

Westhill Bulletin

Spring 2015
Issue 145



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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 summer issue should be sent in by **Friday 29th April**, for distribution in late May.

All contributions or enquiries should be emailed to:

wecc.bulletin@westhillelrick.org

Bulletin Editor – David Ritchie on 01224 744058 or 07989 637461

Articles should be submitted as **Microsoft Word** documents attached to an email. Articles larger than 600 words may be edited.

2016 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.

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vacant

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9 Meadowlands Avenue
- Ken Seward, Tel (01224) 743644
30 Dawson Brae
- Raymond Swaffield, Tel (01224) 740669
24 Kinmundy Avenue
- Mervyn Barr, Tel (01224) 744265
6 Kingswells View
- Kate Lumsden, Tel (01224) 742212
27 Westhill Grange

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

Office Bearer's Report

In our Winter 2015 edition we once again made a plea for people to come and join us in Westhill & Elrick Community Council (WECC). Well, we do have some good news folks! Becky Ferguson, who has been our Minute Secretary for the past six years, has now taken on the full Secretarial role. We are delighted that Becky is now our new Secretary! It is a very important role and John Imrie, who stepped back on 31st December, did an excellent job and we thank him again for his contribution.

More good news is that a brand new recruit to WECC, Shona Collins has come forward to take on the Minute Secretary job and she was co-opted onto WECC at our Feb meeting. We are really pleased that Shona has taken this on. Now, we still need a Chairperson and some other new members! Hence the front cover of this edition, which we hope will attract some more people to become involved in supporting this vibrant, busy community of ours.

WE DO NEED YOU and it can be very rewarding in making sure that we get the best for this area in very competitive times. With resources for services diminishing and many people, especially locally, being made redundant in recent times it is even more important that we support good community facilities. We need be aware of the day to day concerns that are being raised with our councillors and officers on Aberdeenshire Council.

For more details of WECC please see our website www.westhillelrick.org

Art Feature at the Gateway to Westhill

In the next couple of years Westhill & Elrick, as we know it now, will reach the 50th Anniversary of when the first houses began to spring up to meet the needs and demands of finding homes for those working in the new North Sea Oil industry. This is a milestone that our Community Council believes is worth recognising and we have already started the early stages of planning. However, this is bigger than just WECC and the whole community has to become involved. We will be seeking the involvement and support of all residents, groups and organisations to take part and make this a reality. We hope that we will end up with a tangible piece of Art/Sculpture that will reflect how things have changed in the past 50 years.

Shopping Centre Development

Our new shop units in the Shopping Centre are now established but there are still several things which need to be 'finished off' that WECC have concerns about. We do meet with the agents who act on behalf of the owners and we will continue to push to get outstanding issues sorted in the near future.

Westhill Drive Pedestrian Crossing

The very same applies to our requests for getting some important problems, raised by residents, that involves actions taken by Aberdeenshire Council. Safety issues regarding the pedestrian crossing on Westhill Drive where people, in particular children, who exit the back of the new shops face the danger of stepping onto the crossing and cars failing to stop. We believe there should be a barrier there to make it safer to cross. This could be a joint venture between the Shopping Centre and Aberdeenshire Council. We are hoping we can make progress on that.

Path from Hillside Road to Eastside Drive

We also have serious concerns about the possibility of the removal of the steps on a main pathway at the East side of Westhill that is a link which is used by many. That path runs down all the way from Hillside Road to Eastside Drive and eventually onto Kinmundy Drive. The steps are in poor condition and are unsafe but the barriers that were erected to say

'CLOSED' are useless and people continue to use the whole path. We in WECC do not want to see these steps removed and not replaced as that is a known route down to the Westhill Primary School and the town centre. Please help us to achieve this.

That is only a small illustration of some of the things we are trying to improve. We want to work with our four local Aberdeenshire councillors and the officers who serve this area to get things done within resources available in these times of budget cuts.

We are also supporting the group SensationALL. They are trying to acquire more suitable premises for the fantastic work they do for those with severe autistic problems and give support for their families. We do wish them success in their bid for the Old School/Schoolhouse.

We hope by the time you read this that Spring flowers will have appeared again as we look forward to an exciting time over the coming months.

**Audrey Findlay – Vice Chairperson; Becky Ferguson – Secretary;
David Ritchie – Treasurer**

Westhill Art Project

We would like to thank all the children who made so many decorations for the shopping centre at Christmas, and also the ladies of the Knit and Natter group who spent hours stringing them all together. It was very disappointing that nearly half of the decorations were spoiled and pulled down before Christmas. This will not stop us asking you to be involved in community projects. The next celebration will be Easter and we hope you will decorate more egg shapes, as you did last year. You made 660 egg decorations in 2015. They have been carefully stored. Let's make some more for 2016!



As well as organising community projects in Westhill, we are now considering a big Public Art installation. This will take planning and time and money! Watch out for information telling you how you can be involved, by checking the WECC website, notices in the Press, posters and flyers which will be appearing soon.

In the meantime, we are giving advance notice of the 3rd Annual Scarecrow Trail due to be held during Gala Week in June. Start thinking now what kind of amazing figure you could produce. Collect old clothes and footwear and bits and bobs. We will hold a workshop again to advise and help with your creations. This is a fun event, open to all. Put it on the family calendar hanging in the kitchen as a reminder!

Rosemary Murray, WECC member/Art Project group, Tel: 01224 740644

**Westhill Household Waste
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Containers, Scrap Metal, Wood,
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Tuesday	10.00 am5.00 pm
Wednesday	1.00 pm7.30 pm
Thursday	10.00 am5.00 pm
Friday	10.00 am5.00 pm
Saturday	10.00 am1.00 pm

**Remember to bring
your Borrowers Card.**

*Westhill Library
Westhill Drive
01224 741312*

Aberdeenshire
COUNCIL



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.

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free consultation. See feature on page 17.

Alison Donaldson BAcc CA

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business
doing this
month?*

*I'd love to grow
my business -
can I afford it?*

*I wonder
what our
profit will be
this year?*

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Councillor David Aitchison

Developments of all kinds, small house extensions, single houses, large scale housing developments and commercial projects like the office developments which we have here in Westhill all have a visual impact. The effect of that impact which is often very significant varies greatly, largely as a result of the quality of the design.

