



Knockburn News Festive Edition



IT'S A CRACKER

DECEMBER 2024

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*"What's a
reindeer's
favourite
singer?"*

Beyonsleigh

ON THE HORIZON IN 2025

- 4th May official first day of the season.
- 15th June Trythan Triathlon
- 21st—22nd June Saltire24 Event
- 31st August Fleet Feet Standard Triathlon
- 20th September The Beast Race



This year was an interesting year for Knockburn mainly because of the very changeable weather which had an adverse effect on the number of non-member visitors we normally have during the course of the season.

New members and membership renewal was also slightly down but only by around 10 members, so based on the summer we had it was still a surprisingly good amount of members we had at the end of the season.

Going into 2025 we have no increase planned for membership renewals and will continue to offer affiliated club membership to coaches and committee members. In 2025 we will also bring back the teachers and classroom assistants membership deal for the six week school summer holiday period.

The new wash up area at the side of the sports academy has proved to be a great addition for the ever-increasing amount of Duke of Edinburgh groups we get visiting Knockburn Loch.

Spend a penny

To ensure we don't have burst water pipes in the shower block over the colder months, the water will be turned off from Tuesday the 26th of November and turned back on again on Tuesday 24th February for the winter period.

A year in review

This washing area has also been a great facility for the increase in member and non-member camping nights.



Smiles better !

Throughout the season we offer selected camping night options that can be booked online, this can be for tents, motorhomes or campers. If you didn't know already, bookings can be made online and the overnight stay offers showers, toilets, the washup area and Wi-Fi. A slight change for 2025, as we want to protect the football pitch grass this coming year, the camping area for 2025 will be the

first grassed area as you drive into Knockburn on your lefthand side, or as an overspill the main grassed area in front of the coffee shop. This will allow motorhomes & campers to park on the hard standing and reverse towards the grass area.

We had a large increase in corporate activity days which was fantastic, and we already have new and repeat bookings coming in for 2025. This year we had the pleasure of welcoming TechNip, Metrol and HZPC to name just a few.

If you are looking for a venue for a meeting or larger event with activities then please get in touch.

We have had new clubs and organisations use Knockburn as a venue in 2024, having the site in use out of the normal season only goes to help Knockburn become more of a sustainable feature for the local community.

Along with Deeside Thistle Cycling Club who have been a prominent feature and supporter of Knockburn, the newly formed Deeside Jiu Jitsu club make use of Knockburn every Tuesday & Thursday evening. They are a fantastic welcoming group if you're fancying coming along to learn how to strangle with a smile on your face.

BASP (British Association of Ski Patrollers) have also made Knockburn its home for outdoor First Aid courses in the area. If you are looking for a first aid course, get onto the BASP website and book your next first aid course with Knockburn as your venue.



The shower block will be locked and not accessible until the 24th of February.

A Portaloo will be onsite and placed outside the shower block for those that need it....



It's Time For Tim

This year we had hoped to have our coffee shop up and running again, but unfortunately this did not happen.....however...

If we all cross our fingers, the good news for 2025 we will have Tim from Nourished & Refuelled running a popup café as a minimum every weekend throughout the summer

and on most event days Tim will be in cooking up a storm..

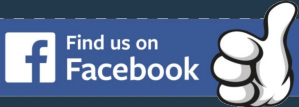
Tim is a great advocate for a healthy and nutritional lifestyle, he has a real passion for making delicious healthy meal choices as well as being a mean wizard with the coffee preparation.

It would be great to have a coffee shop back at Knockburn Loch so please help and support Tim as he tries to build up the Knockburn side of his business.

Follow Nourished & Refuelled on Facebook and Instagram to see what delights you have coming...

<https://www.facebook.com/profile.php?id=100092610067839>

“What do you call an elf who has just won the lottery?”
“Welfy”.



Loch Stock & 2 Stonking Baubles



On behalf of Bert and all of the McIntosh family, thank you for being part of this wonderful extended Knockburn family.

We are all truly blessed to have Knockburn Loch, the hidden gem that gives us all such treasured memories throughout the year.

Thank you all for being such an important part of the Knockburn experience.

Fingers crossed, this year you are on the good list, but even if you are still on the naughty list have a fantastic Christmas and joyous Hogmanay.

Bert, Fiona, Jac, Jason

Let's all look forward to the new year and watch this space for the ideas and surprises being pulled out of Santas sack for 2025.

And Breathe



Each year at Knockburn we are delighted to welcome the Wellness Stress Busting Day Retreat!

Over the festive period why not sign up and join them for a rejuvenating day filled with relaxation and self-care. Say goodbye to stress and hello to inner peace. The date is Saturday 1st March from 9.30am and is open to everyone over the age of 18.

The day is designed to help you unwind, destress, and find your inner peace.

You will leave with tools to help you identify what your stressors are, and a clearer understanding of what happens to you when you feel stressed, plus new ways to think about how to manage or maybe even avoid those feelings that can sometimes overwhelm you.

You can take part in trauma informed coaching sessions, learn how to recognise and

release any old patterns of behaviour that may be getting in the way of your overall wellbeing and take action towards a better, healthier version of you.

During the day you'll be able to find the time to treat yourself to healthy snacks and drinks, and connect with like-minded individuals looking to unwind and recharge.

Don't miss out on this opportunity to prioritise your self-care and relaxation.