

Leiths NEWS

The newsletter of Leiths (Scotland) Ltd

Produced for our Employees, Customers and Colleagues.







Welcome to Leiths NEWS

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Message from the Chairman

This latest issue of Leiths News highlights a number of areas where we are both strengthening and consolidating the business.

David Steel joins us as the new Managing Director for the Construction and Surfacing Division and brings with him a wealth of experience and understanding of construction contracts. Welcome to the Team.

The acquisition of the Longside RMX plant from Breedon consolidates our position in the Grampian region and we continue to invest in state of the art processing plants to improve our operating efficiency — and there is more to come!!

We are constantly seeking to expand the reserves at our quarries and our recent planning success at Blackhills Quarry will ensure a long and profitable future for this key operation.

During 2015, we will continue to seek out opportunities for business growth by organic investment and acquisitions.

It should be another busy year !!

Ian Leith



A new Liebherr Concrete Plant has been installed at Loch-Hills and a new Asphalt Plant has been ordered for Mid Lairgs — more details to follow in the next issue of Leiths NEWS!

Get in Touch!

Leiths News is published for employees, customers and colleagues of the Leiths Group and its associated companies.

Leiths News will be published on a regular basis but we can only do this through the contributions of articles and features from our employees. If you have any comments, ideas for stories, or pictures for future issues, please get in touch.

I hope you enjoy this edition of Leiths News and thanks to everyone who has contributed so far.

Caroline Anderson, Editor

T: +44 (0)1224 293260

E: canderson@leiths-group.co.uk www.leiths-group.co.uk

Longside joins Leiths RMX network

IN JANUARY THIS YEAR, LEITHS ACQUIRED A READY-MIXED CONCRETE PLANT FROM BREEDON (SCOTLAND).

Previous to May 2013, the Longside plant had been operated by Aggregate Industries and was one of the assets purchased by Breedon when they acquired all Al's Scottish mainland business north of the Central Belt.

The plant, which lies 3 miles due west of Peterhead, is well placed to service the Grampian area and complements our existing plant network at Loch Hills, Blackhills and Parkmore.

Gary Quirie, who has been batching concrete at the plant for four years, has joined the Leiths Team and is busy helping to re-establish Longsides' position in the market. He has an SVQ Level 2 in Plant and Processing Operations.

Gary, who describes himself as very much a family man, lives locally with his wife Barbara, and they have three children. In his spare time, Gary likes to don his camouflage gear and go paintballing.



NEW MD FOR THE CONSTRUCTION AND SURFACING DIVISION

WE ARE PLEASED TO ANNOUNCE THAT DAVID STEEL HAS BEEN APPOINTED AS MANAGING DIRECTOR FOR OUR CONSTRUCTION AND SURFACING DIVISION TO HEAD UP THE TEAM GOING FORWARD.



Having gained a degree in Civil and Structural Engineering whilst studying at the University of Aberdeen, David began his career with Balfour Beatty Construction, one of the largest contractors in the UK, as a Graduate Engineer working on a wide range of projects throughout the UK, including Roads/Bridges, Petro-Chemicals, Water and Power Stations.

After 11 years with Balfour Beatty, David joined Robertson Construction, initially as a Senior Project Manager and latterly as Construction Manager for the North East of Scotland, and has been involved in many construction sectors including health, education and commercial.

Following nearly ten years with Robertson Construction, David returned to Balfour Beatty Construction as Operations Director for the Scotland North Delivery Unit and was responsible for construction projects North of Dundee.

With over twenty years experience in the industry David has worked as far North as Inverness, as far West as Skye and as far South as Aylesbury and has also been

involved in some well known local landmarks such as Angus Schools, St Fergus Gas Terminal, Maritime Museum, Emergency Care Centre(ARI), His Majesty's Theatre, Peterhead Power Station and the Nigg Waste Water project.

David currently chairs the Grampian Construction Training Group and lives in the Portlethen area with his wife, Gillian and two children. His hobbies are 5-a-side football, fine food and the gym, but not necessarily in that order!

The Construction and Surfacing Division is an important part of Leiths, with great potential in current markets. We are confident that the combination of the existing skills held within the Division and David's leadership will lead to an increasingly successful future for the business.

Expansion of our Fleet

WE HAVE STARTED 2015 WITH MORE INVESTMENT IN ROAD GOING VEHICLES.

