### Westhill Bulletin

Summer 2015 Issue 142



## WESTHILL GALA SATURDAY 5th JUNE 2015

**GALA WEEK PROGRAMME IN CENTRE INSERT** 

### What YOU think about YOUR community



Westhill and Elrick rated by residents in a major survey...

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A Long running North East take away has pledged to keep up it's high standards after extending their opening hours.

Lows Traditional in Westhill is now open earlier to catch breakfast lovers with their varied range of morning favourites including traditional breakfast baguettes, sausage rolls, selection of pies, tea & coffee.

Visitors to Low's Traditional at lunch time can enjoy anything from their 100 strong item menu. This includes favourites such as award winning fish & chips and other chipper favourites to their lunch time homemade special menu including delights such as steak pie, macaroni cheese & chicken curry served with homemade soup. For a light lunch why not try freshly prepared paninis, baked

potatoes, sandwiches and assorted

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order Mon-Thurs

Valid on production of this voucher. Valid until 30th June 2015 (inc).

### **LUNCH VOUCHER**

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### **EVENING MEAL VOUCHER**

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Any 2 adult suppers and any 2 kids menu items

Valid on production of this voucher. Valid until 30th June 2015 (inc).

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#### SUBMITTING ITEMS FOR THE BULLETIN

The Westhill & Elrick Community Council distribute over 5000 copies of the Westhill Bulletin quarterly to houses and businesses in Westhill and surrounding villages. We offer good advertising rates and are keen to support local businesses and services.

Adverts and articles for the autumn issue should be sent in by **Monday 27th July**, for distribution in late August.

All contributions or enquiries should be emailed to:

wecc.bulletin@westhillelrick.org (Note this is a new email address for the Bulletin), or posted to:

11 Fare Park Drive, Westhill, AB32 6WE Telephone enquiries to:

Bulletin Secretary – Fatima Mansoor on 01224 741909 or 07910 300934 Bulletin Manager and Editor – David Ritchie. Tel. 01224 744058

Articles should be submitted as **Microsoft Word** documents attached to an email. Articles larger than 450 words may be edited.

#### 2015 advertising rates:

Black & white – 1/4 page £35, 1/2 page £58, full page £110

Colour – Centre pages – 1/4 page £58, 1/2 page £105, full page £180

Colour – Inside covers £200, back page £230

(There is a small additional one-off charge for new adverts and when changes are made)

#### **BULLETIN DELIVERY**

The Bulletin is delivered by an army of dedicated volunteers. More deliverers are always required for the ever-expanding Westhill and to replace retiring helpers.

If you can spare an hour or so four times per year to help deliver the Bulletin in your locality or nearby then please ring David Ritchie on 01224 744058.

### **NOTICES**

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### Westhill & Elrick Community Council

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   3 Meadowlands Court
- Alan Eastell, Tel (01224) 742361
   9 Straik Place, Elrick
- Dave Fisher, Tel (01224) 742674
  7 Morven Circle
- Bill Loudon, Tel (01224) 740529
  32 Lawsondale Drive
- Rosemary Murray, Tel (01224) 740644
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- Kieran Rorie, Tel (01224) 745725
   9 Meadowlands Avenue
- Ken Seward, Tel (01224) 743644
   30 Dawson Brae
- Steven Strachan, Tel (01224) 747806
   8 Broadstraik Crescent
- Raymond Swaffield, Tel (01224) 740669 24 Kinmundy Avenue

Community Council meetings are held on 2nd Thursday of each month at 7pm in Holiday Inn West, Westhill and are open to all residents of Westhill & District

The agenda is placed in the noticeboard near Co-op a week before the meeting and also posted on the website www.westhillelrick.org

Minutes are also posted on the website, in 'About Us' area

### Chairperson's Report

Aberdeenshire Council's Local Development Plan (LDP) will be finalised later this year. The plan, which represents the "settled" view of the Council, covers the period 2016-2021, outlines Aberdeenshire Council's preferences for development, and places continuing emphasis on encouraging subsea businesses to locate in our town. The collapse of the oil price has taken many



of us by surprise and is a reminder of the importance of long-term planning for Westhill. Modern Westhill is a centre of excellence for subsea engineering and management worldwide. This strategy has allowed Westhill to grow and prosper even though North Sea oil production has declined significantly in recent years. The oil-price has followed a cyclical pattern for the last 60 years and we have every reason to be optimistic that it will recover and prosperity return in response to increasing oil & gas activity worldwide – at least that's the "theory" and we await the results of the "test" with interest.

The re-development of the town centre should be finished by the time you receive this edition of the Bulletin. It has generated a lot of comment since building started e.g. with concerns expressed over the loss of trees and about the overall size and shape of the building and its impact on Westhill Drive. Unfortunately, like the design or not, its too late to complain when a development gets to the construction stage. The time to comment on these designs and their impacts is at the Application stage when all aspects are being fully consulted on before the design is finalised.

The Plans were on display on the WECC stall at the Gala in 2012 when they were out for consultation. A quick check on the Planning website (App 2012/2154) reveals that only around 27 "Letters of Representation" were submitted by the public.

It is very important that residents do make comment, especially if they object to an Application in whole or in part. If few or no objections are received then the planners can only take it that the Application is broadly acceptable and proceed accordingly. You don't need to be directly affected to comment, as anyone can. WECC provide guidance on our website <a href="https://www.westhillelrick.org">www.westhillelrick.org</a> on how to find current Applications online and how to comment on an Application.

WECC is a statutory consultee on Planning Applications. Residents are very welcome to attend our monthly meeting to air views on Planning Applications or other matters first hand. Please note that our monthly meetings are now held at the Holiday Inn on the second Thursday of every month, from 7pm.

We have enjoyed some excellent weather during Spring. We had a very successful "Eggstravaganza" with some creative artwork. The Westhill Gala will be coming up soon and we are looking forward to hosting another Scarecrow Trail. WECC will also have a stall and our key theme for this year will be the Green Dog Walkers scheme, designed to promote responsible dog ownership. For further details on how you and your dog can play your part, please keep an eye on our "new" website at <a href="https://www.westhillelrick.org">www.westhillelrick.org</a>



WECC have recently revamped, renamed and re-launched our website and Facebook pages. We hope you will find the website easy to access and read. It will continue to reflect our role in promoting quality of life for residents of Westhill and Elrick. Please log on, look for our logo and add our site to your favourites. Similarly on Facebook search for our full title, "Westhill and Elrick Community Council" look for our logo and "like" our page.

Finally with regret, due to work commitments I will be standing down in June from the role of Chair and I thank you for your interest and support during my time in office.

### SOUTH WEST ABERDEENSHIRE CITIZENS ADVICE BUREAU (SWACAB)

### Charity Number SC037679, Company Number SC365959

#### **Pensions Guidance**

Are you aged 55 to 65, due to retire soon, and have a defined contribution pension arrangement?

If so, why not make an appointment with the bureau to see an adviser. He or she will review your situation and, if appropriate refer you to see our Pension Wise Guide, a specialist adviser who has been available to see clients since 1st April following extensive training to ensure that the most accurate up to date information is provided.

If you are thinking of retiring within the next year you really do need to understand the full implications of your pension choices in light of the major pension changes that came into force on 1st April. This includes the options available to you for your pension savings and, most importantly, to find out the potential pitfalls that lie in wait – and how to avoid them – including scams designed to part people from their pension money. The guide will not advise you the route you should take with your pension and cannot provide financial advice but clients benefit greatly from increased understanding of their options and the questions to ask when dealing with pension companies and financial advisers.

Why not call the bureau to make an appointment – you have nothing to lose and everything to gain.

#### **Banchory Bureau**

The bureau is working to establish a full bureau office in Banchory to replace the outreach in the town, which has become very busy but is limited by the availability of the room we rent at the West Church. The new bureau will be centrally located and, following design, Building Warrant, Planning Permission and construction of the internal facilities, the new bureau should be open this summer.

In an innovative move, we are planning to share the new bureau offices with CLAN (Cancer Link Aberdeen and North) who also currently utilise the West Church for their local sessions. The facilities have been specially designed to suit the requirements of both charities, allowing the bureau to operate 3 days a week with CLAN using them the other 2 days.

#### Specialist Advisers

Whilst our volunteer Generalist Advisers are the initial point of contact for most clients we also have a growing cadre of specialist advisers, who see referred clients by appointment, for Welfare Benefits, Debt, Fuel & Energy, the Money Advice Service and Pension Wise. Together, our team of generalist and specialist advisers — and the invaluable support team — are working exceptionally hard to help our clients. This has led to a 40% growth in issues/actions completed in the financial year to 31st March and a further growth in Client Financial Gain to over £1.75 million for the year.

#### Volunteers Required

If you would like to get the satisfaction of knowing that you are part of a dedicated team that provides invaluable help and advice to people in your area, remember that we are always looking to recruit new volunteers to join our existing team, including Advisers, Administration/Reception staff, Board Members and Fund Raisers.

Our advisers and support staff are critical to the bureau, but so is raising sufficient funds to enable them to provide the invaluable service. Could you spare a few hours a week to join our fund raising team, knowing that your efforts help enable the bureau to function?

#### If you need advice or want to volunteer, please call us on 01224 747714

The Bureau Opening Hours in Westhill are:

Tuesday and Wednesday 10 am to 3 pm (appointment or drop in)

Wednesday 10 am to 3 pm (appointment or drop in)

Thursday 10 am to 3 pm (appointment only)

Friday 11 am to 4 pm (appointment, plus drop in from 1 pm)

We also have advice outreaches located in Banchory, Aboyne, Tarland, Ballater, Braemar, Alford and Lonach, all by appointment only. Please call 01224 747714 to book an appointment or visit our website www.westhillcab. ora for further information

## Westhill Household Waste & Recycling Centre Westdyke Avenue, Westhill



### Recycling facilities for:

Glass Bottles & Jars, Paper,
Cans, Plastic Bottles, Textiles,
'Tetra Pak' type cartons,
Garden Waste, Household Batteries,
Lead Acid Batteries, Engine Oil,
Electrical Appliances, Pressurised
Containers, Scrap Metal, Wood,
Hardcore & Rubble, Tyres

### **Opening Hours**

Monday to Sunday Late night Tuesday

9.00 am to 5.00 pm

5 - 8 pm April to Sept.

### LIBRARY OPENING TIMES

Monday 10.00 am .....7.30 pm

Tuesday 10.00 am .....5.00 pm

Wednesday 1.00 pm .....7.30 pm

Thursday 10.00 am .....5.00 pm

Friday 10.00 am .....5.00 pm

Saturday 10.00 am .....1.00 pm

Remember to bring your Borrowers Card.

Westhill Library Westhill Drive 01224 741312

### Aberdeenshire



### Westhill Service Point

From April 2015, Aberdeenshire Council's Service Point is available at Westhill Library. Customers will now be able to access Council services during the following hours:

Monday - 10.00-7.30

Tuesday - 10.00-5.00

Wednesday - 1.00-7.30

Thursday - 10.00-5.00

Friday - 10.00-5.00

Saturday - 10.00-1.00

Police Scotland queries continue to be dealt with at the Police Station, via the intercom or customers can call 101.



