



BULLETIN 84 – August 2015

Dear Members and Friends

I hope that the summer is being kind to you and your pets even though the weather has left much to be desired. We used to think that the Therapet part of the Trust's activities quietened down during the summer months. Not a bit of it this year! The level of enquiries from potential Therapet volunteers is at a very high level and there is a steady stream of new Therapets being registered. It is all keeping Lesley and Norma in the office extremely busy.

As always at this time we are looking forward to:-

THERAPET OF THE YEAR 2015

This award allows the Trust to recognise the wonderful work carried out by our Therapets, and their owners, not just by the winner but by all the Therapets whether nominated or not. We are able to gain valuable publicity for the Therapet Service at the time the award is made. The Service is a great success story and we wish to build and develop it so that as many people in Scotland as possible can benefit from Therapet visits.

A nomination Form is enclosed. Please arrange for your Therapet to be nominated by sending the completed form to the office, along with one photograph and one press cutting, if you have one, by **19th October**. Your Therapet can be nominated by you, your Area Representative or by the institution/s you visit. To give your Therapet the best possible chance of winning it is important that the nomination is well presented and your Area Representative will be able to help you with the form.

This year's **PRESENTATION AWARDS LUNCH** will take place at the Kaim Park Hotel, Bathgate on Sunday 15th November 2015 at 1.00 pm. It is always a most enjoyable event at which we pay tribute to some very special dogs and equally special people. An application form is enclosed which should be returned to the office by **9th November** at the latest. The cost this year is £18.50 per person. There is a limit of 100 on the number of people attending so please send in your application as soon as possible as it will be on the basis of first come first served!

At the lunch we present our annual awards which comprise:-

THE IAIN WHYTE MEMORIAL AWARD to a person or organisation whose help has contributed substantially to the benefit of the Trust during the year or over a period of years.

Trustees:

George Leslie BVMS MRCVS, James Macdonald, Dr Valerie J Marrian MBChB FRCP FRCPE DCH, Rita Percival, A Douglas Ruthven CChem FRSC, I Allan Sim BSc CA, John A Stead BSc, Lynsey G Thomson BSc(Hons) OT, Simon W Young BA(Hons) MBA

Hon.Secretary/Treasurer: Nicholas P Henley Price

THE SPENCER AWARD for THERAPET OF THE YEAR

This award is judged by the Trustees who judge all the applications individually and independently – always a very difficult task.

THE DR MORRIS ANDREW & DANIEL THE SPANIEL MEMORIAL AWARD is a tribute to one of our much loved and missed Trustees, donated by his family. This is made to the **THERAPET ORGANISER OF THE YEAR** and the recipient is decided by the Administrators with approval of the Trustees.

THE KI-CHU-ASHA STARS OF HOPE MEMORIAL TROPHY which is awarded to the Organiser of the sponsored event which raises the most money in the year.

THE MISS MATTY AWARD to the individual who raises the most money at sponsored events each year.

LONG SERVICE AWARDS to those members who have given continuous service for twenty years or more, either as a Therapet Volunteer or in some other capacity.

MEMBERSHIPS

As usual this is a gentle reminder to anyone who has not renewed so far this year. We do hope that you will continue your membership. Your support is so important to us and from the Trust's insurance point of view it is essential that all active Therapet volunteers have their membership up-to-date.

AREA REPRESENTATIVES

As always we are eternally grateful to our Area Representatives who do such great work in assessing potential Therapets and for placing newly registered Therapets. Many also give talks to interested groups in their areas and also engage in valuable fund raising. Details of all Representatives are given at the end of this Bulletin.

I am delighted to tell you that Pam Courcha had agreed to take on the Inverness & Nairn area in place of Susan Rae who we thank for her work over the last few years. Pam is an experienced Therapet volunteer having joined us in 2003 when she started regular visiting with her much missed Bedlington Terrier "RA".

In Edinburgh we are in the midst of arranging more help for Douglas Ruthven and Simon Young and hope to have a team of Area Representatives in place before long. In Glasgow we also want to build a team to assist James Macdonald. If you feel able to help please contact James.

Marion Livingstone, our Area Representative for the Borders is also looking after Dumfries and Galloway on a temporary basis whilst we look for someone to take on that area. I would be delighted to hear from anyone in D&G who would like to be considered for the role.

