup>th</sup> August 2026 at the Royal British Legion, 2 High Street, Turriff, Aberdeenshire, AB53 4DS.

We would also be looking for some donations for raffles, if you would like to donate, please contact the office by Phone 01888 569160 or by Email at [info@grampianhearthealth.org.uk](mailto:info@grampianhearthealth.org.uk)

# THANK YOU



If you have something that you wish to share with us via the newsletter, please get in contact with Donna ([info@grampianhearthealth.org.uk](mailto:info@grampianhearthealth.org.uk)) before the 8<sup>th</sup> of June to ensure that it is featured in the June Newsletter