### Crombie Primary School

would like to cordially invite all local community senior citizens to attend our annual concert at Crombie Primary School, Hay's Way, Westhill on Monday 29th June

You can choose the time to come along, either **9.45–11.00am** or **1.45–3.00pm** 

If you would like to attend, please telephone the school office during the week 1st–5th June between 10.00am–12 noon or 2.00–3.00pm

Numbers will be limited and allocation of seats will be on a "first come, first served" basis.

We look forward to welcoming you to our school

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- · Business planning

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AlisonDonaldsonCA@yahoo.co.uk or T. 07711 043865

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### Councillor David Aitchison



The construction of the new shop units in the town centre has generated a lot of discussion in our community during the last few months. In fact I have received more communications recently from residents on this issue than on any other. The vast majority have asked why this development was allowed in our town centre.

While I am disappointed about aspects of the design of the development and the loss of the green space in our town centre, it has been through the planning process.

The initial application for development on this site was approved in 2009 and it is this decision which has ultimately led to what has been constructed in the town centre. One of the first significant planning applications I was involved in following my election in May 2012 was the application for this site. The application was the subject of a significant number of objections but had to be assessed with the knowledge that the aesthetically poorer 2009 approval would be developed by the shopping centre owners if the new application was refused.

The Westhill & Elrick Community Council meeting of September 2012 was well attended by residents who objected to the development and by those who supported it.

The Garioch Area Committee meeting which considered the application agreed with my proposal that the design should be referred to the Council's Architecture and Design panel for review. Following the panel's consideration improvements were made including landscaping and a 'living wall' on the east elevation. While these improvements did not go far enough for me personally, they were approved by the Area Committee and planning permission was granted.

The landscaping and living wall will soften the impact of the building and the development will provide much needed shops as well as an improved and redesigned car park.

When applications come forward in future I hope that Westhill, as Aberdeenshire's gateway community, would deserve buildings of a significantly greater quality that enhance our town.

I can be consulted at any time by telephone or email on any issue and also hold monthly surgeries at Westhill Library on the first Wednesday of each month from 6-7pm.

My next surgery dates are Wednesday 3 June and 1 September 2015.

**Councillor David Aitchison** 2 Fare Park Circle, Westhill, AB32 6WJ

Tel 01224 741301, Mobile 07876 475227

cllr.d.aitchison@aberdeenshire.gov.uk 🛐 @aitchisondavid





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### Cllr. Iris Walker (Ward 13), Westhill and District

### Local business owners go green

Well done to local couple Peter and Gracie Adams, who run the Village Store in Kirkton of Skene, for agreeing to sign up to the Green Dog Walkers campaign. Peter and Gracie have

pledged to encourage dog walkers to be responsible for clearing up after their dogs. The Village Store is the perfect focal point for residents to go to sign their pledge and help keep the village tidy. They have already signed up a number of local pooches and stock a variety of free promotional items as well as dog waste bags.



Cllr Walker with Peter and Gracie Adams

### The Gull problem

It's coming up to the time of year when the first chicks appear after the spring mating season for gulls. Aggression by parents protecting their young along with aggression from the chicks themselves as they fight over food causes headaches for some local residents. The council has no statutory duty to take action against gulls but does recognise the need to protect communities and they have produced a handy guide on how to tackle the nuisance. One of the best preventative measures is not to feed gulls or to drop food scraps. I have been approached in previous years by residents living in the centre of Westhill near the shops where food litter is a problem. The Community Council has kindly allowed me to include copies of the Survivor's Guide with this Bulletin to the most affected residents. You can also access the guide online at https://www.aberdeenshire.gov.uk/environmental/seagulls.asp

Dropping litter or food scraps is an offence so please encourage your own chicks to use the bins!

#### School's out for Summer

Happy holidays to all our young residents and their teachers and indeed all school staff who do a fantastic job throughout the academic year. At a recent Westhill Academy Parent Council meeting, we had a fascinating insight to the programme in place for pupils transferring from primary to secondary. There is a massive amount of work done to ensure that pupils have a smooth transition to the next stage of their lives. Parent Councils are a fantastic way to get involved in our children's education and to meet face-to-face with teaching staff in an informal setting, so please ask your school if you want to get involved.

### Please get in touch

My surgeries are on the first Saturday of the month (excluding January and August) from 10–11am at Westhill Library or you can contact me by phone on 07876 475272, email *Cllr.l.Walker@aberdeenshire.gov.uk*, contact me online at *www.iriswalker.co.uk* or Facebook/Tweet me.



Cllr Iris Walker - Westhill and District



iris tweets

Cllr. Iris Walker, 2 Burnland Place, Elrick, Aberdeenshire, AB32 6JU

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### Councillor Amanda Allan



Hello Everyone

It has been all change at Aberdeenshire Council as the new chief Executive has taken up post. Colin Mackenzie retired in February and Jim Savage as his replacement has new ideas and I am looking forward to working with him to make Aberdeenshire a better place.

In February I had the pleasure of attending the Subsea Awards at the AECC. This was a great event which recognises innovation and good practice within the subsea oil industry which is mainly based in Westhill. It was a fascinating evening where I gained a lot of information on the industry and how the oil price is affecting it. It was great to hear how important the businesses based here are to the worldwide industry.

Aberdeenshire council sponsors business events called Shire Connections. These events are networking events for businesses and help highlight successes and issues for businesses within Aberdeenshire. I have attended two of these events in recent months. The themes were Food and Drink and Energy. Aberdeenshire is a major producer of food and drink and has a very high reputation for what it produces, with the council helping to support new business and those wishing to expand. The energy event focused on the oil and gas industry with the reminder that the engineering industry is moving forward to producing more renewable types of energy.

The council's Education Department is going to be starting consultation on the possible rezoning of the primary school catchments. There will be drop in sessions held at Westhill Library on 27th May from 2pm to 5pm and Crombie School from 5.30pm to 7pm for parents to see the initial proposals and to have their say on what they think. A rezoning exercise may be the best way to cope with the differing roles at the primaries in Westhill but this does not mean children will have to move school from where they are at the moment.

If you want to contact me regarding local council issues my email is *cllr.a.j.allan@aberdeenshire.gov.uk*; Tel 01224 740679/07748 625160; 31 Westdyke Avenue, Elrick, Westhill, AB32 6QX.



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### Cllr. Ron McKail (Ward 13), Westhill and District

### **Westhill Primary Schools Rezoning of Catchment Areas**

Catchment areas for Westhill's four primary schools are being reviewed in the coming months. Whilst we have sufficient school places throughout the Westhill network, unless steps are taken to monitor the number of placement requests, children who live in their local school zone could be placed in a primary school

outside of their zone. The process to review the catchment areas involves consultation with parents whose children are currently at school; with parents whose child will be attending school at a future date; with teaching staff; and also the wider community. Dates for meetings are in the process of being arranged where Education Officers will use maps to indicate their proposed options and will record the comments and suggestions made. Also included in the process is a report to be forwarded to the Government Department 'Education Scotland' which will take into account the consultation process including all comments made. They in turn will make their decision as to whether the rezoning process can go ahead or not.

If there is a successful outcome to the rezoning the time scale for rezoning will 2016.

An important point to stress that children currently at all Westhill primary schools or their siblings yet to register for a school place who reside in or out of the revised zone will not be affected by this rezoning exercise. The recommendations made to rezone will only affect future out of zone placement requests under parental choice legislation.

### **Council Service Point Moved to Westhill Library**

During April Aberdeenshire's Service Point moved from our local police station to the library. Reason for the change of location is that very few of us on a daily basis used this service at the police station and moving it to the library will not reduce the service offered and it is more cost effective staffing wise. Service Points act as a single access centre for face-to-face contact making it easier for residents to access council services. It means the council is able to resolve the majority of enquiries at the first point of contact.

A benefit of the service point being in the library is that there are staff members able to assist with contacting council officers by use of library telephone. Assistance with making payments such as council tax by processing this through the Council's internet pages. Please be aware that the library staff are unable to accept direct payments but will be able to advise on how payments can be made. Services include providing dog 'poo' bags; advice on registering for a blue badge; for a bus pass. If you need advice on how to obtain Aberdeenshire Council services please contact staff at the library.

### Road Safety Issues at Arnhall Business Park

Double yellow lines are shortly to be painted on both sides of Prospect Road (adjacent to the Tesco petrol station) by Aberdeenshire Council officers to stop vehicles from parking on both sides of this carriageway. A few months ago this was a dangerous section of the road with vehicles travelling in both directions creating an 'accident waiting to happen'. Westhill based police officers took action to place traffic cones on

both sides of the road which has provided a temporary solution. The double yellow lines will be a reminder to vehicle owners that parking on this section of Prospect Drive is a road traffic offence and could lead to a fine. Hopefully these 'double yellows' will making this an accident free zone.

A second area of concern which the Skene Patients Group brought to my attention is the need for a safer crossing for pedestrians on Endeavour Drive (road leading from the Tesco roundabout on the A944 to the roundabout at the Tesco petrol station). With the support and involvement of Aberdeenshire's Roads Officers they carried out a comprehensive survey which highlighted some interesting data. Namely during a lunchtime period (1200hrs to 1300hrs) there was a two way traffic flow of over 1380 vehicles. Officers will now use this data to recommend that a bid for a zebra crossing be included in the Council's Capital plan.

Please contact me if I can be of help in following up on your gueries and concerns.

Councillor Ron McKail 17 Brimmond Drive, Westhill, AB32 6SZ Tel 01224 742095; Mobile 07767 663787 email cllr.r.mckail@aberdeenshire.gov.uk.

Animal Blessing Service Craigiebuckler Church Hall Springfield Road, Aberdeen Sunday 7th June, 3.00pm

All animals with their human companions welcome

### **SCHOOL HOLIDAY DATES**

### School Holiday and In-Service dates up to Summer 2016

All dates are inclusive and apply to Westhill Academy and all local Primary Schools.

Monday 6 July to Monday 17 August

Monday 12 October to Friday 23 October

Monday 16 and Tuesday 17 November (In-Service)

Monday 23 December 2015 to Tuesday 5 January 2016

Monday 15 Feb to Wednesday 17 Feb (mid-term & In-Service)

Friday 25 March (Good Friday)

Friday 4 April to Friday 15 April

Monday 2 May (May Day)

Monday 4 July to Monday 15 August

### **BILL'S GARDENING CORNER – SUMMER TIME**

And the living is easy, when you are in your garden enjoying the start of summer, make things easy for yourself by taking a small bucket round the garden with you and do weeding and dead heading; it saves time and extra walking.

In the greenhouse keep the plants moist (not wet) and if weather is getting a bit hot, try watering the floor, and ventilate by opening the door as well as the windows. Pollinate plants by brushing each flower with a feather or a small artist brush. Washing them afterwards stops the pollen sticking and making them hard.

When watering pots and plants, try doing it in the morning before it gets really hot during the day, or in the evening when it is a bit cooler. Don't forget to give the grass a drink as well.

In the vegetable patch keep weeding, it helps to give plants room to grow, again keep the soil a bit moist. Don't over-water as it encourages weeds.

Most of all, enjoy your garden whatever the weather is!