EDINBURGH INSPIRING VOLUNTEERING AWARDS

I am delighted to report that the team of Volunteers and their Therapets which visit the Royal Edinburgh Hospital was nominated by Katie Smith of the Edinburgh Volunteer Centre for an award from Edinburgh City Council. The nomination was successful and the award was presented by Rt. Hon Donald Wilson - Lord Provost of Edinburgh at a ceremony on 16th June at the City Chambers.



As numbers at the ceremony were limited, only two of the team were able to attend to receive the award. Jan Ramsay and Hazel Macaulay were delighted to be there and are pictured with the Lord Provost and Therapets Border Terrier “**Minnie**” and Miniature Schnauzer “**Maisie**”.

The other members of the Team are:-

Virginia Blankenhorn and Standard Poodle “**Bella**”

Lan-Anh Pham & Grant Anthony and Greyhounds “**Maisie**” and “**Carlos**”

Jane Ross and Golden Retriever “**Luke**”

Wendy Pearson and Golden Retriever “**Shanti**”

Christine Waugh and Lurcher “**Hoby**”

Our congratulations and thanks to you all and also to Douglas Ruthven our Area Representative for Edinburgh & The Lothians, and a Trustee, for all the work that he has put in to developing the relationships with Volunteer Centre Edinburgh and NHS Lothian.

I think that that you will agree that the following detailed nomination makes wonderful reading:-

Please describe the work that your team does (or did) and the kinds of qualities and attributes that the team brought to the role

The team of Therapet volunteers bring a real ray of sunshine into the Royal Edinburgh Hospital with their regular visits. Organised through Canine Concern Scotland Trust, volunteers bring their dogs to the wards, the hospital library and the grounds so that patients can benefit from the pleasure of spending time with an animal.

The team work across a wide range of wards and departments in the hospital and embrace the challenge of volunteering with people who are profoundly unwell. It is wonderful to see patients (and staff) lighting up when able to spend time with the dogs, and the Therapet volunteers are skilled in building positive conversations around these interactions. The team are dedicated, reliable, calm and approachable and the service they provide to the hospital is invaluable.

Please describe the impact that the team has had. What did they achieve?

The dedication and enthusiasm of the Therapet volunteers have allowed us to provide a very broad pet therapy service which has made an impact across almost the whole hospital. The presence of a dog has the benefit of being a real equaliser – with patients, visitors, staff and volunteers all keen to play with the dogs and give them biscuits. Conversation flows much more naturally with the dogs as a focus and people visibly relax. It's easy for people to be as quiet or chatty as they choose, and to give and receive affection from the dogs – something that many people miss during their time in hospital. Staff feedback has been very positive about the Therapet volunteers and their impact: 'They have helped patients relax, "open up" and engage in meaningful conversation' and 'they bring a breath of other worlds and possibilities for the patients' including 'the healing powers of touch'.

We want to hear about how your volunteer team has brought a new edge to the work you do.

The Therapet volunteers are an important link between the hospital and the local community and some volunteers have been actively countering other people's fears and negative ideas about the hospital with their own positive experiences. It is really valuable to have volunteers who are willing to challenge stigma, both for the hospital and for public understanding of mental health conditions in general.

In addition, the presence of dogs has enabled the Therapet volunteers to get some people out walking in the grounds who might not otherwise do so. This is an additional health benefit to patients as it provides motivation to exercise.

Finally, the skill and dedication of the volunteers, as well as the presence of the dogs, has meant that we have been able to have volunteer involvement on some of the most challenging dementia wards. It is lovely to see the benefit of this for patients and visitors.

THERAPET SERVICE AWARDS

Still on the subject of awards, we now have a new award to add to the three year Certificate of Appreciation and the Father Jim Peat Memorial Medal for five years of service. The new award is the Marjorie Henley Price Memorial Medal and is for Therapets who have had ten years or more of service. We will be sending out medals in the near future but, so that we don't miss anyone, it would be helpful if you let the office know if your Therapet qualifies.

THERAPETS

Since the last Bulletin we have learned of the deaths of a number of our wonderful Therapets.

“**BONZO**” Lindsay Grant’s Lurcher who was handled by Frances Sutton

“**BRACKEN**” Alan Williams’ Border Terrier

“**BRUNO**” Ann Murray’s Springer Spaniel

“**GIGHA**” Mhairi McSpornan’s Golden Retriever

“**PHOEBE**” Susan Goodwin’s Long Haired Dachshund

“**TIP**” Jean & George Davidson’s Border Collie

We send our sympathies to all of you who have lost your Therapets and we also send our sincere thanks to you for sharing them with so many people.