2016 is the Year of Innovation Architecture and Design and coincides with the biennial Aberdeenshire Design Award Scheme. Taking a lead from the Year of Innovation Architecture and Design, this year's Aberdeenshire Awards will have a greater emphasis on innovation and will seek to encourage good design and new ideas. It is hoped that the awards will generate interest and debate about architectural design in Aberdeenshire. There will be an opportunity to view presentations of the short listed entries on the council website and to vote for the 'public awards' in some of the categories.

The recently agreed Aberdeen City Region Deal includes commitments to transportation and broadband connectivity in the north east which should benefit Westhill. While the Aberdeen Western Peripheral Route and other schemes are improving the transport infrastructure in the area the City Region Deal will fund new appraisals which will take a strategic view of future transport infrastructure needs. These will include the connectivity to Aberdeen from south, north and west which should give an opportunity for Westhill's links to the city and further afield to be considered.

Digital connectivity in our community has been improved significantly in recent years but the City Region Deal is committed to addressing the digital challenges of Aberdeenshire and underpinning enhanced service delivery and it is hoped that this will have a further beneficial impact for households and businesses in Westhill.


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 the month from 6–7pm.

My next surgery dates are **Wednesdays 2 March, 4 May, 1 June.**

Councillor David Aitchison

2 Fare Park Circle, Westhill, AB32 6WJ

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

Weather

Usually in this edition of the Bulletin, we are speaking about recent snow and winter maintenance issues. Although these are still very much being discussed within the council, flooding has been top of the agenda over recent weeks. Although Westhill and District got off fairly light compared to Deeside and Donside, I was contacted by a number of affected residents. There are issues that all agencies need to take on board and I know the council have been working flat out with SEPA, the Scottish Flood Forum and other partners to repair, restore and build resilience for the future. Communities have also pulled together and helped each other, with neighbours staying up throughout the night diverting water away from homes and supporting those in need.

Community Resilience

In any emergency whether it is flooding, snow storms, or a major incident, would you know where to turn to for help? Would you be prepared with a stock of essential supplies? You may have plans in place with neighbours or family and friends. You might have some really good ideas or skills to share with others who want to create their own resilience plan. You may just want to set up something for your own street or for a wider area. Community Councils have already been in discussion with Aberdeenshire Council about Community Resilience and I look forward to supporting them as their work progresses. Please get in touch if you want to be involved or find out more.

New safety measures at Recycling Centre

New measures have been put in place after Elrick resident Peter Wright contacted the council regarding a safety issue at the Westdyke Recycling Centre. New signage and a ramp have been added to ensure a safe exit on to Wellgrove Road.



Speeding

Incidents of speeding continue to be reported, with Westhill Drive and the Westhill Road towards Brodiach being two of the hot spots. Individual concerns are always passed on to Police Scotland to consider what action needs to be taken. They have advised that speed detection work will be carried out at these locations.

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.I.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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WELLBEING IN WESTHILL

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WHEN: SUNDAY 22ND MAY, 10AM TO 4PM

***WHERE: WESTHILL HOLIDAY INN,
WESTHILL DRIVE, AB32 6TT***

The event is **FREE** for exhibitors and attendees.

Westhill and District Community Sports & Leisure Hub (WDCSH) are proud to host this event during Mental Health Week. As part of Mental Health Week (16th to 22nd May 2016) various organisations including NHS Grampian, Aberdeenshire Council and Mental Health Aberdeen are encouraging activities which aim to promote mental wellbeing, reduce stigma, prevent poor mental health and support recovery. For more information relating to the event, please contact WDCSH via email on wdcsh@hotmail.com





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

Westhill Shopping Centre Parking and Safety Concerns

In the last Bulletin I raised two issues, namely shortage of car parking spaces at peak periods and driver confusion caused by a lack of road painted arrows to direct the traffic flow. Thanks to the responses received from Bulletin readers I was able to use these to reinforce concerns when I contacted the owners and also the company which manages the shopping centre.

In regard to long term parking it has been suggested that some car owners were leaving their cars and travelling by bus into Aberdeen, making it a lottery for those who were there to shop, to find a car parking space. The intention to stop long term parking is to install an automatic number plate recognition (ANPR) system. This will allow shoppers to park for 3 hours duration. Staying longer will incur a penalty. Currently installing the ANPR system is out to tender with the expectation that a system will be in place soon.

Secondly the lack of directional arrows, particularly in the parking bay areas, is causing considerable confusion and from the comments I have received this is an 'accident waiting to happen'. At one time vehicles entered and exited the car parking bays by following the arrows. This is no longer the case as the car park is designed differently. Having pointed this out to the centre manager he has acknowledged there is a problem and has stated he is "looking to get this sorted as soon as possible".

Review of Westhill Network Primary Schools Zones

Earlier this month Aberdeenshire's Education Learning and Leisure Committee agreed the rezoning of the four Westhill Primary schools. This will take effect for the new intake of P1 pupils and for new pupils moving into Westhill from August 2016. Pupils currently attending one of the primary schools will not be affected by this decision and neither will their siblings who are yet to attend school. Those who are receiving school transport to their school will continue to have this service. The recommendations along with the implications to rezone were discussed with parents last September and their comments and suggestions along with those of teaching staff and pupils were included into the final report. The reason for the rezoning was that whilst Westhill has sufficient pupil capacity in its four schools, recent house building in areas of Westhill has created a situation where schools were over capacity in pupil numbers. For example Elrick school being capped to prevent further admissions. The recommendations in the report which were influenced by comments and suggestions made during the public consultation include the children from Broadshade being zoned for Crombie school. This in turn will allow Skene school to retain its rural identity by keeping pupil numbers lower than was previously planned, a proposal supported by Skene Parent's Council. The streets in Morven Drive and those in Brimmond will be rezoned for Westhill school allowing the cap at Elrick school to be lifted. These changes address capacity issues ensuring all Westhill children continue to receive and benefit from a high quality of education.

Hot line for reporting Road Defects/Potholes/Street Lighting/Gritting by phone is 03456 081205; Text: 07624 802722.

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

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

DUNECHT DASH EVENT – SUNDAY 8TH MAY 2016

The Dunecht Dash Event is run by Dunecht Primary School Parent Council as a fund raiser for the school and a local charity, which is chosen each year. The charity partner this year is Radio Northsound Cash for Kids.