**Bill Loudon** 



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### ARNHALL MOSS REPORT

I have been walking on the Arnhall Moss for more than twenty years and in every season there is something to enjoy.

February produced the longest spell of ice on the Moss paths that I can remember. It seemed as if spring would never happen, but now in mid-April – it really is happening. In the woodland, mats of Wood Sorrel show their delicate white flowers, and on the burn, I counted five Mallard ducks. In fact they are three drakes and two ducks so how that will work out I am not sure. It is some years since we had a successful Mallard family so we can only hope for the best.

This seems to be a good year for Magpies, which I could well do without. But birds are plentiful; with all sizes from our solitary Heron through bright Goldfinches to the tiny Wrens. There is also a resident family of Roe deer on the Moss. Deer scent is almost irresistible to many dogs, so once again I would ask owners to be aware of what their dogs are doing at all times. There are still a few folk who do not 'pick up' or who even leave the filled bag for others to collect. There are bins aplenty on the Moss and in the park, so please cooperate with the council and the volunteer litter pickers who struggle to keep our public places clean and safe. It is not always possible to clean up from the rough ground, but our Ranger, Alison takes parties of children onto the Moss and they go quite far off the paths to hunt for beasties and berries and any flowers which may be in season. It is important that they do not discover too late that some dog has used the ground.

The path extension, which takes one out to the main road crossing to Tesco and the surgery and to many offices, has proved to be very popular. It has now been connected to the first wooden bridge over the burn to allow folk to come through to the shopping centre dry shod. I do hope that, by the time you read this, the Old Skene road will be free of diggers, dumpers and all the working that has made access so difficult through the winter.

Sally Leiper

#### JOGSCOTLAND IN WESTHILL

We meet on a Monday and Thursday night at Westhill Swimming Pool, 6.30–7.30pm

Catering for all ages in our walk/jog programme.

Further info from **Heather Cook** on **01224 741194** to like us on Facebook Jogscotland-Westhill

### Westhill and Skene Lions Club

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### **Library News**

With the summer holidays just around the corner it seems the perfect time to mention the Digital Library Service which is free to Aberdeenshire residents; it is available 24/7. You can download e-books, e-audio books and music. To use the Digital Library you will need your Library card number and your pin number and a computer with an internet connection.

Sony e-readers are now available for over 16s to borrow for one month. The e-readers will come pre-loaded with 100 classic titles but you can also download e-books from the Digital Library using the built-in Wi-Fi. E-readers can be ordered by either reserving one from the Library catalogue or by asking a member of the Library staff to reserve one for you at any Library or Mobile Library. Included in the box with the e-reader will be a charger, a USB connection and full instructions.

We have had a busy time over the last few months with various events in the library including our Harry Potter evening to celebrate the first official Harry Potter book night on 5th February. We had fun identifying potions, making golden snitches and other magical activities. We also held children's craft sessions for World Book Day and Easter as well as a button display for National Button Week which was a fascinating insight into the world of buttons.

The Philosophy Café paid us a visit in February and a lively discussion took place on the topic of 'What Makes Us Happy?'. The Philosophy Café is collaboration between Aberdeenshire Libraries and Aberdeen University and is an opportunity for people to come together in a local venue to share their thoughts and discuss ideas and take part in stimulating discussion in a relaxed atmosphere. The café visits several Aberdeenshire libraries with a different topic being discussed in each. If you enjoy philosophical debate and reflecting on contemporary society's problems why not come along and join in our next session?

Our pop-up museum case currently has a display of men's accessories and this will be followed by a display of artefacts related to the kitchen.

To find out about all events taking part in our library see the Aberdeenshire Libraries events web-page. You can also like the Aberdeenshire Library and Information Service Facebook page or follow us on Twitter to keep up to date with all our news.

#### SCAFFOLD TOWER FOR HIRE

The Westhill Residents' Association purchased a scaffold tower for erecting the Christmas lights. The tower is available for hire to Westhill residents. The platform working height is 2.73m.

Charges are £10 per day for 1 to 2 days, then £5 per day for each additional day, or £30 for one week. Transportation available at £10 each way.

For more information and to book the scaffold, call **01224 744058**.

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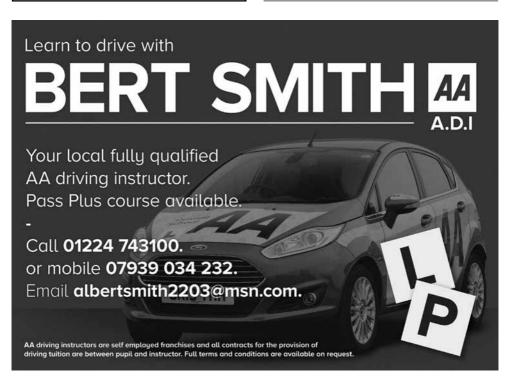






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### Litter in Westhill

Surely none of us can be happy with seeing litter spoiling our environment? Unfortunately, far too many of us appear to be guilty of either creating it or not doing enough to preventing it! School children often get the blame for most of the problem and although they may be responsible some of the time. it is clear from the two skips of litter that our volunteers have collected from a short area surrounding the A944, that adults in cars are throwing it out while driving! Please take it home!

We will be continuing with our policy of running a litter pick on the third Saturday of the month. We start at 10:00am at the Tennis Court Car Park. The dates will be: 20th June, 15th August, 19th September, 17th October and 21st November. Please join us if you can. Even if you cannot do that, an occasional check for litter surrounding your garden can make a difference. Parents can instil a responsible attitude to litter in their children. The picture below is part of the typical lunch time rubbish left mainly by academy pupils at the Shopping Centre.

Scouts, Cubs, Guides, Eco Clubs and even Nursery groups as well as some Special Award seeking individual youngsters have taken up the challenge to help clear the mess in Westhill and do their best to create a better environment. You can also make a difference!



For more information, contact Raymond Swaffield, swaffies@talktalk. net or tel 01224 740669.

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## Westhill's LOCAL disability charity

www.SensationALL.org.uk

### SensationALL bids to acquire the Westhill Old School & School House

SensationALL, a Westhill charity specialising in helping people of all ages who have special needs, has been operational in Westhill for two years but now our growth and services are restricted by the size of our current premises at Lawsondale Sports Pavilion. We are actively looking for new premises and have identified the Westhill Old School and School House (OSH), situated on the roundabout at the intersection of Westhill Road and Westhill Drive as an opportunity to move closer to the heart of the community, increase the frequency and range of our current services and offer the prospect of improved facilities to other community groups wishing to use the building.

However, the OSH, which requires substantial refurbishment and is currently underutilised, has been identified as surplus to requirements by its owner, Aberdeenshire Council. There is therefore, a risk that unless the community supports a bid to acquire the building from the Council, it will be disposed of for commercial or residential use and lost as a potentially valuable community resource.

SensationALL has applied for tenure of the OSH from the Council under the Community Asset Transfer (CAT) programme for the benefit of our users and their families and for the local community. With the support of local councillors and businesses, we are currently working to develop a robust proposal which aims to expand the current range of SensationALL services and also improve the facilities for other community groups. Our aim is to create a flagship community project which will further the charity's objectives of social inclusion and the promotion of awareness of the potential, as well as the needs of, disabled people and also be an attractive location for other community users which offers opportunities for volunteering and employment.

Our first steps are to commission survey work to establish the extent of necessary maintenance work and a feasibility study to determine the viability of the project and identify potential problems and solutions. However, we also seek the assistance and participation of Westhill residents and representatives from community groups. So please get in touch to find out more, get involved, or just to let us know that you support us.

SensationALL has a stall at the Westhill Gala on 6th June so please come and say hello and find out more about us and the OSH project. There will be open community meetings about SensationALL's OSH project at the OSH on Wednesday 10th June, 9:30am-12:30pm & 6:30-8:30pm for any residents who would like to air their views or to discuss the CAT further.

Let's work together to create something special that our community can be proud of!

SensationALL(Registered charity SC043156) is a completely independent, local non-profitable charity and we rely on volunteers, donations, grants and sponsors from various sources to subsidise our services. If you or your company would like to contribute or you would like to be more involved with us, then we would love to hear from you.

Please contact us by email info@sensationall.org.uk or by phone 01224 746699













## Save \Old School (House) Westhill

Open meeting

### Wed 10th June

9.30-12.30pm & 6.30-8.30pm



Come along and hear how local special needs charity

### **SensationALL**

plan to improve the premises and include local groups in their inclusive community project!

info@SensationALL.org.uk / 01224 746699

### Community Learning and Development Opportunities at Westhill Community Centre

**Learning** can be enjoyable and we can help you improve your skills and confidence to get back into learning whether it's at work, home or part of everyday life. All you have to do is tell us what you want to learn and we will try our best to help you achieve it. The support we give you is confidential and free. We can help you:

- Improve your Reading, Writing, Spelling and Number Skills
- · Fill in forms and/or timesheets
- To make decisions and solve problems
- · Write Letters or CV's
- · Understand Bills or Labels
- Help with your Driving Licence Theory Test
- · Read stories to your children, help them with homework



We offer one to one confidential support at the Community Centre with a trained literacy volunteer or you can join small groups of learners, depending on your need.

### E.S.O.L. (English for Speakers of other Languages)

If English isn't your main language, why not join a course to help improve your English and make it easier to:

- · Talk to doctors and teachers
- · Join a course and get a qualification
- Help your child with homework
- Understand the laws and customs of the UK
- Become more socially active in your community
- Source employment opportunities

Courses are offered at the Community Centre from Beginners to Elementary and Pre-Intermediate to Upper Intermediate levels, we will offer support at the level that is right for you.

### **Literacies Volunteering Opportunities**

If you are looking for a challenge in your life and have a few hours to spare, why not become a volunteer. Volunteering is a great way of meeting lots of people from different backgrounds and areas and helping a person improve his/her reading, writing, numbers or English skills can be very rewarding.

For further information on any of the above opportunities, please contact:

Ann Bothwell, Community Learning & Development Worker, Westhill Community Centre, Hay's Way, Westhill AB32 6XZ. Telephone 01224 740089, or email ann. bothwell@aberdeenshire.gov.uk





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#### Aberdeenshire Community Safety Partnership

Increased Grant for Young Drivers
Taking the Pass Plus Course
£150\* available to young drivers

The Aberdeenshire Community Safety Partnership is running a pilot trial in the Garioch and Marr areas offering £150\* towards the cost of the Pass Plus driving course for young drivers under 25 years of age.

The course is designed to provide experience of a range of driving conditions not included in the practical driving test. These include rural roads, motorways, dual carriageways, in town and night driving.

Some insurance companies offer a discount for young drivers who have a Pass Plus certificate.

The grant is supported by funding from the Aberdeenshire Community Safety Partnership, the Marr Area Committee and the Garioch Area Committee.

More information and contact details at: www.aberdeenshirecommunitysafety.org.uk

Aberdeenshire







\* Only available to residents of the Marr and Garioch areas of Aberdeenshire. Grant on offer only while funds last.

### WESTHILL CHOI KWANG DO ASHDALE HALL

Spring is sprung and the grass is ris,
The leading challenge of hers and his is..
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Away from the games, computer and TV!
Our first few classes are entirely free!
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To train with us, and your black belt to earn,
Work the grey cells, there's always more to learn!