RESEARCH PROJECT

Can you help with some animal-assisted therapy research? Masters student Kerry Townsend needs people who conduct animal-assisted therapy (AAT) sessions to complete a brief (10-15 minute) online questionnaire. This is a student research project, undertaken as an element of the MSc Occupational Therapy (pre-registration) degree at Sheffield Hallam University. The study aims to survey the skills and activities worked on by people who practice AAT across the UK. The researcher is particularly interested in stroke rehabilitation, however it is not necessary for you to have prior knowledge or experience in stroke rehabilitation or occupational therapy to complete the questionnaire. Participation is entirely voluntary. You will be contributing to research that informs the evidence base for AAT. The study is sponsored by Sheffield Hallam University and has been reviewed and approved by the Research Ethics Committee.

It would be great if as many of our Therapet volunteers as possible can help with this. The closing date for completing the questionnaire is 31 August 2015 and the link is:

<http://goo.gl/forms/zyfVTHKd1p>. The link is also on our website.

PAWS AGAINST STRESS

This initiative started in Edinburgh in early 2013 following an approach from Edinburgh University. Therapets visit groups of students to help to counter stress in the period before examinations. There have also been visits to groups of Freshers. The demand for sessions has grown remarkably and in the last year our teams have visited thousands of students at the following universities.-

Aberdeen University
University of Edinburgh
Queen Margaret University, Edinburgh
Stirling University
Robert Gordon University, Aberdeen

Edinburgh Napier University
Glasgow University
City of Glasgow College
Heriot-Watt University, Edinburgh & Galashiels
University of the West of Scotland,
Paisley & Hamilton

Keep an eye on the events page on our website for more information. If you would like an opportunity to participate in one or more of the sessions please contact your Area Representative. Our volunteers, and the Therapets, are thoroughly enjoying their engagement with the students and one only has to see the number of students attending, and the smiles on their faces to know that the sessions are really appreciated and are achieving their objective.

READING WITH DOGS

The aim of this project is to try to encourage young readers who lack confidence with reading to come along to a library/school and, instead of reading to a person, read to a dog. The idea being that the dog will listen to them and not judge, allowing them to relax and gain confidence in reading out loud.

We are receiving an increasing number of requests and if you would like to become involved please make contact with your Area Representative.

Recently a team of Edinburgh Therapets attended an event organised by Lesley Winton who is the Project Manager at Fostering Compassion. After the event Lesley wrote the following to Douglas Ruthven:-

“I just wanted to send a wee email to you and your team to thank you SO much for doing such a fantastic job at our Storytelling and Reading with Dogs workshops. It has been really brilliant working with you all and the children got so much out of it. I can just imagine the wonderful memories we are giving them, which will hopefully replace some of the not so nice ones they have.

The feedback from yesterday’s workshop was awesome and everybody loved our doggie team.

I’ve put a full update on our Facebook page which please check out if you have access to Facebook and feel free to share or use any of the text or photos. Here’s the link

<https://www.facebook.com/pages/Fostering-ompassion/403973553141205?ref=hl>

Would you mind passing my sincere thanks on to your team – it’s been such a great pleasure working with you all.”

THERAPET NEWS

It is always great to hear from Therapet Visitors up and down the country about their experiences. Please keep writing, preferably by email if at all possible as this saves a lot of typing at this end!

Earlier in the year **Harry Greig**, our Area Representative for Perthshire sent in the following:-

“A few weeks ago I was contacted by the father of twin boys who are both diagnosed as Autistic. Initially the father was keen to have one on one sessions in the family home but I suggested that, based on past experience, the boys would get more benefit from visits within the school environment. The school was very supportive of this and were delighted at the prospects of having a Therapet visit the special needs department on a regular basis.

The initial visit was carried out by myself using Alfie and Dixie and as I thought would be the case got a great reception from most of the pupils. Having assessed the requirements I then approached Carol Mclean who was delighted to pick up the challenge. Carol, with Labrador **“Bud”**, was the ideal candidate as she was previously a teacher and had experience of working with special needs children.”

Harry also forwarded an email from the father in which he described how Carol and Bud were helping his children. The school had taken photos and a short video of one of the sessions and having seen them, the father said that seeing how the boys were happy to get engaged with Bud “.is testimony to both Carol and Bud. Both boys in their own way are definitely benefitting from Carol and Bud being with them. We owe Carol, Bud and yourself and your dogs a lot of thanks for your efforts.”