The event comprises 2Km and 5Km timed races for children and adults in the grounds of Dunecht Estate and will take place on Sunday 8th May. Entries cost £7 for children and £12 for adults. Entries can be made online via a link from our website at <http://www.dunechtdash.co.uk>. Online entries close by Monday 2nd May (*earlier if fully booked*).

We also have a corporate team event where teams of five can compete to win the Ferguson Trophy, kindly donated by our main event sponsor, The Ferguson Group. Please email Dunecht.dash@gmail.com for more details on corporate entries.

NEW LOCAL BUSINESS: ABERDEEN ART

WWW.ABERDEEN-ART.CO.UK | 07804 669082

See advert on page 65

Q: WHAT DO YOU DO?

I specialise in illustrating local building and landmarks such as Marischal College, His Majesty's Theatre, Schools, Castles and other well-known buildings. I offer signed prints, and also do commissions if people prefer something personal.

Q: DO YOU DRAW OTHER THINGS?

I also love illustrating classic cars and fantasy landscapes- prints of these are available as well.

Q: WHERE CAN I BUY PRINTS OF YOUR WORK?

Signed Giclee editions are available via my online gallery at www.aberdeen-art.co.uk- delivered direct to your door. Or, visit Gallery121 (Holburn Street), Treehouse Interiors (old Millers building), Framing Point (Market Street), or The Breadmaker (Rosemount Viaduct)

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Q: HOW MUCH ARE COMMISSIONS?

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Q: WHO ARE SOME OF YOUR PAST CLIENTS?

Stewart Spence (Marcliffe Hotel), Charles Skene (owner of Skene House Hotels), Sotheby's Realty, Architects, Kinnon's Garage, many other local businesses, private homes, people getting married and more- all kinds!



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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

BILL'S GARDENING CORNER

Now that spring is just around the corner, look to getting started in the garden. Have you thought about what you would like this year? Did you take photographs of your garden last year as a record?

Now is a good time to check out ground for planning your planting, get out paper and pen and draw a rough outline of the area you have, then have a good look at some garden books to see what you would like (if it is suitable) and mark out planting areas.

Alternatively you might prefer raised beds, pots, containers, planters, or even a rockery. If you have space for hanging baskets you can grow strawberries as well as flowers.

The good thing about winter is spring is on its way. Looking around some gardens it is heartening to see bulbs pushing through and watching for the first buds on the trees.

Enjoy each season, happy gardening!

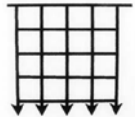
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Appeal for Donations

We have set up an Emergency Fund to enable us to significantly increase the time we are available to provide advice and support to Ballater flood victims.

Hundreds of people in Ballater have been affected. Many homes have been flooded, several businesses flooded, caravans badly damaged or washed away. Affected people have been extremely busy with the immediate clean up but then a whole raft of associated problems will come to the surface. What happens if you have little or no insurance? How do you dry out your house if you can't afford the electricity, or worse still if the flood damage means you cannot use your electricity supply at all? What do you do if the business you worked for cannot continue to employ you? What happens if your main income is from tourism which will be severely affected this year? How will you cope with debts arising from the problems caused by the floods? How do you find out if you may be eligible for Benefits?

These and very many other questions will need to be answered. SWACAB can offer advice and support to answer all the questions – which will continue to arise for many months to come – and help people regain control, reducing stress and improving well-being, but we need to raise funds to increase the time we are able to spend with clients.

If you can make a donation to the fund, no matter how small, the bureau and the people of Ballater really would appreciate it. To donate to our JustGiving Flood Advice appeal please go to <http://campaign.justgiving.com/charity/swacab/flood-advice> or see the Fundraising page on our website <http://www.westhillcab.org/fundraising> to see how easy it is to donate. If you want to keep abreast of how the fund is doing and get updates on our services please go to <http://www.facebook.com/swacab> then "Like" and "Share" the page.

As an independent local charity, fundraising is the life blood of the organisation. Could you spare some of your time and enthusiasm to help in our fund raising activities? If so you will join a small team who are passionate about ensuring that the bureau is able to continue to provide our vital services to thousands of people in the community. What could be more satisfying? We would also like to hear from someone who would be keen to sell a few things on eBay for us to help raise funds.

Volunteers Required

The number of clients we are seeing continues to grow so we need to recruit and train more volunteers to join our existing team, including Advisers, Administration/Reception staff, Board Members and Fund Raisers. Two full training programmes are run each year for advisers and appropriate induction and training is given for other roles.

Could you spare a few hours a week to join our growing volunteer team, knowing that your efforts help to make a real difference to people in your community?

If you have a problem, need help or advice, or are thinking of volunteering, why not call the bureau on 01224 747714 to make an appointment. You have nothing to lose and you will be surprised by how much you will benefit.

The Bureau Opening Hours in Westhill are:

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

Thursday 10am to 3pm (appointment only)

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

We also have an advice office in Banchory and outreaches located in 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.org/whereandwhen for further information.



Live Pain Free with Foundation Training

Reversing the effects of a life of sitting

Life in the 21st Century all too often means leading a sedentary and immobile lifestyle – one that encourages too much time spent hunched over screens, steering wheels and desks. Regularly assuming these postures without adequate muscular strength to resist gravity can lead to **degeneration of our joints**, inefficiency of our muscles and **unnecessary pain**. Our habits of sitting and curling

forward, combined with the constant pull of gravity, cause a **compression** force on our bodies that is detrimental to every aspect of health. We modern humans must learn to live and move in the way our bodies are designed, or else we leave ourselves vulnerable to pain, illness, fatigue and overwhelming general malaise.

Foundation Training is a movement practice designed to restore the body's natural order and put YOU at the center of YOUR health. It teaches your body how to properly support itself and move as nature intended. It was developed by chiropractor and movement expert, Dr. Eric Goodman, to heal his own chronic back pain and avoid surgery for multiple disc herniations. **This is not a temporary remedy** but a systematic solution that enables one to reach and experience incredible health and wellness.