Contact Master Violet Mackie on 07715 788578 or E-mail her at violet.mackie@westhillckd.org





### **ASHDALE HALL (WESTHILL DRIVE)**

First of all we would like to say thank you to Blackburn Social Dance Club, who donated £300 (the proceeds of their Christmas Dance held at the hall) to help with the running and maintenance of the Hall. We are, as always, very grateful for their donation.

The Ashdale Hall has been busy as usual this spring, hosting a Charity Gala, a local Community Dance Show, the return of Wrestlezone, a Playgroup Fun Day and Charity Fundraising Ceilidhs. You can book your child's Party at the Hall, there is plenty of room for a bouncy castle indoors, please email for details – ashdalehall@hotmail.co.uk.

#### **UPCOMING EVENTS**

Westhill Gala Bingo Evening - Wednesday 3rd June

Westhill Producer's Market – Saturdays 9am–1pm – 6th June, 4th July & 1st August

Westhill Gala Day – Saturday 6th June (hosted by Westhill Round Table)

Westhill 17th Annual Bike Ride – Sunday 7th June

Monthly Tea Dance - Fridays 12th June & 10th July, 1.30pm-3.30pm

### PRODUCER'S MARKET (9am-1pm, 1st Saturday each month)

Our monthly market is still held at the Hall and we continue to have our regular stallholders selling French breads, cakes, puddings, local meats, sausages, pies, fresh veg, freerange eggs well as locally made organic body products, bespoke cards and hearts, crafts, jewellery, paintings, wedding horse shoes and cards, also plants in season. We also have a monthly community stall which can be booked free of charge. If your local project or group would like to book this stall, please email: <code>ashdalehall@hotmail.co.uk</code>. We really need the support of the local community for the Market to be able to continue. All the products at the Market are locally sourced and made, with little or no food miles involved! Come along to the next Market and see for yourself the fantastic quality of the products and handmade crafts on offer.

#### **HALL FACILITIES**

The Hall hosts regular Dance Society Dances, Family Ceilidhs, Dance Shows & Competitions, Youth Orchestra Rehearsals & Concerts, Gigs and Scottish Nights. The Hall is also frequently used by various community groups and individuals for fundraising charity events. We also offer a wide programme of exercise and yoga classes, children's dance classes and toddler/baby classes, for full details please see our online timetable: <a href="http://www.ashdalehall.co.uk/index3.asp">http://www.ashdalehall.co.uk/index3.asp</a> and our upcoming events can be viewed on: <a href="http://www.ashdalehall.co.uk/index2.asp">http://www.ashdalehall.co.uk/index2.asp</a> (these are also displayed on the Hall noticeboards).

#### PART TIME CARETAKER

A Part-time Caretaker is required. You must be flexible and have a willingness to work irregular and unsocial hours (late evenings and weekends). You must be physically fit as moving of equipment is involved. Please apply by emailing your CV and covering letter to the Hall Administrator at ashdalehall@hotmail.co.uk.

For enquiries or to book the hall/meeting rooms or badminton courts, please e-mail Fiona at: ashdalehall@hotmail.co.uk or call the Hall on 01224 740137.

Scottish registered charity no. SCO2149

#### WESTHILL TENNIS CLUB

Are you interested in playing tennis in a friendly, social environment? Are you interested in competitive tennis? Come and join Westhill Tennis Club where there are opportunities for both beginners and more experienced players.

#### We offer:

- 2 recently resurfaced tennis courts in Denman Park;
- Social evenings for adults on Mondays and Thursdays from 7pm; Saturdays from 2pm;
- Competitive tennis in the North District leagues: we have both men's and ladies' teams;
- Social events throughout the season; American tournaments;



- · Opportunities for adult coaching from a qualified coach;
- Free court time for members:
- "Come and try" sessions for adults on Monday nights.

### Membership fees:

Family: £140Adult: £70Student: £35

• Juniors: £28 (11-17 years)

Minis: £15 (10 and under by 31st March 2015)

For more information please contact either: Margaret Stevenson – *margaretstevenson2000@ yahoo.co.uk* or Susan McIntyre – *susan.mcintyre3@hutton.ac.uk*.

Margaret Stevenson – Club Chairperson Susan McIntyre – Club Secretary

### DONATIONS FROM THE COMMUNITY COUNCIL

Westhill & Elrick Community Council have a surplus of funds due to the strong demand for advertising in the Westhill Bulletin. Some of these surplus funds are available for donations to local voluntary groups.

Applications for donations will be considered and awarded twice yearly, in early May and November, so the next set of donations will be made in May 2015. Applicants must be voluntary organisations based or operating in Westhill, Elrick, Kirkton of Skene or Garlogie.

Donation requests should be sent to the WECC Treasurer by email to wecc.treasurer@westhillelrick.org with a brief description of what the funds will be used for.

The donations can be to help with normal ongoing running costs and will not be restricted to one-off projects.

For more information, please contact: David Ritchie, Treasurer, Westhill & Elrick Community Council, Tel. 01224 744058, wecc.treasurer@westhillelrick.org





### Would you like to volunteer for Home-Start Garioch?

Home-Start Garioch is part of a national network that offers friendly, informal support to families with young children.

The daily stresses of bringing up a family can often become overwhelming and as a result parents are exhausted and discouraged. Home-Start can help to alleviate some of the challenges that families face, through regular home-based support from volunteers.

Home-Start depends on committed volunteers who give of their time, energy and experience as parents to support families who are going through difficult times in their lives. Volunteers visit families, who have at least one child under five, in their own homes, for two to three hours a week.

This offer of regular, flexible support can go a long way to helping families get back on their feet. Parents grow in confidence, strengthen bonds with their children, recharge their batteries and regain a sense of the value of themselves as parents.



Home-Start Garioch has been working in the Garioch area since 1995. Our volunteers are the backbone of the service we provide, and we would like to meet anyone who would be interested in finding out more about volunteering for Home-Start. We ask only that you have experience of being a parent and that you are able to commit 2-3 hours a week to support a family. All volunteers must attend a Preparation Course which takes eight to nine mornings spread over a couple of months.

Our next Preparation Course starts in the Autumn. If you are interested in volunteering we would love to hear from you. Please contact us on the details below and we will provide you with more information.

Office - 01467 624801 or email: mhairi@homestartgarioch.org.uk



### Bon Accord Bulls expand North East Community Rugby League



Community Rugby League in North East Scotland is set to expand with the formation of new club Bon Accord Bulls who were given a £5,250 grant from Awards For All Scotland in March to grow and develop the sport in the region.

Bulls are urging fans and players to "JOIN THE STAMPEDE" by registering with the club for the 2015 season. The community club welcomes both established players and novices of the alternative rugby code as well as supporters and volunteers.

Rugby League is a sport that is passionate about, and prides itself, on its reputation as "The Family Game". Bulls focus on being an amateur community sports club is aimed at providing a friendly and welcoming family club for everyone to feel part of.

Bulls will base themselves at Woodside Sports Complex in Aberdeen but may also take the sport to locations outside Aberdeen City depending on demand. Training and fixtures started in April with the season running from May to August.

Bulls are offering both youth and adult Rugby League and have already formed links with local secondary schools in Westhill, Huntly, Turriff and Aberdeen City. The club will run North East Youth Leagues from S1 upwards and already have a busy schedule of adult fixtures. Bulls also hope to arrange youth fixtures with teams from the Central Belt and Northumbria/Cumbria.

The coaching team is led by former Scotland U18 player Cameron Brown and former North Scotland PDC Coach Ray Hall – who both hold UKCC Level 2 qualifications. On the pitch some of the players already have experience playing for Scotland Youth and Student squads. Players of all abilities and experience are welcome though, as Chairman and coach Cameron Brown explains: "We want Bulls to be an inclusive club. We have experienced players that want to help their team-mates develop and the club flourish. We want players to come to enjoy the game first and foremost."

Bulls Treasurer and coach Ray Hall says: "These are exciting times. We have been planning the Bulls launch since autumn last year and are looking forward to our first season. Players have started to register and awareness of the club is growing, but we still need to get the message out there that we are open for business and encourage people to join us and be part of our community."

You can join Bulls via their website at <a href="http://pitchero.com/clubs/bonaccordbulls">http://pitchero.com/clubs/bonaccordbulls</a> follow them on Twitter at <a href="https://twitter.com/BonaccordBulls">https://twitter.com/BonaccordBulls</a> and like them on Facebook. Join the stampede – PLAY TO ENJOY and ENJOY PLAYING!

To enquire about the club e-mail ray.hall@agileabc.com



### Local Martial Art Sooyang Do Fights for Charity



Students of the local martial art Sooyang Do have fought through the night at the Milne Hall in Skene, Westhill, in order to raise funds for charity CLAN and the Milne Hall.

The students, from Aberdeen and the surrounding areas, completed a gruelling 12 hours of sponsored training from 7pm until 8am across the summer time clock change. Younger students joined the crew to support them and trained until 10pm with just a core group carrying on right through to the bitter-sweet end. This event came at the end of a whole week of fitness and pad-work training, dubbed The Focusmittathon.

Dave Bremner, Chief Instructor and event organiser said "I'd like to humbly thank everyone for coming along to support us both physically and financially. This was my 5th time participating in the Focusmittathon and it's always produced good results as well as being "fun" for those taking part! Funds are still coming in for this year and I'd like to urge my students to keep going and help this great charity and our local hall.

I've even had a young student give me his very own pocket money asking 'Will that help the sick people?' – This makes all the hard work and pain worthwhile!"

The funds raised will be used to further CLAN's work as an independent charity. providing support for all those affected cancer, be it personally or as a family member or friend. So far the total is estimated to exceed £2000



### **Volunteering in Westhill**

Most of the clubs and organisations that write articles for the Bulletin rely on volunteers to run their activities, so we thought it would be useful to summarise the ones that are looking for more volunteers to join them.

More details are on the page numbers shown below:

• •			
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#### Westhill Golf Club

As I write this article I am delighted by the warm and sunny weather we are experiencing which has made for an excellent start to the golfing season. The weather has a great effect on the luscious fairways and greens with the condition comfortably exceeding expectations for this time of year – as judged by numerous positive comments from members, guests and visitors alike.

Our marketing push for 2015 is well underway and I am pleased to report that our reduced social membership (now £5 for a year) has been met with great enthusiasm from local residents. This has meant we have been able to welcome over 50 new social members to Westhill Golf Club who are now enjoying our stunning views and homely food! You can still take out social membership by visiting the club or our website to complete the necessary paperwork which will take all of 2 minutes. In addition, we have welcomed a healthy number of adult and junior members to the club this year which is really pleasing to see. The growth of our junior section is just reward for the time and effort that our junior convenor (John Boyd) and his superb team of volunteers (too numerous to mention by name ③) have been putting into junior coaching. If anyone wishes further details please let the club know by phone 01224 740159, email professional@westhillgolfclub.co.uk or facebook (www.facebook.com/westhillgolf).