A Ross & Sons in Inverness have taken delivery of two DAF CF 440 8 wheeled steel tippers. These are the first steel tippers to operate from Mid Lairgs Quarry. The Predator Ultimate bodies are manufactured in Hardox 450 steel, which has a high wear resistance, despite having a low weight ratio which allows us to keep our delivery capacity as high as possible while delivering the rougher quarry materials.

readymix concrete we business, have purchased an additional 8 mixer trucks which now takes our fleet to 28 in number. The 8 chassis have been purchased from DAF and we have fitted 6 of them with

the

tried





opportunity to try the Italian CIFA drums on the remaining 2 trucks.

With increased concrete production comes the need for more cement. We operate a fleet of 12 powder tankers that deliver cement throughout the country. With demand high, we have ordered 3 new powder tanks from Feldbinder, one of which is likely to replace an older unit. However, 2 will be added to the fleet to secure our capacity to deliver increased volumes.

All new vehicles have the latest engine technology fitted for increased fuel efficiency and are compliant with the latest EU emission targets. We take great pride in our fleet appearance and the professionalism of our drivers that carry our name throughout the country.

A SUCCESSFUL PROJECT COMPLETION FOR LAWRIE DEMOLITION

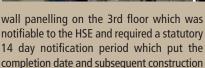
Horizons House Development, Waterloo Quay, Aberdeen

Lawrie Demolition were recently subcontracted by Robertson Construction to demolish the former office facilty at Waterloo Quay.

The building was a 3 storey traditional granite build with a timber pitched roof and timber mid floors. The client had requested that the granite facade be retained during demolition works which required a great deal of skill and organisation to work around.

During the initial stages of demolition, additional asbestos was found behind some















programme in jeopardy. Lawrie worked with the main contractor to accelerate the programme which would now include the laying of a piling mat and access for the piling contractor as demolition continued. The materials for the mat were produced by Lawrie from rubble generated from previous contracts and brought from Leiths Blackhills Quarry.

Lawrie worked tirelessly, and with the support of Leiths transport and quarry facilities, were able to demolish the building and lay the piling mat successfully and on time bringing the overall programme back on track.

Markon Hitex Texband Study

A WELL-MAINTAINED ROAD NETWORK IS ESSENTIAL TO LOCAL COMMUNITIES AND ECONOMIC PROSPERITY.



The past decade has seen growing public concern around the deteriorating condition of our roads through open cracks, joints, seams and potholes as roads authorities continue to battle with reduced budgets and ever increasing costs.

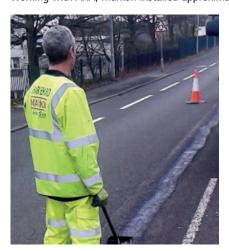
Working with a few of our local authority partners and Hitex International, Markon has successfully trialled the Hitex Texband joint repair system to prevent further deterioration of carriageways, which lead to potholes and other defects.

Hitex Texband is a fill and overband system for road crack repair. Following successful trials, this unique system was subsequently incorporated into the BBA Crack Sealing Certification Sector in 2012, and has since become the most popular method for repairing seams, cracks and joints in highways in the United Kingdom.

We have helped our partners extend the life of existing surfaces, helped protect against damage to vehicles and, in one case, allowed an authority to install safety critical road markings and studs that would not previously have been possible without major remedial surfacing works.

The A759 from Gatehead to Troon in South Ayrshire is a rural road busy with HGV traffic from a quarry and industrial areas along the route. The Ayrshire Roads Alliance (ARA) had a need to refresh the road markings and road studs along the route but the condition of much of the carriageway surface, particularly longitudinal joints, rendered it unsuitable for the long term performance of markings and studs.

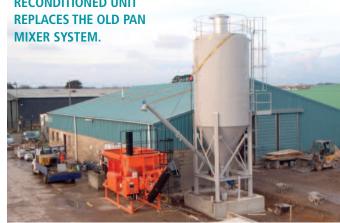
Working with ARA, Markon installed approximately 800 linear metres of



Hitex Texband in July 2014 and installed the road markings and studs shortly after. An inspection of the road February 2015 confirms the continued performance Texband and delighted Jim Webb of the ARA is now looking to use the product on other problem sites around Ayrshire.

Montrose Precast Pumps up the Volume

IN DECEMBER OF 2014, MONTROSE PRECAST TOOK DELIVERY OF A VOLUMETRIC CONCRETE MIXER FROM ARMCON CEMENTECH. THIS RECONDITIONED UNIT



As well as supplying the precast plant, the new unit will be able to once again service the collect market in the local area. The mixer will be able to deliver a number of mix strengths from pre configured recipes, including various admixtures, and has an on board ticket printer to record the volumes produced.