IT WORKS! Thousands of people of all ages who were heading for surgery for everything from sore knees and backs to tight shoulders and hips have discovered remarkable healing through Foundation Training. This provides an effective alternative to heavy-handed medical intervention. Read their testimonials at www.foundationtraining.com/testimonials

Athletes and coaches of all types and abilities use Foundation Training to build structural strength, heal injuries, improve flexibility and dramatically reduce injury risk.

Mora McGovern is the first and only, certified instructor in Scotland and is based near Westhill. Contact Mora at info@moramcgovern.co.uk or on 07851 237891 for more information.

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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- Are you a business that requires some promotional shots?

If the answer to any of the above is yes then why don't you visit the
'About' page of my website
<http://www.adamcochran.net/about.html>

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Sharing time changes lives

Could you make a difference to the lives of older people in the Westhill area?

For over 75 years Royal Voluntary Service (formerly WRVS) has been supporting older people. Our volunteers provide a variety of services that help an older person remain independent and stay connected

with their families and communities.

Can you spare an hour a week?

Royal Voluntary Service is urgently looking to recruit Volunteer Befrienders in the Westhill area to support older people who are socially isolated. We need you to visit local older people in their homes as well as helping them get out and about to continue doing the things they enjoy. That could mean anything from sharing a cup of tea, going to the shops together, but it could also be going to a football match or helping someone Skype their grandchildren.

For a person experiencing loneliness, the support of a Befriender can make a real difference. If you can give at least an hour a week of your time (any day including weekends) to support an elderly person, then why not join us as a volunteer.

To find out more please call Pat on 01467 626012 or email: Pat.Middleton@royalvoluntaryservice.org.uk

Health and Social Care Team

Many of you will already be aware of, or receive a service from the Health and Social Care Team for Westhill, however we wanted to introduce the Team as we become an integrated service. Later this year the Health and Social Work Services will become a Partnership. The Westhill core Community Team consists of Nursing, Care Management, Occupational Therapy and Physiotherapy. These services are located together in the Skene Healthcare Centre in the office upstairs. Although we are separate from the services of the G.P practice, we work closely and benefit from all being in the same building. We also have a wider range of services linked to the Team, such as Community Psychiatric Nursing, Dietician and Speech Therapy.

Below is the Partnership's Vision for our new way of working:

“Building on a person’s abilities, we will deliver high quality person-centred care to enhance their independence and wellbeing in their own communities”.

Our joint working aims to improve outcomes for people in the Westhill and surrounding area. There are of course limitations to what we can do and the community nursing and physio service are for housebound people who are unable to get to the surgery.

We hope to have regular articles in the bulletin, with advice and tips from the staff in the Team. If you want to get in touch telephone either 01224 849499 or 849480 to leave a message and one of the team will get back to you.

2016 will be a SensationALL Year!

2016 has already been a busy year for SensationALL SC043156 with our existing services being improved and new activities and partnerships being created.

Thank you to all Westhill residents who took the time to fill out our Save Old School House (OSH) survey. We had a great response with 94% in favour of SensationALL managing the building and services and only 6% being unsure. 100% would like to see the buildings remain in the community for the community.

Our proposal was submitted to Aberdeenshire Council in February and we hope to hear the decision by March or April 2016. Have a look on our website for the outcome.

If SensationALL are successful with the Community Asset Transfer of OSH we would very much like to encourage the community to be a part of what we do and how the building is used. By improving the building we will make it more pleasant and useable for the groups who already use it and new groups will be encouraged to make use of the improved facilities for any number of activities or age groups. SensationALL will use and manage the building but there will be plenty of opportunity for community use including some of our equipment, such as the soft play room. One of our key services will be the addition of an inclusive out of school and breakfast club which we know is much needed in Westhill.

Another opportunity to get involved in SensationALL and the OSH building is that by changing our constitution we now have a free membership system in place. Members of SensationALL, individuals, organisations or businesses, will be entitled to vote on what happens in the charity as well as plans for our future use of the OSH. If you are interested in becoming a member then please get in touch with us to find out more.

Please come along and join our mixed, inclusive and friendly Community Choir on a Wednesday evening, 6.30pm at the Old School House, Westhill. The group is aimed at all ages and abilities. We sing, make music and have fun in a supportive group environment led by a music therapist where songs can be communicated by singing, using actions and signing as well as musical instruments.

VOLUNTEERS NEEDED!

Do you have an hour or more to spare, and would like to make a difference in a fun and friendly environment? Then we would love to hear from you! Volunteering is a great way to meet new people, gain or share new skills and get satisfaction from helping others.

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



Westhill Library News

Now the lighter evenings have arrived, spring does not seem quite so distant.

For keen gardeners, planning for spring and summer gardens will probably already be underway, however it does seem the perfect time to mention the gardening section (Dewey subject numbers 635, 635.9 and 712). There is an excellent selection of books written by well – known garden writers giving advice on gardener planting schemes, garden design, shrubs and flowers. We also have Gardening magazines (back issues can be borrowed) which give practical advice and ideas.

Via the e-magazine collection from Zinio, available on the Aberdeenshire Libraries website, you can read digital copies of over 120 magazines for free from your computer, smart phone and tablet. The magazines included in the collection 'Green Living Guide', 'Elle Décor', 'Eating and Living Gluten Free', 'Coast' and 'New Scientist'. Alternatively you can read the digital magazines in the Library using the i-pad in the ICT area.

As we mentioned in the Winter issue the much acclaimed author Ann Cleeves, creator of Vera Stanhope and Jimmy Perez characters, came to give a talk on 25th November as part of the Book Week Scotland celebrations. Ann spoke to an audience of over 100 people about her writing, the finer points of crime writing, a few whodunit secrets and discussed her 7th Vera mystery 'The Moth Catcher' and her love of libraries. Some quotes from the audience –

Excellent talk by Ann Cleeves – very open, well presented

How wonderful to hear behind the scenes of the publishing world, how characters and places informed by reality

Brilliant! More of the same please

Excellent venue, well-organised

Interesting talk, good balance and good questions

Delighted to have such a popular author here in Aberdeenshire

Absolutely brilliant-always enjoy the choice of authors that visit Westhill Library

The Christmas craft session was both fun and hectic. This year the children seemed determined to create each of the Christmas craft ideas: lollipop tree decorations, festive wreaths, Santa puppets and cards. At the end of the session they all left very proudly carrying their wonderful craft creations and were also quite covered in glitter and glue! The children also enjoyed listening to a selection of Christmas stories; we know they loved 'The Stick Man' by Julia Donaldson (and joining in with the refrain). However we think their favourite story this year was 'The Jolly Christmas Postman' by Allan Ahlberg, particularly the enclosed presents which were studied and discussed in detail.