In terms of upcoming events, we are about to begin our annual 'Open Competitions' which represent a very low cost way to sample our golfing experience whilst giving you the chance to compete for some excellent prizes – again full details can be found on our web-page and bookings can be made there as well. As we enter the 'summer swing' we will also welcome some of Aberdeenshire's finest professionals to our fairways as part a Fund Raising Charity Pro-Am tournament on the 24th June in recognition of our Professional George Bruce's 21 years of dedication to the club. If this doesn't get you excited about golf then I'm not sure this article is for you!

At Westhill Golf Club we are exceptionally proud of our recent resurgence and feel like we are now representing the community of Westhill admirably. However, we have sadly encountered some recent disappointments. On a few occasions we have found damage caused to the course and surrounding areas by a few unknown vandals. Please note that what may appear as a small amount of damage can amount to a significant sum of money being spent to rectify. Therefore anybody caught will be reported to the authorities as we do not deserve to be out of pocket for someone else's discretions.

Lastly, we would request that dogs are not allowed to walk on the golf course and that new signage placed around the various entry points to the golf course should be adhered to.

Alan McCue, WGC Marketing Convenor



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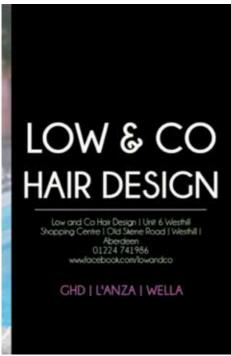
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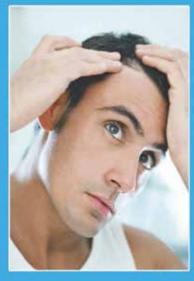
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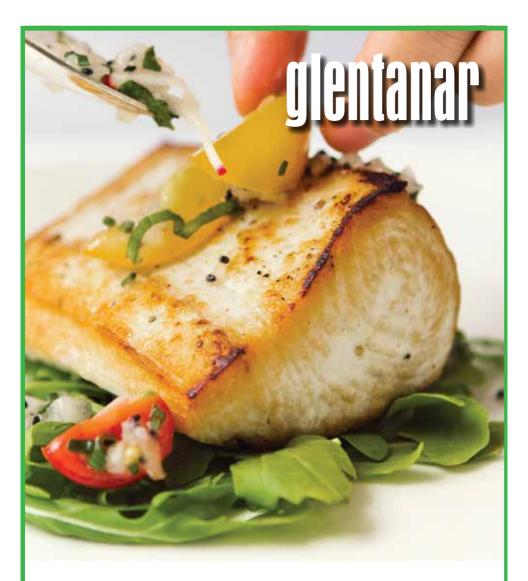
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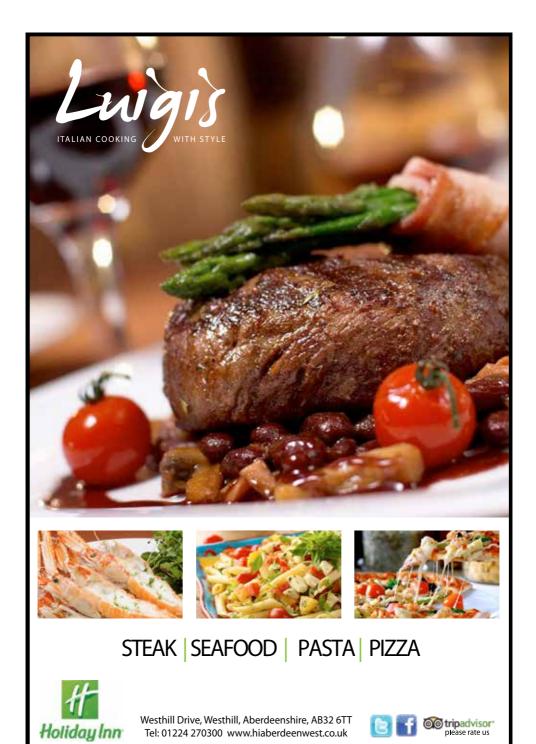
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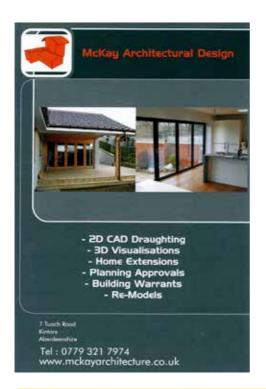
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### Summer's coming...



### **Skene Committee of Macmillan Cancer Support**

Talented local folk group, "Panda Ayes" returned to the Milne Hall, Kirkton of Skene on 4th April, to play in aid of Macmillan. Selling out weeks in advance, this event raised £1,208 and was a terrific evening. Thanks to everyone who supported the event.

A house-to-house collection took place in the local area from 20-26th April. The committee would like to thank everyone who helped with this and for all the donations given. (Total raised will be reported in next issue).

The annual Macmillan Walk will be on Sunday, 24th May at Kirkton of Skene, from 5.30-7pm, Participants walk from the Milne Hall to Skene Primary school and back. Refreshments are available in the Milne Hall and entry is by donation. Please come along to this event – bring friends, meet neighbours and enjoy the stroll.

Thank you to all who support our fund raising events. If you have a little time to spare – why not join in our fund raising activities? The committee will be present at this year's Westhill Gala. Please speak to a committee member on Gala day if you can help in any way.

Follow Macmillan on our Facebook page by going to www.facebook.com/skenefundraising.

Kath Macbeath (Skene Committee of Macmillan Cancer Support

### **Westhill District Amateur Swimming Club**

Our annual Invitational Meet was held on the 9th and 10th May back 'home' in Westhill after a very successful gala in the Aberdeen Sports Village the previous year. We were delighted to have numerous young competitors from all over Scotland with many gaining a 'personal best' time or winning a medal.

On the 30th May we will hold 'Take the Plunge'. This is the yearly fun relay swimming competition held to coincide with Westhill Gala week. It is open to pupils of Crombie, Elrick, Kingswells, Skene and Westhill primary schools who are able to swim a length. The winning trophy is presented by the Gala Prince and Princess. Good luck to all schools.

If your child is in level 4 or 5 with the Learn to Swim programme or has completed it and is interested in competitive swimming please contact our Membership Secretary Sam Louw at *membership.secretary*@ westhilldistrictasc.org.uk for more information about joining our club.





### **Sunday Services**

#### 10.30am - Morning Worship

Crèche (crèche room, downstairs)
Roar! (P1-7, upstairs)
Alive! (S1-S3, upstairs)

**6.30pm – Soul** (S1 and up)

6.30pm for 7pm start

– Evening Service

For further details please contact the Church Office (01224) 740291 or email: thechurchoffice@btinternet.com
For room hire call the Church office or email: WCCbookings@gmail.com



#### What is Sozo?

Sozo is an inner healing ministry that seeks to improve your connection with God the Father, Son and Holy Spirit.

It aims to identify the root causes of the things that hinder this connection, to identify and heal past wounds, replace lies with truth and close doors to the

enemy. We aim to connect you to the Godhead in a more intimate way.

The Session will last 2 hours, if you need longer after 2 hours we will book you another session. In the USA the Sozo ministry is based in Bethel Church in Redding, California and is led by Dwana DeSilva and Teresa Leibscher.

#### How to book a Sozo Session

Appointments are made through the Church Office and can take place in the daytime or evening. There is on online application on our church website www.westhillcommunitychurch.org



Open Tuesday to Saturday 10:00am to 3:00pm



## The Alpha Course

An opportunity to discuss the big questions of life. Alpha is an opportunity to explore life and the Christian Faith, in a friendly, open and informal environment. Alpha has around ten sessions and involves food, a short talk and a discussion at the end where you can ask any questions and share thoughts. More details on our website: www. westhillcommunitychurch.org



#### **Practical Care**

Our Practical Care Team co-ordinate any help needed in our community. They have a skills register with the names of people within our church who can share practical help and skills with others.

## Support for the Bereaved

We have people who are able to come alongside those who have been bereaved.

They are not trained counsellors but ordinary people who have themselves travelled through that difficult journey of grief and loss and who are now better equipped to understand, help and support others.

## **Befriending Service**

During times of crisis or difficulty we all need a friend; someone who is able to come alongside us, someone who will listen and care and someone we can feel safe with – or maybe we simply need someone with whom we can have a chat and a coffee.

A befriender is someone who is good at being a friend.

#### Contact

Mrs. Heather Ferguson, Home Tel: 01224 740007 Email: heatherferguson@westhillcommunitychurch.org

## **UPCOMING EVENTS**

### Holiday Bible Club - Polar Explorers

10th – 14th August in Trinity Church & Ashdale Hall. Registration forms available on our website www.westhillcommunitychurch.org

#### DNA

A number of our young people have undertaken a DNA gap year. To find out more look at www. dna-uk.org and if you are interested get in touch via the Church office.

Soul Survivor Scotland (previously Imagine) From Saturday 1st — Wednesday 5th August 2015 we will be taking a group of young people to Soul Survivor Scotland in Lendruik Muir. This is an amazing trip where we camp, have fun and encounter God! This year it is hosted by Mike Pilavachi & Andy Croft with worship led by Tom Smith & Rend Collective. All young people are welcome. Contact the Church office for more details.

## Mission Trip to Tanzania with Go M.A.D.

This year a group of our young people are heading back to Musoma in Tanzania where they will work with the charity Go M.A.D. (Go Make A Difference). They are raising funds to support the work they will do whilst in Tanzania in a variety of ways. The next event is a Quiz Night in the Milne Hall, Kirkton of Skene, on Saturday 31st May starting at 7pm. For more information on the charity go to www.gomakeadifference.co.uk

#### Somebody Cares

Westhill Community Church support Somebody Cares in Aberdeen by taking monthly collections of non perishable food and toiletries which are then distributed to those in need by the charity. For more information about Somebody Cares go to www.somebodycaresuk.org



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We meet weekday mornings between 9.15 am and 12.25 pm in the Milne Hall, Kirkton of Skene, less than a mile outside Westhill.

Our Qualified Staff provide a varied and stimulating environment catering for each age and stage of development following the Birth-to-three, A Curriculum for Excellence and A Curriculum Framework 3–18. We also cater for Pre-school children.

Call Corinna for more info, or to arrange a visit, on 07789 871601

email: kirktonofskeneplaygroup@hotmail.co.uk

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#### **Enquiries**

The service is open to anyone living within the Westhill area but passengers must register first to access the dial-a-bus. If you have any queries, wish to register or to check if you are eligible for the service, please call our general enquiries number on **01224 664747** between 9am and 5pm, Monday to Friday. You can find out more about the service on: <a href="http://www.aberdeenshire.gov.uk/publictransport/a2bdialabus/index.asp">http://www.aberdeenshire.gov.uk/publictransport/a2bdialabus/index.asp</a>.

## **Booking Trips**

All trips are pre-booked by calling the booking hotline on **01224 665599**. You can book trips up to 1 week in advance (or 2 weeks, if travelling for a medical appointment). Same day bookings (excluding Saturday) are accepted but we require a minimum of 1 hours notice.

At the time of booking we will confirm your trip times. If we cannot provide the exact time that you are looking for we will offer you the nearest available time. If your trip is time-critical, for example: if you are attending an appointment or connecting to/from another bus service, please let us know when booking.

We kindly ask passengers to be ready 10 minutes before your pick-up time.