“Rauour” a Labrador owned by **Julia Romanes** became a Therapet at the beginning of this year. In his other role as a Search Dog with Tweeddale Mountain Rescue he was featured on Borders Television and in several newspapers as he had found a woman, who had been lost, unconscious in the woods. Well done Rauour!

Jane Burleigh with her Therapet Miniature Poodle **“Tigger”** visit the Royal Victoria Hospital in Edinburgh and reported on her fist visit:-

“Tigger was such a star at the hospital today. We got chatting to about ten patients and most were responsive and interested in Tigger. At one point one lady in a chair had Tigger lying across her lap whilst she and two others stroked him and talked to him. It was lovely as Tigger just lay there enjoying all the attention. Later on one of the nurses got emotional and her eyes welled up. It was because the lady we were with is usually unresponsive but we managed to get two smiles from her as she stroked Tigger.”

Wilma Hutchison sent the following regarding her Therapet **“Daisy”**:

“When we started working with the pupils at the school, one little boy was so scared that he had to be in the classroom with the door closed and Daisy had to be outside on her lead and he would look at her through the window. As first we visited all the children but then we were asked to work with this little boy on a one to one basis as he had such a terrible fear of dogs. This was difficult as he also had behavioural problems.

His care worker asked if we could meet outwith the school and go on walks with Daisy. At first he was so scared we had to walk in front of him and his first challenge was to walk on the same path as Daisy. He asked lots of questions about her and as she is such a delightful and quiet dog he managed his first challenge. He got lots of pictures taken of her to put on his desk at school. Over the weeks we progressed to him being able to walk beside her, then throwing a treat for her and holding her on the extendable lead for a couple of minutes. Daisy was so good and knew not to approach him unless he spoke to her, she would just amble along and be happy in his company.

With much encouragement from his care workers and me he managed to pat Daisy on the head and stroke her on the back. Every week he would set a new challenge and after a number of months he was able to feed her a treat from his hand and give her a cuddle.

Unfortunately all good things have to come to a natural end and we had to stop visiting as the school procedures changed. We had terrific feedback from the school telling us that his family were delighted that they could now go out for a walk with him in a park, something they had never been able to do before because of his fear of dogs. I am delighted we were able to help and I think Daisy probably got as much out of this as he did. It is wonderful to see Therapets working to this extent and myself, Rachel and all our dogs are extremely happy to be part of it.”

THERAPET PUBLICITY

News items about Therapets in newspapers, on radio and television are the best publicity we can get. If you are able to interest the media, in your area, about the Therapet Service, please let the office know and we will be able to supply you, and the media, with backup information.

Our website www.canineconcernscotland.org.uk is constantly being updated by James Macdonald. You will see that there is now a Press Reports section. Please send in your news items so that James can include them.

THERAPET MATTERS

This is just a reminder that, generally, Therapet coats are for wearing on the way to and from Therapet visits but not during visits as it is far better for residents to stroke the Therapet and not the coat!

In addition to Therapet lead flashes and coats we now have **BANDANAS** which come in a ‘standard’ size, which is suitable for most dogs, and a ‘teeny’ size for very small dogs. They are available from the office at £3.50.

It is important to remember that Therapets are not Guide Dogs nor Assistance Dogs and are therefore not entitled to special entry to places such as shops, restaurants and other places that normally exclude dogs.

THE TRUST, ITS FUTURE AND ITS FINANCES

In recent Bulletins I have made reference to changes being made to the management and administration of the Trust and in particular the appointment of **Lynsey Thomson** and **Simon Young** to the Board of Trustees. I have also mentioned the intention to establish committees which will have specific remits in respect of differing aspects of the Trust. The detailed work needed for the establishing the committees and their terms of reference is ongoing and by the end of the year we hope to have four committees up and running. These will be:-

**Finance
Therapet
Education & Legislation
Fund Raising**

The intention is that the Therapet, Education & Legislation and Fund Raising committees will have power to co-opt members from outside the Board of Trustees so that people with specific skills and experience can be brought in to assist and advise. If you feel that you would like to offer your services please contact me on - **0131 312 8998**.

FUND RAISING

It is a fact of life that charities have to fund raise to survive and we are no exception. We derive our funds from a range of sources:

- Memberships**
- Therapet Registration Fees**
- Donations**
- Legacies**
- Gift Aid Tax on memberships and donations**
- Events including sponsored events**

We do appreciate all the generous donations you make, especially when renewing your memberships.