Calling all 0-4 year olds! Join Book bug's Library Challenge! The challenge encourages children to discover and enjoy their local library and is a fun, exciting way to encourage a child to develop a love of reading for life. Come along to the library and pick up a collector card. If you're not already a member of the library we can join you. Every time you visit the library collect a sticker and once the card is full choose a certificate featuring a book character. We have 6 new certificates to collect this year. You can complete the challenge as many times as you wish. Why not try to collect the full set of certificates? The challenge ends on Saturday 30th April.

Books don't need electricity; you can read them anywhere and everywhere! For World Book Day 2016 we are inviting you to take part in the Extreme Reading Challenge. The competition is to take a picture of yourself reading in the most unique, interesting and unusual places. Bring us or email us your pictures, we can't wait to see what you get up to. Library staff will be accepting this challenge also!

For information on all forthcoming events at Westhill Library please visit us at
www.aberdeenshire.gov.uk/libraries and
<http://www.facebook.com/AberdeenshireLibraries>

BADMINTON

The coaches give children of P4 and above the chance to learn an enjoyable life-long skill playing Badminton. Cost £3.40 per class paid in a block. Beginners Mondays 6–7pm, Improvers Tuesdays 6–7pm, Proficient Tuesdays 7–8pm, Saturday (all levels) 10.30–11.30am.



FITSTARS

P1–3 come to this group to have fun and exercise through story-telling and imaginary play. Cost £3.40 per class paid in a block. Mondays 6.15–7.15pm.

COOKING

P6 and above come along and make both sweet and savoury dishes. A totally enjoyable experience for all. Cost £5.90 per class paid in a block. Tuesdays 4.30–5.45pm.



BAKING

Come along and try baking an assortment of cakes and biscuits. What better way to finish off the day than with your own home bakes? Cost £5.90 per class paid in a block. P6 and above. Wednesdays 4.30–5.45pm.

DANZE

P1 onwards learn different dances to great music on Wednesdays. Each year these children get the opportunity to perform in front of an audience at their own show. Cost £2.80 per class paid in a block. Wednesdays: Beginners 1 6.15–7.00pm, Beginners 2 7.00–7.45pm, Improvers 7.00–7.45pm.

FOOTBALL

Football coaching for boys and girls in P1 and 2. If you enjoy football then you will love this. Cost £3.40 per class paid in a block. Tuesdays P1 & P2 6pm–7pm, Wednesdays P1 6–7pm, P2 7–8pm.

SATURDAY DRAWING AND PAINTING

P4+ take part in drawing and painting animals and other subjects on a large scale using a variety of materials. A popular art class. Cost £6.35 per class paid in a block. Saturday morning 10am–12 noon.

SATURDAY DANCE

Boys and girls of P1 and above can come along and learn how to do dance routines. At the end of the year the children get together with the Wednesday Danze group and have the opportunity to impress their parents with their end of year performance. Cost £2.80 per class paid in a block. 9.15–10.00am or 10.00–10.45am.

WEDNESDAY ART

P4 upwards, learn different techniques in drawing and painting. This class has been very popular with children staying term after term. Cost £6.35 per class paid in a block. Wednesdays 4–6pm.



To enrol or for further details contact
Westhill Community Centre, Hays Way, Westhill
Tel 01224 740089
Email westhill.cec@aberdeenshire.gov.uk





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ASHDALE HALL (WESTHILL DRIVE)

We at Ashdale Hall would like to wish all our clients and hirers a very happy and prosperous 2016. The Hall had a very busy time over the festive period with fundraising events, ceilidhs, dances and parties, along with our regular programme of classes. We had a lovely Christmas market on 5th December, with stalls offering a wide variety of produce and crafts, it was a great way to buy unique gifts and stock up on festive fayre! Also, RSCDS country dance and couple of Christmas parties added to the festivity at the hall.

NEW CLASS

We have an additional Jazzercise class being run on Thursday morning from 9.45am–10.45am, please check with the instructor Louise Argo for further details – 01224 467567 or email jazzercisewithlouis@gmail.com.

Also Zumba Class is back at the hall on Thursday morning from 11.00am–11.45 am. For further details please contact Veronica Scott on 07917 104113.

BLOOD TRANSFUSION SERVICE

Blood transfusion service was held at Ashdale hall on 11th February from 4.00pm–8.00pm. This session offered appointments but also entertained walk-in donors as well. It was a very busy evening with donors from all walks of life.

WRESTLING SHOW

This popular show returns to the Hall on Saturday 16th April. For further details and how to obtain tickets please call 07855 121777 and leave a message.

UPCOMING EVENTS AT THE HALL

Zumba Masterclass – 12th March

Westhill Producer's Market, Saturdays – 5th March, 2nd April and 7th May (all 9.00am–1.00pm)

Monthly Tea Dance, Fridays – 11th March, 8th April and 13th May (all 1.30pm–3.30pm)

Blackburn Dances, Sunday evenings – 17th April and 8th May

Westhill Gala Bingo Evening – Wednesday 1st June

Westhill Gala Day – Saturday 4th June

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, free-range eggs well as locally made organic body products, bespoke cards and hearts, crafts, jewelry, 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: ashdalehall@hotmail.co.uk. **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: <http://www.ashdalehall.co.uk/index3.asp> and our upcoming events can be viewed on: <http://www.ashdalehall.co.uk/index2.asp> (these are also displayed on the Hall noticeboards).

BOOKING ENQUIRIES

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

Scottish registered charity no. SCO21493

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 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, both men's and ladies' teams
- Social events throughout the season; American tournaments
- Organised coaching sessions for minis and juniors from a qualified coach
- Opportunities for adult coaching from a qualified coach
- Free court time for members
- "Come and try" sessions for adults on Monday nights



We had two ladies' teams and one men's team in the North District leagues last year. The ladies' A team won division 3 and will be promoted to division 2 next season. The men's team and the ladies' B team both finished their fixtures. We are always looking for new players both at a competitive and social level. The new season will begin on April 1st so if you are interested please get in touch.