The new system has been designed to improve safety, health and environmental conditions at the site. The new system has a 33m3 silo, complete with a WAM silo safety system that feeds the mixer by screw to the batching hopper, which is equipped with a dust filter. Sand and aggregates are loaded into the hoppers using the existing mini telescopic loading shovel, eliminating manual handling in the manufacturing process.

Site housekeeping and water usage has been improved by the construction of a dedicated washout and water recycling system which will replace the skips that have been used historically. A submersible pump will enable settled wash out water to be re-used.

Civils works to the silo base and settling ponds were carried out by Leiths in-house Construction & Surfacing division, with steelwork being fabricated in the new fabrication shop at Leiths Rigifa headquarters.



Making an Entrance!

TOWARDS THE END OF 2014, MARKON APPLIED SOME FINISHING TOUCHES TO THE FAÇADE OF THEIR NEW CUMBERNAULD HEAD OFFICE THROUGH THE APPLICATION OF SOME CORPORATE BRANDED SPECIALIST SURFACING.

The Resin BONDED Aggregate system (right), applied by Markon's Specialist Surfacing Division, utilised pigmented red bauxite to spell out the company name in the corporate font against a background of buff coloured Chinese bauxite aggregate.





In the past, this form of surfacing has typically been applied as either an anti-skid or single colour decorative surface. As this application demonstrates, it can also be successfully used as a functional form of corporate branding.

Where very high levels of slip resistance are not a requirement, or where a greater variety of aggregate colour is required, the alternative Resin BOUND Aggregate system can be used which allows different aggregate types to be blended with the resin prior to application. Such a system was applied by Markon at the

entrance to Belhaven Park in Wishaw where buff and silver blends of Resin Bound Aggregate were applied around inset polished stone letters (left). The large variety of aggregate types and sizes which can be used in Resin Bound Aggregate systems, coupled with the ability to vary blend ratios, creates a vast range of possibilities in colour and appearance of the finished surface.

Whichever system is selected, each one offers a novel and eye-catching method of identifying your company offices or premises.

A NEW YEAR FOR SURFACING

Leiths Construction and Surfacing Division have started 2015 with an excellent 100% pass rate in the CITB Safety Awareness and Construction Skills Certification Scheme (CSCS) courses which were undertaken towards the end of last year.

All site based operatives and many office staff including personnel from the Technical and Transport departments have now been issued with their certificates and CSCS Cards.

In order to maintain this progress, and to encourage our teams to keep Health and Safety awareness at the forefront of their daily tasks, we held two full days of additional training on our return from the festive break. Our teams were involved in banksman training, face-fit testing for masks and also undertook workshops on quality, workmanship and health, safety and welfare on site.

As part of the Quality section of training, a number of quality related problems which can occur during works were discussed. These quality shortcomings included poor material quality, weather conditions, communication, management, workmanship and work practices. A healthy debate was held between all participants of the workshops including

operatives, foremen, supervisors and management to discuss these short-comings and what we, as a team, can do to ensure they do not occur and rectify them should they occur on any Leiths site.

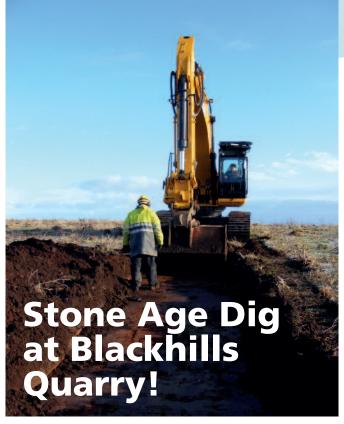


Leiths Construction and Surfacing team with their CITB Safety Awareness Certificates. From L to R: Graham Wilson, Gary Robertson, Gordon Joiner.

The Construction and Surfacing Division of Leiths are now in the enviable position of having all on-site operatives holding a valid CSCS card and are also all fully competent vehicle marshalls.

The next phase of training, including the Construction Plant Competence Scheme (CPCS) and NVQ certifications, has now begun and we hope to be able to report further success in the next edition of Leiths News.





PLANNING PERMISSION WAS RECENTLY GRANTED TO EXPAND THE EXTRACTION AREA AT BLACKHILLS QUARRY IN COVE. ONE OF THE PLANNING CONDITIONS REQUIRED THAT AN ARCHAEOLOGICAL SURVEY WAS UNDERTAKEN OVER THE DEVELOPMENT AREA BEFORE QUARRYING COMMENCED.