We have a designated cancellation line which is available to leave a message on at any time of the day or night. The cancellation line is **01224 665580**.

#### **Cost of Travel**

A wide variety of tickets are available and fares are similar to other local bus services. Trips are free for people holding a Scotland-wide free bus pass.

## Innovative approach for Parkinson's patients

Speech problems can be one of the most devastating effects of Parkinson's Disease (PD), making it difficult to enjoy the pleasures of conversation with family and friends, or to maintain independence. Difficulties can begin early in the disease process and progress over time, diminishing patients' quality of life.

Although medicine and neurosurgery may improve other symptoms of Parkinson's Disease (PD), typically they don't help speech disorders. Common speech problems include soft or hoarse voice, mumbling and monotone speech.

At the medical charity Camphill Wellbeing Trust (CWT), we are able to offer support for people with PD who have developed a speech difficulty.

Our Speech Studio offers a programme for improving voice and speech in individuals with PD. Known as the Lee Silverman Voice Treatment (LSVT® LOUD), the programme has more than 20 years of research indicating that it improves vocal loudness, speech intelligibility and facial expression.

The 16-session programme is delivered by Donald Phillips (pictured below), an LSVT® LOUD Certified Clinician, in one hour sessions, four times a week over four weeks. With practice at home, this can help PD patients speak louder and more clearly.

Andrew Miller completed LSVT® LOUD with Donald in December. Andrew explains "I undertook the LSVT® LOUD programme towards the end of 2014, Andrew explains. "It seems in hindsight to be a relatively simple process but in the initial stages you need a guide. I can confirm that it does make a significant difference. However practice and belief



have to continue otherwise the whole thing falls by the wayside. It is important to keep practising to allow the process to become habit. Once there it does become easier. My voice is much firmer and clearer after exercising and, going into a meeting or a group of people, practising beforehand makes the whole experience worthwhile."

LSVT® LOUD is one of the speech options recommended by the UK's NICE (National Institute for Health and Care Excellence) Guidelines for Parkinson's Disease and is offered at CWT as part of our extended healthcare approach for Parkinson's patients.

CWT Speech Studio also offers help for other voice and speech problems, stress management and conditions such as asthma and hypertension, as well as coaching in presentation and interview skills, public speaking, accent softening and audition preparation.

To find out more about LSVT® LOUD, our other Speech Studio or extended healthcare services contact: admin@camphillwellbeing.org.uk or 01224 862008/869833.

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Friday: 9.30 am (crèche available), 10.30 am, 11.30 am

## Kindergym

An exciting structured class for children aged 2+ to encourage co-ordination, balance, confidence, social skills, etc. A large range of stimulating and challenging equipment including beams, a climbing frame, jumping box, trampoline, parachute, etc.

Wednesday: 1.00-1.45 pm, 2.00-2.45 pm Thursday: 9.30-10.15 am, 10.30-11.15 am, 1.00-1.45 pm, 2.00-2.45 pm – crèche is available in the afternoon on both days

## **Jumping Jacks**

An exciting, imaginative, structured class for pre-school children who attend on their own. Classes help to develop children's co-ordination, concentration, balance, basic gymnastic moves, etc. **Tuesday:** 10.00-10.45 am, 1.00-1.45 pm, 2.00-2.45 pm

## **Gymnastics**

Recreational classes teaching primary aged children bar, beam, box and floor work.

Monday: Pr2/3 4.00-4.45 pm, Pr3/4/5 4.45-5.45 pm, Pr5/6/7 5.45-6.45 pm

Tuesday: Pr1 3.45-4.30 pm, Pr1/2 4.30-5.15 pm

#### **Fitkids**

Fun packed fitness class suitable for primary 1-3 children. Lively class based on traditional and new games. **Wednesday: 3.30-4.10 pm, 4.10-4.50 pm** 

#### **Toddlers**

A large range of toys and equipment set up in a large hall, tea and coffee available in our coffee room. **Monday morning from 9.30-11.30 am** 

### Indoor Bowling

Four large carpets available on a Monday afternoon 1.00-3.30 pm. A warm invitation is extended to both beginners and experienced players. Bowls are available if required.

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#### **DENMAN PLAYGROUP**

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Our qualified staff run a warm and welcoming playgroup offering a fun environment, catering for each child's individual needs.



## 1st Skene Girls' Brigade

We held our Open Night on Monday 30th March in Trinity Church where all girls received their badges and awards and put on a good show for their parents and friends.

We held a Bingo Night on 27th April for all girls, families and friends.

We will restart on Monday August 24th with an Enrolment Fun Night in Trinity Church at 6-7.30pm, we have no waiting list.

Any questions please call Mrs Fiona Cumming (Captain) on 01224 956764 or 07792 471199.

## **Westhill Community Café**

Pop in and chill out at the Westhill Community Café at Westhill Community Centre from 9.30am to 12pm every second Friday. The café offers teas, coffees and fine pieces as well as a chance of a good natter and activities to try out.

**Toy Sale** – On Friday 5th June from 9.30am to 12pm, the Community Café within Westhill Community Centre is hosting a toy sale. A chance to recycle and reuse those toys at the very bottom of the toy box. The café will still be open. For further information contact the Community Centre on 01224 740089 or check out the Westhill Community Café Facebook page.

## Westhill Wheelers

Westhill Wheelers are holding their Annual General Meeting on Wednesday 17th June at 7pm in Westhill Community Centre. The Wheelers are a local group of young people who are keen to build a skatepark for Westhill. If you are interested in finding out more or want to attend the group or AGM, they can be contacted by email on westhill.wheelers@gmail.com.



## 875 Westhill Squadron, Air Training Corps

Recently the cadets have been taking part in some clay pigeon shooting. The Squadron takes the lead in the North East of Scotland for clay target shooting and shoot approximately once a month.

CWO Grieg and Cadet Tierney represented **North East Scotland Wing ATC** at the Royal Air Force Association Cadet Banner Bear Competition back in March. The standard of drill was very high and all cadets performed incredibly well making it a very difficult job for the judges. We managed to take both 2nd and 3rd place at the competition!

We are very proud of both cadets efforts especially Cadet Antonia Tierney as she is the first ever female



to take part in the competition. In attendance was the Regional Commandant of **Scotland and Northern Ireland Region Air Cadets** to congratulate the banner bearers on their efforts. Well done to all!!

We were back on the range at 2367 (Banchory) squadron. Cadets from both squadrons continued putting their marksmanship training into use with Cadet Flight Sergeant Boyd earning his squadron marksmanship. We are looking to expand with target shooting this year and enter local and regional competitions.



In April we held our Spring Fayre fundraiser organised by the civilian committee. The day was a huge success as we managed to raise over £1000 for Squadron funds. We managed to get a huge turnout and even got a visit from Nemo, Dory, a minion and half the cast of Frozen!

The staff and cadets would like to say a HUGE thank you to the civilian committee and all the parents that put in a massive amount of work to make the day happen!

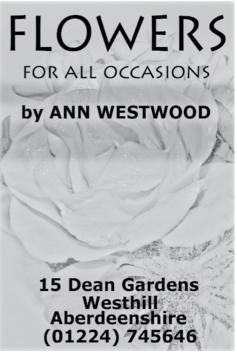
We are currently recruiting for new cadets to come and join Westhill's best kept secret. We are now able to take recruits as young 12 as long as they are in second year of academy.



Find us on Westhill Road or email us 875@aircadets.org

We are also on facebook www.facebook.com/875Aircadets and twitter @875Westhill







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## **Westhill Walkers**

## Open to all no matter what your age or ability

We have already had some very warm sunny days and hopefully there will be many more to come in the next few months. Now is the ideal time to get out and about and enjoy the stunning local scenery on our doorstep. Joining a walking group is a great way of discovering new walks in the area with a leader to make sure you don't get lost!

Our group was established many years ago when Westhill was just a relatively small community. The town and its population have grown considerably since then but we still retain some of our original members.

We meet on alternate Sundays all year long. In the summer we have two grades of walk to cater for all tastes and abilities. In addition to the Sunday walks we also have two or three weekends away enabling us to sample the walking in a new area. We also have a variety of social activities such as a highly popular ceilidh, a not too serious quiz night, BBQ, etc. This year we had an extra weekend in Oban taking advantage of the Club 55 train offer and a cheap hotel deal. The sun beat down and a great time was had by all on the islands of Kerrera and Lismore.

Why don't you come and join us? No need to be a resident of Westhill and you are free to try a few walks with us before you join the club. There are no restrictions on age or ability but under 16s must be accompanied by an adult.

For further information please contact Lin (01224 740165) or Tony (01224 740505) or have a look at our website at westhillwalkers.wordpress.com/

Some forthcoming walks – please join us and be sure of a very warm welcome – more details can be found on the web page.				
Sunday 31st May	Hills of Cromdale/Creagan a'Chaise A pleasant hill walk with panoramic views.			
Sunday 14th June	A) Derry Cairngorm via Glen Derry and Choire Etchachan A long day out in the heart of the Cairngorms. B) Dinnet/Loch Kinord/Burn o' Vat A gentler walk through woods to the spectacular Burn o' Vat.			
Weds. 17th June	Castle Fraser Evening Walk			
Sunday 28th June	A) Lochnagar A chance to visit/revisit Aberdeen's favourite munro. B) Walk in the Loch Muick area			
11th-12th July	BBQ at Muir Cottage near Linn of Dee Enjoy a BBQ with the option of staying the night.			



## Milne Hall, Kirkton of Skene

Our hall has had a fair bit of work done recently and is looking good. The small hall has been redecorated by parents and families from the Skene Playgroup and new flooring has been laid. Although used daily by the playgroup, the small hall is also available for hire for meetings and smaller events. The sanding and sealing of the floor in the main hall has just been completed, thanks to funding from the Big Lottery Fund. The return of the Garioch Fiddlers and the Folk band Panda Ayes were both fantastic evenings at the Milne Hall. The Playgroup had a great spring coffee morning and the Sooyang Do group ran a successful fundraiser.

## Regular activities:

- A Social 'Tea Dance' Group meets on Tuesday afternoons 2-4.30pm.
- Jazzercise, 7.15-8.15pm every Thursday.
- Children and young adult Highland dance classes on Friday evenings.
- Skene Pre-School Playgroup Mon-Fri mornings during term time.
- Skene Women's Rural Institute 1st Wednesday of each month. Phone Mary Gray 01224 743285 (bookings).
- Westhill Sooyang Do martial art group hold classes for children and adults on Monday evenings. Phone Chief Instructor Dave Bremner: 07970 188825.

## **Upcoming Events:**

Summer ceilidh on 13th June 2015

Milne Hall Management Committee is registered as a charity (SC045034). If you feel you could contribute in any way, you will be made most welcome. Please contact 01224 742804 or 01224 744312.

**Steve Cole** 

## **Pam Dignan Dancers**

Pam Dignan entered three teams of dancers at the Scottish Country Dancing Festival in the Music Hall at end of March; they didn't win, but they danced beautifully.

They will be dancing at the Culter Gala on Saturday 30 May and at the Westhill Gala on Saturday 6 June.

Dancing Exams are on 20 June at the Scout HQ.

Last dancing class - Friday 3 July.

Classes Start - Saturday 15 August.