Membership fees: Family: £150; Adult: £75; Student: £35; Juniors: £28 (11-17 years); Minis: £15 (10 and under by 31st March 2016)

For more information please contact Harriet Broomfield at westhilltennisclub@outlook.com or on Facebook: www.facebook.com/westhilltennisclub.

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 2016. The deadline for applications is 8th May. Applicants must be voluntary organisations based or operating in Westhill, Elrick, Kirkton of Skene or Garlogie.

In November 2015 donations were made to the Citizens Advice Bureau, Air Training Corps, Westhill Toddlers Group, Garlogie Indoor Bowling Club, Westhill Scouts and Children's Activities in Community Centre.

Donation requests can be sent at any time 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**

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Litter in Westhill

As the winter snow and ice melt away, we become more aware of the litter that unthinking consumers have dropped. It surely spoils what can be a very pleasant stroll along our open spaces. We can all help to avoid this, primarily by disposing of litter properly but also by spending as little as one hour per year in helping to clear it up!

We are holding group litter picks on:

**19th March, 16th April, 14th May, 18th June, 20th August,
17th September, 15th October, 19th November.**

All picks will start at 10:00 at the Tennis Court car park and kit is provided. We are very short of volunteers and so are looking for helpers of all ages. So please come along. Each session lasts only one hour.

SOME LITTER FACTS from Scottish Government:

Scotland has a litter problem. Take a look the next time you walk outside - you'll see it. Cigarette butts, takeaway wrappers, crisp bags, cans, bottles and cartons, newspapers, ATM slips, chewing gum. You name it, and it's on the side of our roads and in our parks and our lochs, up our mountains and on our beaches. 71% of people have seen someone else drop litter.

We need people to stop. We need people to use bins, to take their litter home, and to recycle their waste. We need people to stop dropping litter across our country.

- It costs Scotland over £1m a week to deal with litter.
- 50 tonnes of litter are collected from the roadsides of Scottish motorways every month.
- A staggering 46% of people in Scotland admit that they drop litter despite knowing that it is against the law and that they could be fined £50!
- 250 million easily visible items are dropped in Scotland every year.
- 62% of 45 to 54 year olds admitted to littering. So, despite teenagers and children being perceived as the main litter louts, actually all age groups are responsible for the state of our streets and open spaces.
- The top five litter items that people were most bothered about were identified (in order of priority) as dog fouling, chewing gum, food and drink packaging, fast food packaging and left-overs, and needles and plasters.

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

WESTDYKE LEISURE CENTRE

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westdykeleisure@btconnect.com

Mini-Kindergym

A fun and stimulating parent and child exercise class for children aged 12-24 months. Developed to encourage toddlers' co-ordination and social skills. Stimulating equipment is used including a ball pool, soft play, climbing frame, trampoline, parachute, etc.

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. New members welcome.

ALL CHILDREN'S CLASSES ARE LED BY QUALIFIED, EXPERIENCED COACHES

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OUTSIDE LETS INCLUDE: Westdyke Boys Football Club,

Aberdeen Youth Rugby Association, Westhill FC, Sooyangdo, Brazilian Football, Men's Indoor Football, Pilates, Yoga and GCRA.

DENMAN PLAYGROUP

Mon-Fri 9.15 am-12.25 pm, Age 2.5-4 years.

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

Milne Hall, Kirkton of Skene

The Summer Ceilidh in June was a fantastic success with the great young band 'Langavats'. It will likely be later in the summer before the hall group holds another event, but the hall continues to be in daily use. Keep an eye on our Facebook page.

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.
- Westhill Sooyang Do martial art group hold classes for children and adults on Monday evenings. Phone Chief Instructor Dave Bremner: 07970 188825.
- Indoor bowling every Tuesday evening. All welcome.
- Skene Youth Club for Primary 1–7, Thursday evenings 6–7pm during term time.

Upcoming Events:

- Annual General Meeting – 7.30pm Tuesday 15th March 2016. Open to all.
- Scottish Accordion Group concert – 7.30pm Wednesday 11th May 2016.

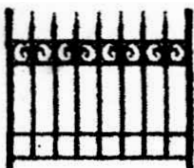
For booking enquiries phone Mary Gray on 01224 743285. Milne Hall Management Committee is registered as a charity (SC045034). **Help wanted** – if you feel you could contribute in any way in looking after and improving the hall, you will be made most welcome. Please contact 01224 742804.

Steve Cole

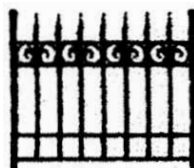
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Westhill and District Gardening Club

Monthly meetings are held on the third Wednesday of the month in the Trinity Church Halls at 7.30pm. 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:

16th March – Una Craven, Head Gardener – presentation on the Haddo House Terrace Restoration Project and will judge the Annual Members Bulb Competition

20th April – Graeme Strachan, ARHS- a talk on Inverewe Gardens.

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

‘Jumpstart’ Youth Club

We are looking for new S1 and S2 boys and girls to join the ‘Jumpstart’ Youth Club. It meets every Tuesday night from 7pm until 9pm in Westhill Community Centre.

We enjoy ourselves playing games, we have a lot of fun, meet a lot of people and get to know each other. We are a very active group and everybody here is very friendly.

Why don't YOU come along and try?

Come and meet new friends and enjoy your time with us. We're looking forward to new people coming and having fun with us!

To find out more you can email westhill.cec@aberdeenshire.gov.uk, phone 01224 740089, or ask at the academy reception desk any time.



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:

Ashdale Hall	26	Rotary Club	79
Citizens Advice Bureau	15	Scouting	76
Community Council	3	SensationALL	22
Community Minibus Driving	10	Westhill Art Project	4
Litter Collection	29	Westhill Bulletin delivery	1
Macmillan Cancer Support	63	Westhill Lions Club	19
Milne Hall, Kirkton of Skene	31	Westhill Open Award Group	86

Westhill Golf Club

Whilst all at Westhill Golf Club are thoroughly looking forward to the 2016 season it seems appropriate to take a moment to contemplate those affected by the recent flooding in the area. We were very fortunate that the rain water has caused nothing beyond some localised flooding and some minor damage to our bunkers. Other golf clubs such as Ballater were not so fortunate and are having to deal with significant damage which will take time and money to rectify. We sympathise with our golfing brethren and hope for a speedy recovery.