The survey required excavation of 7% of the surface of the site. Leiths appointed local archaeologists Charlie and Hillary Murray of Murray Archaeological Services from Methlick to undertake the survey. One mile of 2m wide trenches was excavated during the survey.

The planning condition was applied because of Neolithic fragments having recently been found in the nearby 'Aberdeen Gateway' site. These fragments were found where there were pockets of deep topsoil and there was a chance that similar material would be present at Blackhills.

At Blackhills the results from all the trenches were very similar, finding thin topsoil and no archaeological material.

Extraction can now commence in the new area of the quarry as planned.



Inverness Skate Park



Midlairgs concrete plant have just completed the supply of shotcrete to the newly completed Inverness Skate Park and BMX track, which was redeveloped with help from a £250,000 grant from the Big Lottery Fund.

Located in the Bught Park, the Skate Park is a major new leisure facility, built at a cost of £455,000 and is one of the best in Scotland with the park covering an area of 1200 square metres.

The main contractor, Concreate Skate Parks, specialise in the design and construction of concrete skate parks across the UK. As long term skate park users themselves, it was extremely important for Concreate Skate Parks to find a ready-mix supplier that could supply a quality and consistent concrete to form the most innovative and creative skate park terrain. Leiths worked closely with them to develop a range of concrete mixes with different setting times that could be used depending on ambient temperature and weather conditions.

The Skate Park, which opened in December, has more than 10 features, with a huge bowl that has three grindable surfaces and ends in a nine foot pool bowl. The tail of the Nessie head is part of a 50 metre jump section, and there is a fully ride-able coloured thistle as part of the extensive street section.

The staff at Midlairgs have yet to try out this new facility but will be eager to do so once the fine weather is here!

M&M provide road safety play equipment to School

Alistair McGowan, Managing Director for M&M Road Surfacing Ltd, donated unused traffic equipment to the school's provision for children with autism, for learning and playtime. Items including traffic cones, barriers, road signs, reflective vests and hard hats were gratefully received by teacher Amy Richmond.

Amy had mentioned to Alistair about the pupil's recent project in road safety in which they learned life skills including road safety when crossing. She has incorporated the gifts into the curriculum and playtime. Amy said: "Before, at break times they could play on their own with the limited resources we had. But since we got the road equipment they have been working together in groups and it has helped develop

their creative play and imagination which can be a barrier and challenging for children with autism."

The 18 lucky pupils who benefit from the items range from primary 1 to primary 7, and they have already set up circuits around the playground resembling roads and barricaded off areas of the playground - such as where the teachers stand!

Alistair visited the school for the first time since he donated the equipment and said: "It's absolutely fantastic to see how they are using all the equipment. You can see the difference it has made". He also added that he has ordered sandbags due to popular demand from the children.

BURNBRAE PRIMARY SCHOOL IS DELIGHTED WITH A GIFT OF ROAD SAFETY PLAY EQUIPMENT FOR PUPILS.

Councillor Bob Constable, Cabinet Member for Education, said: "This is a fantastic example of a local company supporting the community in partnership with the council. Well done to everyone involved."



HEALTH & SAFETY



ESOS (the Energy Saving Opportunity Scheme) is a mandatory energy assessment scheme for organisations in the UK.

Organisations that qualify for ESOS must carry out ESOS assessments every 4 years. These assessments are audits of the energy used by their buildings, industrial processes and transport to identify cost-effective energy saving measures.

Prior to ESOS, we have been looking at the implementation of ISO 50001 (the energy management standard) as we recognise the positive benefits of this energy management

The group is currently being registered with BSI to ISO 50001 which meets the requirements of the ESOS scheme.

We would ask and encourage individuals to input ideas on making energy savings. Please contact David Bremner, Leiths H&S

IMS HANDBOOK REVIEW

The Leiths Integrated Management System Handbook has been under review for the last few months with new safety and environmental legislation in place. The existing handbook needed freshening up to reflect these changes.

The new booklet will be issued this year to all personnel and new employees.



Changes to the Chemical and Substance Symbols

You are probably already familiar with the current hazard symbols that appear on some chemical labels. These will change from 2015 with the symbols below right being affixed to chemicals and substances supplied:



HARMFUL/ IRRITANT



EXPLOSIVE



TOXIC



HARMFUL ENVIRONMENT

These older symbols will be accepted on existing products but

will be phased out in favour of the new symbols by 2017 - if you have

any questions about this subject

speak to the HSEQ department.