Annual Concerts – Saturday 5 September and Sunday 6 September (more details in Autumn Bulletin).

Pam Dignan, tel 01224 741078, pamdignan.dancers@btinternet.com



## **Duke of Edinburgh's Award**

## **WESTHILL OPEN AWARD GROUP**

Even more to celebrate, expeditions galore, fundraising Ceilidh and more! Contact Katie and Heather at WesthillDoE@aol.co.uk

## **Gold Awards**

**Wendy Paterson** 

## Silver Awards

Shannon Adie Robyn Aitkenhead Catriona Battensby Rachel Black Emily Darrer Fatma Hegazy Hendrik Hurst Liam Mitchell Emma Patey Lloyd Roughton Christopher Tierney

## Bronze Awards

Leigh-Anne Alexander
Melanie Alexander
Lisa Berryman
Rebecca Brimble
Leo Cahill
Sarah Campbell

Guadalupe
Carnicero-Fernandez
Raiyan Chowdhury
Katelyn Davidson
Daniel Evans
Katie Forbes
Jasmine Foubister

Zoe Gillett
Aimee Ingram
Glen Keith
Arran Pearson
Abbie Strachan
Jed Wood

### CONGRATULATIONS TO WENDY PATERSON

Our third Gold completion following Hayley Dalmon and Nicky Shaw!

**BEST OF GARIOCH 2015** – Westhill Open Award Group have been shortlisted for an Inspiring Aberdeenshire Award with results due 11th June.

**EXPEDITION PLANS** – one brave Gold team ventured out mid-April with 3 more Gold teams, 5 Silver teams and 10 Bronze teams so it will be a busy summer. We have had to adapt to a new online authorisation system, narrowing of areas to within 5km of a tarred road, all increasing the challenge for our enthusiastic team of volunteers.

**FUNDRAISING EVENT** (Saturday 4th July, 7pm-10pm at Ashdale Hall) – our busy and talented Gold participants are organising an evening extravaganza. The event will celebrate 8 years of Westhill Open Award Group while fundraising for our local Mountain Rescue teams. Expect music, games galore, speakers, a raffle, good food and a CEILIDH! Tickets now available at £10 per adult £7 per child (under 16) with raffle, homebakes, chocolate and bottle stall donations welcome (see contact details below).

**MEMORIES & RECIPES** – How has your Award experience influenced your career or your interests? Share a favourite photo? And we want your favourite recipe from your Skills section and your best camping recipes too for our fundraising recipe book! For anything related to the fundraising event, **please email to Katie at WesthillDoE@aol.co.uk marking the Subject line 'Fundraising for MRT'.** 

**STARTED YOUR AWARD** – and need help to finish it? Get in touch as we want to help!



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## WESTHILL AND DISTRICT MEN'S SHED

## Hi from a still thriving Westhill Men's Shed

Thriving, thanks to your support with projects we can build in the shed and donations of tools we can refurbish.

A big project was 10 planters for Dunecht Primary school – these are large and include seating. They will all grow a fruit tree as part of the ecoschool with the gardening group shown with the first one delivered.



Spring is here and with it an influx of mowers donated to the shed. We can usually find out what is wrong and fix it then sell it at one of our tool sales for about a third the new price. It is always satisfying to get a machine working again rather than scrapped. Many kilogrammes of CO2 are saved too. We get a huge range of tools donated; chainsaws, drills, pliers, screwdrivers etc. All are welcome. Some fill a gap in our workshop this includes major tools such as lathes right down to scrapers used to refurbish furniture; others are cleaned up and sold to Shedders or at a tool sale in the shopping centre. You don't need to wait for a sale – if you want something specific phone or drop in and see if we have it.

## **Gray and Adams visit**

We had an outing to Gray and Adams near Fraserburgh where they are the leading UK trailer manufacturer, mainly for articulated lorries. They build about 35–40 trailers per week which cost from £60,000–£120,000 each depending on the spec. Starting with sheet steel and converting it to a chassis, every trailer is built to the customer's requirements, with or without refrigeration, double decks with lifts and so on.

#### The Bob Owen show

Bob had a 2 page spread in the P&J about his wartime experiences on the Russian convoys and managed to get 2 plugs in for the Shed. He goes to St Petersburg with 30 other veterans of the convoys for the VE day celebrations. He says he is trying to look forward to it but the endless

Bob's Russian Medal



paperwork, visas, fingerprints and the travel to get these done is getting in the way. Still the travel is more comfortable than when the Navy sent him and a friend from Scapa Flow to Portsmouth with no money. At stations one of them would dash off to the NAAFI and grab a tea and bun while the other held the train up. If you wanted them they were usually napping on the luggage racks. Being used to hammocks this was no problem.

#### Tel 01224 917345

contact@westhillmensshed.co.uk www.westhillmensshed.co.uk

Scottish charity SC042663

## 1st WESTHILL SCOUT GROUP

Charity No. SC017801





A time of changes – In Amazon Beaver Colony said 'Farewell' and thank you to Duncan and Amanda. A very warm Welcome to new Leader, Kieran. As he says: – "I started off volunteering with the Scouts as part of my Duke of Edinburgh's Award. I really didn't know what to expect before my first night but when I was introduced to the kids and began speaking to them I truly realised that Scouting was for me".

What's spotty and dashing and spells 'S O S'? Morse code!

Amazon Beavers were learning about Morse code, and a whole lot more, as part of their Communication Activity Badge. We learnt how to spell our names using a series of 'dots' and 'dashes' as well as showing off our skills by decoding a secret message 'dotted' across the Scout hut. The winning team claimed victory by screaming, "BEAVERS!"

The Beavers were captivated by Samuel Morse's most famous invention. Working with physicist Joseph Henry and inventor Alfred Vail, Samuel came up with a way of sending electrical pulses down a wire. These pulses, Samuel discovered, could be used to send messages. By making each letter be represented by a series of pulses he could send words, phrases and even whole sentences using his 'telegraph system' and revolutionise communication over long distances.

Today, in a world with mobile phones, tablets and computer gizmos, the need for Morse code is limited. Amateur radio operators, for example, still use it because it is simple and works even with poor signal. Moreover, Beavers at camp could find themselves communicating over very large distances by using a torch to send secret messages.

Also, at Beavers, we were learning about how to send emails and how to make telephone calls. The Beavers acted out some silly scenarios about phoning friends and ordering from fast-food outlets much to everyone's amusement. Some also learned how to phone the emergency services in case they were involved in a crisis. We talked about the situations when you might need to call 112/999 and why one should not call when there is not an emergency.

Check out the super Beaver Newsletter on our website – join in the game. westhill-scouts.co.uk

**Newshounds: Bagheera Cub Pack News** – I now have 'Newshounds' to help me with items for the Bulletin and keeping the Website up to date, check us out at **westhill-scouts.co.uk** 

Friday 16th January – was my first day at Cubs. I was very excited to meet the other boys and girls. I met all the Leaders and they were very nice to me. We were working towards our Fitness Badge. I joined the Blue Six. We played a game which helped us learn each other's name. We also learnt how to tie a knot. I was really happy because I got to take a picture with my bear from school called Gordon and all the Bagheera Cub Scouts. Reporter – Runo

Friday 23rd January – The Cubs played helicopters and the Sixers went through some tangled ropes. The Cubs spent a lot of time tying the tapes together. The best part of the night was jumping over the rope in the helicopter. The Sixers had a hard time getting through the ropes. They had to use hoops to push the ropes open to get through. The Green Sixer got through the ropes the quickest. His Six cheered when he got through. Reporter – Daniel.



Friday 30th January – We went tubing on rings at Garthdee and it was fun and I would like to do it again. The best bit was when you went spinning backwards and don't know what part of the track you're on! The Challenge part was when we had to climb up the ramp because it was slippery. I like how at the end we went for a snack and a celebration. Reporter – Jack

Friday 6th February – We tied sticks together and made a box. The next Friday we played 'Jenga' with the Sports stuff. The highlight was playing the 'Jenga Game'. The Challenging parts were the Sit Ups. I liked it when the 'Jenga' Tower fell down and we liked all the sports. Reporter – Innes

Runo & Bagheera Pack

For More information – Tel. 01224 740795 or email westhillscoutgroup@hotmail.com



## The Rotary Club of Westhill & District

The 7th annual 'Around the World in Music' charity concert was held at the Aberdeen Music Hall on 1 March. The proceedings were opened by Mr George Adam, the Lord Provost of Aberdeen, in front of a near capacity audience. The theme for this year's concert was the Commonwealth and this was vividly illustrated by the appearance of the Aberdeen Indian Dance Group, who were

resplendent in their colourful national dress. The strength of this concert was in the wide variety of the 300 performers, ranging from children's and adults choirs, Westhill Ceilidh Band, Aberdeen City Percussion Ensemble to vocal and violin soloists. There were many excellent group and individual performances, but Gregor Coumans from Hazlewood School was quite outstanding in his rendering of 'There is Nothing Like a Dame' and richly deserved the rapturous



Aberdeen Indian Dance Group at the Charity Concert

applause from the audience. The two main charities to benefit from this year's concert are the Horizon Trust and the Archie Foundation. The participating choirs will also receive a contribution from the concert proceeds, which amounted to a sum in excess of £7000. We are extremely grateful to Morag Simpson in her capacity as Musical Director and to Rotary President John Fraser for compering the concert.

Nine teams from Westhill, Dunecht and Skene took part in the Rotary Primary School Quiz, held at Trinity Church on 3 March and was well supported by families and friends. It was a keenly fought contest, with the winners Crombie 1, just finishing ahead of Crombie 2. Rotary President John Fraser presented the winners with a trophy and gift tokens, while all the participants received certificates of merit. Crombie 1 progressed to the area final, held at the Banchory Christian Church on 16 May.

A total of 15 young performers from Westhill Academy participated in the annual Young Musician of the Year competition, which was held at Trinity Church on 4 March. The audience thoroughly enjoyed an evening of good music, played on a wide range of instruments, which included cello, tuba, clarinet and French horn. In the junior section, Eleanor Cozens on piano was judged to be the winner, while in the senior section, Caitlin Taylor, vocalist, was the winner. The adjudicators declared Eleanor Cozens to be the overall winner and she was presented with the Chap Construction trophy. The lain Grant Memorial Trophy was awarded to Abbie Houston for her significant contribution to the Music Department of Westhill Academy. John Fraser presented the trophies and gift vouchers to the winners and certificates to all the participants.

We have just over one month until the end of the Rotary year, but this period can be extremely hectic with attending to stalls at the Westhill Gala, together with related events of football finals, bingo evening, bike ride and Kid's Out Day at Craibstone. Westhill Rotarians will be looking forward to a well-earned rest in a few weeks' time.

## Skene Parish Church

Sunshine and snow – something that we have been treated to in the recent months. But even so, you may be looking at the two images on this page and wondering about the connection.

On the left is the logo for this year's Holiday Bible Club, the preparations for which are well underway. The club will run from Monday 10th August through until Friday 14th August at the

Ashdale Hall and Trinity Church. 10am until 12.15pm.