Our season of competitions begins in the last weekend of March with the Captains vs Vice-Captains match and from there on in we have weekly competitions for golfers of all ages and abilities – Gents, Ladies, Seniors and Juniors alike. We know that the downturn on the oil industry has had an impact on the amount of money that people have to spend but we strongly believe that WGC offers good value of money and welcome anybody new or returning to the game ☺. Why not come along and see what we have to offer? We are right on your doorstep after all!

We are continuing to push the social side of our golf club this year with more frequent activities and evenings in our clubhouse for you to enjoy. On 26th March we have a Wet Wet Wet tribute night and a few spaces still remain available so if that's your thing jump at the chance or you will miss out as we have limited capacity. Our super chef John Galloway has taken the reigns of our kitchen and will be offering weekly 'Fresh Fish Fridays' as well as a monthly Sunday carvery and Sunday Teas. The reviews he is receiving are truly excellent so why not join our social membership and enjoy some scrumptious homemade cooking. I would also like to remind everyone that we have a large space available for functions/parties available upon request. Our only stipulation is that we only accept birthday's parties for those 21 or older. Keep an eye out on our website, our facebook (www.facebook.com/westhillgolf) or phone the club on **01224 740159** for full details!!

Lastly, let me re-iterate two points from our last article. Whilst we have seen a decrease in damage caused to the course by vandalism in recent months we are wary of further discretions so will continue to be mindful and report any occurrences to the relevant authorities. Finally, 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



Great reasons to join Westhill Golf Club

No joining fees, ideal for new and experienced players, wide range of membership categories, great tee time availability, huge range of competitions, great value, online tee booking!

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+ £2 fee to cover the cost of golf insurance if appropriate**

Why not join us and sample some of John's home cooking!

Weekly 'Fresh Fish Fridays'

Sunday Carvery on the first Sunday of the month

Sunday Tea's available as well

Web: www.westhillgolfclub.co.uk • Tel: **01224 740159** • Email: professional@westhillgolfclub.co.uk

Update on Special Exercise Class at Westdyke Leisure Centre

GCRA is a community-based charity that exists to provide special exercise classes, designed for people with long-term health conditions.

Since late October 2015, GCRA has been running one of these classes at the Westdyke Leisure Centre in Westhill. Access to this newish class just involves turning up there on a Friday, filling-in a health questionnaire on the spot or beforehand and joining-in for a free taster-session, once our class-instructor, Elizabeth Milne, has OK'd your medical details.

Class exercises are adapted to suit a wide range of abilities and limitations and some members can choose to exercise while seated in a chair, if required.

GCRA has been running classes for 14 years in Aberdeen City and Shire. They now number 36 in total and current membership is over 700, covering a wide age-range with a good gender balance. Most of the many health conditions relevant for participation are listed on the GCRA advert on the opposite page.

Members old and new report great benefits to their general health and wellbeing. They often comment on the bonus aspects of the good fun and fellowship they experience. Also, we tend to find it easier and more enjoyable when exercising as a group rather than alone.

So, if you think you might benefit in some or all of the ways mentioned, please come along on a Friday afternoon and give it a try. A spouse, partner or friend of a participant is always most welcome to accompany him or her on a regular basis and to join in as part of the class.

Lindsay Watt, Board Member, GCRA Ltd



1st Skene Girls' Brigade

At present we have 25 girls and a very busy badgework schedule to complete. We do social events as well and enjoyed a bowling night and a visit to the Inverurie Panto at the end of the year.

We are currently practising for our Divisional Competitions and also for our Open Night which this year will be held on Monday 25th April in Trinity Church at 7pm, all family, friends and anyone interested will be most welcome.

We will be having a Fun Evening and Raffle in May and then we have a break until school starts again in August.

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



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Meet new people, have fun and improve your health.

GCRA has been running special exercise classes for over 13 years in NE Scotland and has over 700 members in 36 weekly classes.

Our classes are all led by experienced instructors qualified to level 4 or above.

The Westhill Exercise Class meets every Friday from 1.45pm-2.45pm in the Westdyke Leisure Centre.

Class Fees are £4 per class and Annual Membership (giving access to all GCRA locations) is £10.

If you are interested, just come along to the Leisure Centre on any Friday, complete a Self-Referral Questionnaire and sample a first, free taster-class to see how you like it.



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Pamela Blue Door Manager: **01224 861830** or
Catherine CWT Administrator: **01224 862008**
email: admin@camphillwellbeing.org.uk

The Blue Door Charity Shop raises money for Camphill Wellbeing Trust - a medical charity providing an extended and integrative approach to help patients of all ages address illness, build resilience & maintain wellbeing.

Visit Us! Tuesday to Saturday: 10am - 4pm

The Blue Door Charity Shop, 57-59 N Deeside Road, Bieldside, Aberdeen, AB15 9DB t: 01224 861830 

 Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd
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Introducing

Westhill Town Service 16

Stagecoach North Scotland have introduced a new Westhill Town Service (16). This is the result of public consultations which took place in 2014/2015. The circular service provides a vital link for areas of Westhill to connect with other Stagecoach services (X17, X18). Service 16 timetable:

Broadstraik • Hillside

16

MONDAY TO FRIDAY

Service No.	16	16	16	16	16	16
			NSch			NSch
Broadstraik roundabout	0720	0750	0835	0905		1605 1710
Hillside Road Mains Circle	0725	0755	0840	0910		1610 1715
Hilltop turning circle	0728	0758	0843	0913		1613 1718
Westhill Interchange	0730	0800	0845	0915	then every 60 mins until	1615 1720
Prospect Road Tesco	0732	0802	0847	0917		1617 1722
Prospect Road Subsea 7	0735	0805	0850	0920		1620 1725
Prospect Road Tesco	0738	0808	0853	0923		1623 1728
Westhill Interchange	0740	0810	0855	0925		1625 1730
Hilltop turning circle	0742	0812	0857	0927		1627 1732
Hillside Road Hillside Crescent	0744	0814	0859	0929		1629 1734
Broadstraik roundabout	0750	0820	0905	0935		1635 1740

SATURDAY

16	16
0805	1705
0810	1710
0813	1713
0815	1715
0817	1717
0820	1720
0823	1723
0825	1725
0827	1727
0829	1729
0835	1735

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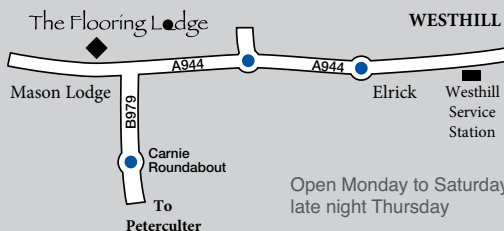
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Skene Committee of Macmillan Cancer Support

The collection in Tesco Westhill on Friday 27th and Saturday 28th November raised £1,621. Thank you to the many people who helped with the collection and to all who contributed to this total.