Recently we produced a new leaflet designed to increase donations and a copy is enclosed. If each of us could ask, persuade or cajole our families, friends, clubs, employers or others to make a donation it would help greatly with the running costs of the Trust. Much of the funding available to charities is for new specific projects, rather than for core funding, and there is great competition for these funds. We have a number of projects up and running but it is funding for our core costs, such as staff costs, office accommodation, printing of literature, insurance and stationery etc, that we need on a regular basis.

Over the years the Trust has been very fortunate in being a beneficiary under the wills of members and friends and these have helped the Trust build some reserves, which we are eating into. Donations and legacies in favour of charities are exempt from Inheritance Tax. If your circumstances permit please remember the Trust in your Will.

Quite often over the years the Trust has benefited quite unexpectedly from individual fund raising efforts and this year is no exception.

Rebecca Castelo set up a page on the Trust's JustGiving site and wrote:-

“I have set myself this personal challenge to complete in July 2015. We (my dog & I) will be walking The Great Glen Way (79miles) from Fort William to Inverness. I will be camping and carrying all my own gear. The trek normally takes 5-7 days to complete, I'm aiming for 5! Poppy, my Therapet, will be carrying her share of the load too in her doggie backpack! Poppy has been a registered Therapet for nearly 4 years and has visited a range of people and ages. She is currently involved in the reading with dogs scheme, helping young readers to become more confident. Much research has been done on the stress busting effects of Therapets and Canine Concern would value your donations to help support the ongoing financial demands of keeping the Therapet scheme going. Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving – they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate – saving time and cutting costs for the charity.”

Rebecca contacted her family and friends seeking their sponsorship and on her JustGiving page she set herself a target of £250.00. At the end of July donations totaling a magnificent £434.75 had been received and to this Gift Aid Tax of £103.69 will be payable to the Trust. Thank you very much Rebecca, Poppy, and all who donated from everyone at CCST.

James Hilton and Liam Banks, both students at Queen Margaret University (QMU) in Edinburgh (where Paws Against Stress events have taken place) held a charity event in aid of the CCST Therapet Visiting Service. The fund raising event was a ‘Take Me Out’ style evening in QMU Students’ Union. The evening raised £642.20. Our sincere thanks go to Liam and James and all the very generous students at QMU.



Pictured: Kirsten Baird (General Manager of QMU Students’ Union) and her Therapet Rocco, James Hilton and Simon Young (Trustee and East Lothian Area Representative) and his Therapet Ness.

Figgat Fair one of Strathspey’s oldest fairs, was this year held on 28 June during “Grantown 250” celebrations to commemorate the 250th anniversary of the creation of this 18th century planned town by the Grant family. Vivien Moen, our Area Representative for Badenoch & Strathspey, and her team of Therapet volunteers have for several years had a stall at the Fair, to raise funds for CCST & Therapet and also to increase awareness of the Therapet visiting service. Local Therapet volunteers and supporters of Therapet man the stall, and bring along their Therapets, and roving Trustee James Macdonald has come along with the CCST marquee. This year they raised £350 for CCST & Therapet, and made contact with potential new Therapets and their owners. During the afternoon, several of the Therapet volunteers walked their pets around the fair, and showed just how much their dogs love being petted and made a fuss of. Vivien said it was a very successful day, and was fun for one and all – and it didn’t rain! She thanks everyone for their support.



Some of the Therapet volunteers and their dogs – photobombed by the Capercaillie that was entertaining children and adults at the Figgat Fair

MICROCHIPPING

Earlier this year the Scottish Government announced its intention to make the microchipping of dogs mandatory from April 2016. Your Vet can do this for you and it was interesting that the BBC reported Dogs Trust campaigns director Elvira Meucci as saying, "As the UK's largest dog welfare charity, reducing the nation's stray dog population is at the very heart of Dogs Trust's ethos, which is why we have committed to ensuring no dog owners will lack the financial ability to microchip their dog." There is therefore help available. Put microchipping on your things to do before April 2016 list!

With best wishes
Yours sincerely

Nick HP

Nick Henley Price

PS Please remember:-

- a) The Awards Lunch on 15th November
- b) Nominations for Therapet of the Year to be in by 19th October
- c) Renew your membership, if you have not already done so!

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