The club is open to children going into P1 and up to those moving into S1. There will be singing, games, crafts, bible stories, drama and food. And it is the last week of the school holidays! Registration forms are available from Westhill Community Church and Skene Parish Church websites and information will also be going out to all the schools in the area. It promises to be another amazing week and our focus this year is on how different characters from the New Testament were encouraged and equipped by God to play a part in his great adventure. The Holy Spirit changed them to change the world – and they did. None was too young, too ordinary, too messed up or too far away. They all had a part to play and they all made their mark.

The second picture was taken on Easter Sunday as we finished our morning worship outside at Trinity Church and decorated one of our crosses with daffodils.

For Christians, Easter Sunday is all about celebrating the resurrection of Jesus. He is not dead. He is alive.

After the resurrection he spends time with his disciples and followers, explaining to them what has happened and setting their sights on what is coming next. His work is going to continue but it's going to be them doing it. However, they will not be on their own. Instead, Jesus promises the gift of the Holy Spirit to help each of them be who he is calling them to be and to do what he is asking of them. After a bit of waiting, the disciples receive the Holy Spirit at Pentecost (50 days after Easter), which we celebrated on 24th May in creative fashion.

So there is your connection. The Holy Spirit. A helper, a comforter, a support, a guide, a counsellor and friend. Changing us to change the world. Now that sounds like a great adventure to be part of!

If you want to know more, you will find us at the Westhill Gala – come along and say hello. Or check out our website www.skeneparish.com for more information.



## **Westhill and District Gardening Club**

Monthly meetings are held on the third Wednesday of the month in the Trinity Church Halls. Tea and biscuits are provided at the conclusion of the evening's programme and all proceedings end by 9.30pm.

Future dates and topics for your diary are:

17th June at 7pm – A visit to Pam & Martin Welsh's garden in Glassel
15th July at 7pm – A walk around the BP Green Ridge garden in Craigton
Road, Aberdeen

Please note there is no meeting in August.

Meetings begin again after the summer break on 16th September with an Update on the ARI Therapeutic Roof Garden given by James Falconer.

The club meetings are always open to visitors or new members at any time.

For further information please contact David Dolman, Secretary, W&DGC, tel. 01224 742639, or send us an e-mail to westhillgardenclub@gmail.com

## **WESTHILL ART PROJECT**

Earlier this year, we asked if you could "lay eggs" to festoon the shopping centre for Easter weekend. You rose to the challenge. We hung more than 600 egg decorations. The youngest artist was age 2 years 4 months. Her decorated and laminated egg was up there with the colourful display. We have to say thanks also to Susan's Youth Group who produced the big egg in an egg cup. The EGGSTRAVAGANZA was a wonderful community project and we thank you all for your contributions.

Look out for the next event, our 2nd Scarecrow Trail as part of Westhill Gala Week on Sunday 31st May. You will have seen posters and notices on the WECC website advertising this. There is still time for you to be involved.

As always, if you have ideas for fun, community, "arty" events, please do get in touch with us. We are only 5 volunteers in our town of almost 12,000 people. Surely there are some other residents who have suggestions for widening ART PROJECT events in music, dance, art exhibitions, and 'flash events'. Other communities in Aberdeenshire have had great success in installing important art pieces – The Alford Bull, The Turra Coo. Westhill is our home town. How do you want our artistic soul to be displayed? You are invited to have your say in these artistic developments. Your views are important. Apathy is not an option!

Contact Rosemary Murray (WECC member/Art Project team leader) 01224 740644 • Website: www.westhillelrick.org

# The Physio Says – Golf... is it a good walk spoiled?

Mark Twain is alleged to have said it, but is it true? Absolutely not! Golf is a great form of exercise, and it's a lot more physically demanding than a walk in a park. Players at the top may be trying to take as few shots as they can manage on each round, but they spend a lot of time preparing to do it. Golf is an activity that you can continue to enjoy and be good at into your 70s or 80s, but only if you work at being fit for it whilst off the course. If you don't, you're much more likely to injure yourself, and that first drive will get shorter and shorter!

"Golf is 20% talent and 80% management" – Ben Hogan (American Golf Pro)

As with any activity, the better prepared you are, the better you'll perform. You need flexibility, in your whole spine and shoulders in particular; strength, in an explosive way on that first shot off the tee; and general fitness, so that by the last few holes you don't mess up the shots because you've run out of energy. General good health will also depend on good nutrition as that's where the fuel comes from. Finally, good technique will help, although that varies a lot, and it's not always a good thing to try and change it after many years of play. A slight change of grip or stance may get around that problem and lower the risk of straining something. Most vulnerable are the low back, usually due to weak abdominal muscles, and the wrists.

At home or in the gym, work on flexibility, strength, and aerobic fitness. Before you play a round, make sure you warm up to get the blood flowing, with some dynamic stretching to prepare your muscles for the task ahead.

"I never see the sense in keeping my head down. The only reason I play golf is to see where the ball has gone" – Charles Price (Golf Writer)

Take time to get your stance correct, and *do* keep your eye on the ball when taking the shot! Your head should be in line with your spine, with only your eyes looking down. After the round, warm down with exercises of decreasing demand, and finish up with sustained stretches. The latter can be done at home if it's not far away.

"All I've got against golf is it takes you so far from the clubhouse" – Eric Linklater

Resting your body between games is very important, but that doesn't mean doing nothing. You can be working on your general fitness with a bike ride, some gardening or in the gym. If you go to the driving range, avoid hitting 100 balls using the same muscles over and over! That's how many an injury or strain happens. Warm up first as you would for a game. Hit no more than six balls with any one club. Vary the shots as if you were playing a round. Warm down and stretch afterwards.

If playing golf hurts due to an injury or back trouble, I can help. I can't promise to get your handicap down, but with some treatment and advice you'll hopefully be playing golf for many years to come.

Heather Wood, Chartered Physiotherapist Tel. 01224 742139 www.heatherwoodphysio.com



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## 1st SKENE BOYS' BRIGADE

During March, we held a fundraising family Ceilidh and raised over £1500 which was a great outcome for the Company and our thanks go to the parents who organised the evening and all those who attended.

The sections activities are now focused on completion of badge work and preparation for the annual 'Open Nights' which traditionally concluded the session. Cammy Fraser and Calum Scott are just completing their Queens Badge programme, while Nathan Corr and Aiden Rorie the Presidents Badge work and will receive their awards at the joint Junior/Company Section open night on 22nd May.

The Anchor Boys' will also conclude their session with a Parents Evening in Trinity Church Hall.

A 'well done' is due to Harrison Taylor of our Anchor Boys whose entry into a Aberdeen Battalion competition to design an Easter Card was judged to be the runner up out of over 80 entries.

Once the formal session is completed, both Company and Junior Sections continue to meet to participate in indoor and outdoor activities. Some of the Junior Section will be attending an Adventure weekend at an outdoor centre and also taking part in sailing lessons on Loch of Skene. The senior boys in the Company will be undertaking Queens Badge/Duke of Edinburgh Award expeditions in the Cairngorms.

Looking ahead, we are planning to have a Hot Dog stall at the Westhill Gala on Saturday 6th June so why not stop by and visit us.

The session finishes with our Annual Camp at Badaguish near Aviemore from Friday 3 July – Saturday 11 July where the boys spend the week participating in a wide variety of outdoor activities.

As can be seen from visiting our website, www.1stskenebb.co.uk or on Facebook the Company provides a wide range of indoor and outdoor activities designed to meet boy's natural enjoyment of games, sports and adventure.

Donald Struthers, Captain www.1stskenebb.co.uk

## **City of Roses Chorus**

Captain Oliver Signorini, Chairman of the British Heart Foundation, Aberdeen and his wife Valerie were presented with a cheque for £556.50 by Mika Mackenzie and Valerie Madden. This was raised at a well-attended concert held in the Westhill Community Church which involved the City of Roses Chorus together with a range of local musicians and a visiting vocal trio from Hamburg, Germany. The City of Roses



Chorus is open to women of all ages and meets on Monday evenings at 7.15pm in the Westhill Community Church. For more information please contact Mika on 01224 742004.

## SCOUTHALL PLAYGROUP

On 21st March, Judith Fraser celebrated 20 years at the Scouthall Playgroup. Staff, children and parents past and present came together to surprise Judith and present her with gifts, flowers and cake. Her support of many hundreds of families over the years in Westhill is hugely appreciated. Always caring, professional, efficient and inspiring, we look forward to many more happy years with Judith at the Scouthall Playgroup.



## SKENE SINGERS

Jos Ludwig and members of Skene Singers warmly invite you to an Open Evening in Trinity Church on Tuesday, 2nd June, starting at 7.30pm, when we will present a varied programme of songs we have been working on this session.

Please come along to this informal event to support our Choir.

No tickets are required and there may even be a free cuppa too!!

More information is available from Christine Thomson Tel. 01224 746743.

## **WESTHILL BUDDIES**

What a lovely time of year, Spring has now faded and the long light and hopefully warm days of Summer are soon to be upon us, the long dark nights throughout Winter are firmly behind us!! Most of us embrace this time and have a general sense of well being and vitality giving us an increased sense of purpose and direction, unfortunately this is not the case for all!! The sad fact is that 1 in 4 people suffer from a mental health problem and as a well established group we are here to offer our support.

The group is open to both MEN and WOMEN and has been running successfully for 9 years. This January saw an excellent turn out at the groups AGM, which currently has 15 members. Our objective is to offer support, help with regaining confidence and to promote positive thinking within oneself. We meet regularly on a 3 weekly basis, usually a Friday afternoon at The Trinity Hall in Westhill between 2-4pm, although we also run several evening meetings for those who can't manage to attend through the day.

This year's activities have included crafting, a bingo night, a Summer planting afternoon and a day trip to a local craft shop are to follow. We also alternate every 3 week period with a "Buddie Time" enabling group members to share their experiences and discus any challenges they may be facing!! Our next daytime meeting is planned for the 15th May and we are delighted to welcome any new members into the group and taking the first step is usually the hardest. If you are interested in joining our group and think that you could benefit from the support that we can offer, you can contact me "Rhona" on 01224 742351 or e-mail me on *rhona.stewart@aol.com* and I can provide you with more details.



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## Are you missing from the list?



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wecc.bulletin@westhillelrick.org

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PGM Taxi Service			
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#### Domestic assistance

Raeburn Healthcare's team of screened and trained domestic care assistants can help you out. All of our domestic assistants are Protection of Vulnerable Groups (PVG) screened. We can provide light domestic cleaning, laundry, shopping and meal preparation assistance.

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We can provide training in essential tasks such as being safe, bathing, cooking and shopping. We can also assess whether a person needs mobility aids and assist in provision and training in their use.

#### Training

We can train family members and carers to look after their loved ones and train Personal Assistants.

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Following an initial assessment of Security and Safety Raeburn Healthcare can recommend measures that should be taken to keep you safe. We can provide medicine prompts by phone, pop in to make sure a person is safe and advise on electronic remote monitoring services.

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Would you like to learn a new skill or keep you mind and body active? We can provide activities in your own home or we can accompany you to attend events in your community.

Please phone us to arrange a free consultation and care plan at our Consultation Clinic at the address below. Or we can come and visit you.

Raeburn Healthcare Ruby House Ruby Place Aberdeen, UK AB10 1QZ

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