CORROSIVE





FLAMMABLE



HARMFUL/ IRRITANT



FLAMMABLE EXPLOSIVE



TOXIC

HARMFUL **ENVIRONMENT**





OXIDISING

CORROSIVE



LONG TERM



GAS UNDER

These symbols identify the potential hazards that could be realised when using the substance. There will also be two new symbols for long term health hazards and gas under pressure.

Laying Marshall Asphalt in Winter!

IT IS ALWAYS A CHALLENGE TO DESIGN AND LAY A MARSHALL MIX IN OPTIMUM CONDITIONS. WHEN THE CLIENT REQUIRES THAT THE WORK IS DONE IN WINTER, WITH NO COMPROMISE ON QUALITY, THE TASK BECOMES A CHALLENGE.

Airports now make extensive use of de-icing fluids which can attack a susceptible surface and cause durability problems. To overcome this and resist any attack, a Polymer Modified Bitumen can be specified.

The design team at Aberdeen Airport decided to proceed on the basis of using a Marshall mix with a Polymer Modified Bitumen. The main contractor, Volker Fitzpatrick, and Leiths, the material supplier, had a concern regarding the supply of material given the time of year (December) and because it was a nightshift operation. Nynas, the bitumen supplier, offered a X4 PMB and were also prepared to supply the product with a warm mix additive. A warm mix additive reduces the surface tension of the bitumen allowing the mix to be more workable and compactable at lower temperatures. Under normal supply conditions the use of the additive permits a lower mixing and compaction temperature to the order of 30°C. Given the circumstances of this supply, Leiths decided to manufacture at normal temperatures of 170°C and take the benefit of the additive by increasing the working window in the low ambient temperature conditions.

Site trials were carried out and the following temperature categories were established:

- Rolling proceeded immediately on laying the material, initial rolling started at temperatures >140°C for a minimum of four passes. The PTR rolling was carried out within the range of 70-100°C and final polishing within the range 50 – 100°C. The mix performed well under the rollers without any undue displacement or transverse cracking and closed up under the PTR to provide a tight surface.
- The Nuclear Density Gauge had been correlated with the mix on an offsite trial and NDG measurements taken at time of laying indicated that compaction at the joints and in the mat had been achieved. Echelon paving was carried out to ensure that joint compaction was achieved.







The mix design using granite aggregates and all compliance testing was carried out by Leith's technical team. Blackhills quarry supplied the material and met very tight compliance limits. A vital part of the operation was planing by Markon and Leiths bitumen spray tanker. The client was very pleased with the product and service offered to them by Leiths and complimented the team accordingly.

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Promotion for Roy Thomson

RECENT CHANGES WITHIN THE GROUP HAS PROVIDED AN OPPORTUNITY TO RESTRUCTURE OUR PRECAST DIVISION.

Roy Thomson will now head up the operations at both our Montrose and **Lochton Precast factories.**

Roy left school in 1982 and started work as a dairyman at a local Dairy. Six months later he started as a Precast labourer with George Stephen Precast. Three years on he was promoted to Factory Foreman. The Company was sold in 1992 to Churchill Homes and went under the new name of Bedrock Precast. It was at this point Roy took up his first Managers role. Always keen to push himself further, Roy left Bedrock in 2000 to take up the position of **Production Manager at Doric Precast** where he was responsible for 38 men and all factory production. Three years later Roy decided to take a career change and started work for Stewart Milne at their Timber Systems factory in Westhill. However, it wasn't long before Roy got that burning desire to return to the trade he excelled at and joined Leiths in 2005 as our Precast Manager in Montrose.

lives Rov Maryculter with his wife Romy, 5 year old daughter Renée and 4 year old son Rudi. Roy designed and built his own house back in 1999 which is situated on a farm next door to his parents.



At the age of 10 Roy took to the bagpipes and played for the 47th Culter boys Brigade Pipe Band becoming World Champions in 1982 in the Novice Juvenile Grade. He was Pipe Major for 5 years and led that band to become European Champions after teaching them from

In his spare time Roy teaches beginners at Ceroc which is a stylish dance sometimes referred to as Modern Jive.

Roy is a season ticket holder at Aberdeen Football Club and is happiest spending time with his wife and kids.

We wish Roy well in his new role.

Montrose Precast specialise in the manufacture of quality architectural cast stone products including sills, lintels, quoins, pillar caps etc. Lochton Precast is a leading manufacturer of high quality finished stairs and landings which are supplied to projects throughout Scotland.

Donald Maclean (Leiths HGV Driver) Receives **Welcome Praise**

It is always great to hear positive feedback from the public regarding our staff.

Earlier this year, David Mallan, Quarry Manager at Lugton, received a call from a Ms Eilish Wheelan from Fort William. She had called to say that she had followed one of Leith's powder tankers from Crianlarich all the way down Loch Lomond side to Luss.

At that point, David recalls: "I'm sorry to say that when I normally get one of the 'I was following one of your vehicle's' phone calls I fully expected the worst!"

However, Ms Wheelan had called to say that she had never before seen such exemplary driving from an HGV driver. In her opinion, the driver was skilful, courteous and a true gentleman of the road. She said that he had negotiated the road works and the twists and turns of the loch side like a true professional and was extremely aware of everything around him, so much so that she was happy to follow him as it gave her confidence on that difficult stretch of road.

The driver concerned was Donald McLean travelling from Fort William to Ayr with a load of animal feed. On behalf of Leiths, we would like to say a big "well done".

M&M ROAD SURFACING STAFF COMPLETE SVQ ASSESSMENTS Five candidates were assessed at SVQ Level 3 for

Occupational Works Supervision in Construction.

Finally, 2 candidates were assessed at SVQ Level

Nineteen members of M&M's staff commenced their SVO Assessments in April 2014 in conjunction with the company Edutrain.

Edutrain carried out the assessments and assisted candidates throughout the courses.

Twelve candidates were assessed at SVQ Level 2 for Construction Operations and Civil Engineering Services in either Road Building (for Surfacing Operatives) or Highway Maintenance (for Civils/Preparatory Operatives). This course included an Information and Communication Technology City and Guilds assessment and Certificate.

Construction Site Management, Highway

4; Alan Burns M&M's Contracts Manager on Maintenance & Repair and Craig Cowan, Assistant Quantity Surveyor on Surveying in Construction Contract Operations.

All 19 candidates passed their assessments by mid January 2015.

Congratulations to all 19 staff on completing and passing their assessments.



Pictured: Alistair McGowan (M&M's, Managing **Director) presenting Alan Burns & Craig Cowan** with their Certificates.

LAWRIE SITE SUPERVISOR WINS H&S AWARD

Leiths are very pleased to announce that Jay Karpinski, Site Supervisor on the Lawrie Demolition Liberty House Site, has recently won an award from Robertson Construction for health and safety test activities.

Robertsons' gave this award to all their subcontractors at the Liberty and Ardent House Sites and Jay's picture is now up on the wall at the Ardent House Site Office.

NEIL ANDERSON – Fellow of the Institute of Asphalt

In recognition of papers presented and services rendered, Neil Anderson, Leiths Technical Director, has been recently elected a Fellow of the Institute of Asphalt Technology.

Neil has been employed in the construction industry in a technical and quality related role for a period in excess of 47 years.

Well done Neil!



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Hayley Cruickshank returns to Montrose Precast

(following Maternity Leave)

Following the birth of her son, Flynn, Hayley Cruickshank, Administrative Assistant at Montrose Precast, took maternity leave and is soon to return to work. Here she tells us about her exciting year.

"I started with Leiths on 29 August 2011 and although I didn't really know an awful lot about the industry (especially precast!) I really enjoyed learning about it in my role as Administrative Assistant. It took a little while to figure everything out, especially as sometimes there were two or three names used for the same item! But after a little while I felt comfortable with what I was dealing with and got to know the regular customers.

In January 2014 my partner and I were able to buy our first property which would become our family home. We were very proud to be able to do this mostly because I was pregnant with our first child and we wanted to provide a safe, cosy and happy home for our new addition.

Our Son, Flynn Joseph Stoker, was born on 12 June 2014 at 11.31pm weighing 8 pounds and 10 and a half ounces.

When I first went off on maternity leave, I was 39 weeks pregnant, and ended up waiting another 3 weeks for our little boy to make an appearance! Those weeks dragged on for what



felt like months, however, the months since he was born have flown by in a flash!

Flynn is now a healthy, happy 8 month old little boy. He loves his sleep and his food and is generally very content.

I'm looking forward to coming back to work now, as although it has been brilliant being able to watch our baby grow into a little boy, it will be nice to return to work and enjoy some adult company rather than speaking baby talk all day! I'm looking forward to getting back in to the routine of work and excited to see all the changes at the Montrose Precast that I've been kept well informed of while I've been away! Especially the new mixer and all the new contracts Roy and Kayleigh have won!

But before I return to work, I'll be getting married! My partner and I have been together for over 6 years so we are extremely happy to become husband and wife, so when I return to work, I will be Mrs Hayley Stoker.

I feel very happy and lucky to be a part of the Leiths group as so many people made me feel so welcome when I first started and I have made a lot of friends while being a part of the company. I'm looking forward to seeing and speaking to them all again on a regular basis and meeting new colleagues that have joined whilst I've been away."

New Concrete Production Supervisor Paul Maley

PAUL RECENTLY JOINED LEITHS AS OUR CONCRETE PRODUCTION SUPERVISOR OVERSEEING OUR CONCRETE BATCHING OPERATIONS ACROSS THE COMPANY AND SUPPORTING OUR CONCRETE PLANT OPERATORS, AS WE CONTINUE TO GROW AND DEVELOP THIS PART OF THE BUSINESS.

Paul has over 20 years concrete product experience, working with Marshalls who are one of the largest suppliers of hard landscaping concrete products in the UK. Paul started work with Marshalls in 1993 operating a single mould hydraulic press which produced commercial road kerbs and concrete edging, working on this operation for 5 years, until he was promoted to shift supervisor in the Flag and Kerb Department.

To further his knowledge in concrete products, Paul moved departments and for 7 years was production supervisor on the secondary process precast department. This is where Paul oversaw the finishing of the decorative landscaping products where the concrete would be tooled or exposed so that it resembled natural stone.

Paul left Marshalls briefly and was a Projects Co-ordinator for an industrial waste cleaning company, however, returned to Marshalls as a Health & Safety Co-ordinator and latterly Production Supervisor.

Paul and his wife Elaine are from Denny and they have two grown up children, Eleisha, who is 24 years old and Jordan who is 21 years old. Paul's hobbies include cycling and watching Jordan play football for Kilysyth Juniors when his shift pattern allows.

Paul is relishing the challenges ahead in what is going to be another busy year for our Ready-Mix Concrete Plants.

COMPETITION

To be in with a chance of winning £100.00 can you answer the following question correctly:

Leiths have recently acquired a new Ready-Mixed Concrete Plant at Longside, Peterhead (see our feature on page 3). How many Concrete Plants do Leiths now own?

Please list them all by name.

Entrants should send their answers, including name, place of work and contact details to: Caroline Anderson canderson@leiths-group.co.uk

The closing date is Thursday, 30 April 2015 and the winner will be featured in the next edition of Leiths News.

Good Luck!

COMPETITION WINNER – ISSUE 3

Thanks to everyone who entered the last Leiths News Competition in edition 3.

The competition gave employees an opportunity to win a £100.00 voucher by forwarding ideas on how to improve the health and wellbeing of everyone at work, following the 'Fit in 14' Scottish government initiative.

The winner was Amanda Ross, Purchase Ledger Assistant based at Rigifa who has compiled a list of useful and quick "workplace desk exercises" for staff to try in their own time.

The word exercise comes from the Latin exercere, meaning to keep busy or at work.

But what the typical adult does at work is sit in a desk chair for eight hours, plus a sitting-down commute both ways and an evening spent in front of the TV. This is a recipe for ruin. Sitting all day increases our risk for obesity and puts us at risk for back pain, poor posture, leg cramps, tense muscles and sheer boredom.

Here's something you can do about it!

Exercise is simply the act of keeping your body busy, using your muscles and bones while your heart keeps pumping. According to a survey by the National Centre for Chronic Disease Prevention and Health Promotion, nearly 50% of adults in the UK admit that they don't t get the physical exercise they need.

But there are exercises you can do right at your desk to help you improve your body's flexibility and strength with nothing but a few minutes and your desk chair.

Just remember to check with a doctor before starting any exercise regime or if you have any concerns.

If you are interested in receiving a copy of Mandy's exercise sheet, please contact Mandy (aross@leiths-group.co.uk) or Caroline Anderson (canderson@leiths-group.co.uk)

CONTACT DETAILS

Leiths (Scotland) Ltd Rigifa, Cove, Aberdeen Aberdeenshire AB12 3LR

Tel: 01224 876333 Fax: 01224 876332

Markon

Antonine House 6-10 Dunnswood Road Wardpark South, Cumbernauld Glasgow G67 3EN

Tel: 01236 875134 Fax: 01236 875525

2 Lawrie Demolition

Rigifa, Cove Aberdeen Aberdeenshire AB12 3LR

Tel: 01224 876333 Fax: 01224 876332

5 M&M Road Surfacing

9A Bankhead Medway Sighthill Industrial Estate Edinburgh EH11 4BY

Tel: 0131 6244466 Fax: 0131 6244467

3 Joss

Joss (Aberdeen) Ltd Parkhill, Dyce Aberdeen AB21 7AT

Tel: 01224 774422 Fax: 01224 772444

6 Ross

A Ross & Sons Ltd Daviot Inverness Inverness-shire IV2 6XN

Tel: 01463 772255 Fax: 01463 772321



Group Resources



4. Achilty Quarry

Contin, Strathpeffer

Ross-shire, IV14 9EG

SERVICES (See Key)

5. Mid Lairgs Quarry

Inverness-shire, IV2 6XN

T: 01997 421122 F: 01997 421145

C D F K R

A Ross & Sons Ltd

Daviot, Inverness

T: 01463 772211 F: 01463 772321

SERVICES (See Key)

D F J K N O

Leiths (Scotland) Ltd

Moray, IV36 2RQ

T: 01309 671188

F: 01309 671100

C D F K N

SERVICES (See Key)

Rafford

Forres

6. New Forres Quarry

Leiths

1. Highland Lime

Torlundy Fort William Inverness-shire, PH33 6SQ

T: 01397 702227 F: 01397 702308

SERVICES (See Key)

A B E F J I K N O

2. Torrin Quarry

Leiths (Scotland) Ltd Broadford Isle of Skye, IV49 9BA

T: 01471 822265 F: 01471 822266

SERVICES (See Key)

A D F J K N 3. Kishorn Quarry

Nr Strathcarron Ross-shire IV54 8XF United Kingdom

T. 01471 822265 F. 01471 822266

SERVICES (See Key)

7. Bluehills Quarry

Leiths (Scotland) Ltd Craigellachie Moray, AB55 4BW

T: 03301 190627 F: 01340 820890

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C D F K N 8. Parkmore Quarry

Leiths (Scotland) Ltd Dufftown, Keith Moray, AB55 4DL

T: 01340 820200 F: 01340 820890

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9. Longside Concrete Plant

Faichfield Longside Peterhead, AB42 3ED

T: 01779 821466 F: 01779 821354

SERVICES (See Key)

10. Loch Hills Quarry

Joss (Aberdeen) Ltd Parkhill, Dyce Aberdeen, AB21 7AT

T: 01224 774422 F: 01224 772444

SERVICES (See Key)

C D G J K O

11. North Lasts Quarry

Leiths (Scotland) Ltd Peterculter, Aberdeen Aberdeenshire, AB14 OPE

T: 01224 732690 F: 01224 876332

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C D F K N

12. Nether Park Quarry

Joss (Aberdeen) Ltd Drumoak, Banchory Kincardineshire, AB31 5AD

T: 01224 774422 F: 01224 772444

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13. Lochton Precast Concrete

Leiths (Scotland) Ltd Slug Road, Durris, Dufftown Banchory, AB31 6DD

T: 01330 844444 F: 01330 844417

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14. Blackhills Quarry

Cove, Aberdeen Aberdeenshire AB12 3LR

T: 01224 897568 F: 01224 897590

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C D F J K N

15. Montrose Concrete Products

Leiths (Scotland) Ltd Broomfield Industrial Estate Montrose, DD10 8SY

T: 01674 677037 T: 01674 672809

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16. Lugton Lime

Lugton Kilmarnock Ayrshire, KA3 4EB

T: 01505 850435 F: 01505 850590

SERVICES (See Key)

A F H K

17. Markon Office

Markon Antonine House 6-10 Dunnswood Road Wardpark South Cumbernauld Glasgow, G67 3EN

T: 01236 875134 F: 01236 875525

SERVICES (See Key)

L M Q

18. M&M Road Surfacing

M&M Road Surfacing Ltd 9A Bankhead Medway Sighthill Industrial Estate Edinburgh, EH11 4BY

T: 0131 6244466 F: 0131 6244467

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Precast Concrete Products

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Rock Armour

Sand and Gravel Quarry

Surfacing and Construction Traffic Management

UKAS Accredited Laboratory

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If you have any stories for the next issues of Leiths News, please send them to: canderson@leiths-group.co.uk

Rigifa, Cove Aberdeen AB12 3LR

T: 01224 876333 F: 01224 876332 www.leiths-group.co.uk