The Dunecht Burns supper was on Friday 22nd January. It was a great night with a traditional meal, excellent speakers and entertainers and a very lively ceilidh, dancing to the very popular "Ceilidh Fusion". Once again the Burns Supper was a sell-out event and this year raised £1,591. All proceeds were in aid of Macmillan. Thank you to all who gave their talents and their support to this event.

During February, the committee will meet to plan the fund raising events of 2016. Events are varied and we welcome anyone who would like to help us. If you would like to help in any way, please get in touch with any committee member or phone Kath on 01330 860226.

Thank you to all who support our fund raising events.

Follow Macmillan on our Facebook page by going to www.facebook.com/skenefundraising or searching for Skene Fundraising Committee – Macmillan Cancer Support on Facebook.

Kath MacBeath

Westhill District Amateur Swimming Club

The end of the year was a busy one for our swimming club. We held our annual Club Championships in November and were delighted nearly every swimmer managed to compete.

We had a Sunday Swimming Celebration Day in December with an afternoon presenting the swimmers with their trophies, medals and ribbons. This year we also wanted to recognize that every swimmer has achievements so all swimmers received a little trophy for their successes.

Then they spent some time in the pool on the inflatables. This went down a storm and was a fun way to finish 2015 instead of the usual lane swimming!!!

The beginning of 2016 sees all squads travelling round the north east competing in various competitions.



Some of our Entry Squad swimmers

We are always looking for new swimmers to join our club. If you are interested in competitive swimming and in level 4 or 5 in the learn to swim programme (or at that level) and aged between 7-11 years we would be delighted to hear from you so please contact our membership secretary Mrs Sam Louw at membership@westhilldistrictasc.org.uk



HALLELUJAH!
HE IS RISEN!
HALLELUJAH!



Services

Sunday – 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

LENT & EASTER SERVICES 2016

26th February 10pm through to 6am on 27th –
Epiphania – Join us for an evening of worship and
prayer seeking God's presence and blessing.

Lenten Lunches each Friday in Lent at 12 noon
from 12th February (wks 1, 3, 4 & 6 in Trinity Church,
Westhill Drive, wks 2 & 5 in Westhill Community
Church)

Sunday 23rd March – **Palm Sunday Service** at
10.30am

Thursday 2nd April – **Maundy Thursday Service** at
7.30pm

Friday 3rd April – **Good Friday Service** 11am
"Reflections"

Sunday 5th April – **Easter Sunday**

8am Early Morning Praise by the cross in the car park
10.30am Easter Day All Age Communion

6.30pm Easter Celebration

Weddings and Christenings

For more information about weddings,
christenings or baptisms please contact the
Rector, Ian Ferguson, on 01224 740291 or email
thechurchoffice@btinternet.com.

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.

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.
www.somebodycaresuk.org



How to book a Sozo Session

Appointments are
made through the
Church Office and

can take place in the daytime or evening. There
is an online application on our church website
www.westhillcommunitychurch.org

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.
The Session will last 2 hours, if you need longer
after 2 hours we will book you another session.

The Alpha Course

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.



Our next Alpha course starts on **Wednesday 20th April
2016** at 7pm and then every Wednesday until 22nd June
(last session). Registration forms are available from the
Church or online at www.westhillcommunity.org

GREEN PASTURES CAFÉ

Open Tuesday to Saturday – 10.00am to 3.00pm

Green Pastures Café is our cafe within Westhill Community Church. It is open to all from Tuesday to Saturday, 10am-3pm. We aim to provide a warm and welcoming environment enhanced by wonderful views of the local countryside and hills. Enjoy a quality cup of coffee, tea or hot chocolate (all Fairtrade) or try our soup, sandwiches, hot grilled sandwiches, salads and quiches along with a selection of cakes, scones and traybakes.

We currently source our ingredients from a variety of local companies. For example we buy our bread from The Breadmaker in Rosemount, thebreadmaker.org.uk, and our cheeses, bacon and salami from the Devenick Dairy, devenickdairy.co.uk. We aim for a high standard of food which is, wherever possible, sourced locally.

We have a number of paid kitchen staff but all our serving staff are volunteers from Westhill Community Church or the local community who give up their time to serve you and make you feel welcome. We also have placements for adults with various learning difficulties and provide volunteer opportunities for young people undertaking their Duke of Edinburgh or Saltire Awards plus offering work placements for young people at school or college.

We hope you will come in for a visit and stay, as long as you like!

CARE IN THE COMMUNITY

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



Street Café

We gather on the Streets at the Westhill Shopping Centre twice a month to give out free hot chocolate and biscuits!

Come hang out with us!

Upcoming dates: 4th March, 22nd April, 6th May, 13th May, 3rd June, 10th June.



Life Café

Each month we run a Life Café event in the Ashdale Hall in Westhill! It is a relaxed Café drop in for young people in the community with a cut price tuck shop, free hot chocolate, video games on big screens, pool, table tennis and more!

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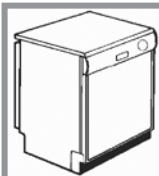
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AB51 0XY

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
- How to use a computer



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



Westhill Walkers

Open to all no matter what your age or ability

After a very mild December we have had the shock of all the dreadful flooding in the area. One of our scheduled walks had to be amended due to damage at Ballater but the rest should proceed as planned. By the time you read this we will be enjoying longer days if not yet warmer weather. 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!

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 our regular walks we also have a variety of social activities. In the last few months we have had a bowling evening at Inverurie, a thoroughly enjoyable Christmas Dinner weekend at Muir Cottage near Braemar (many thanks to the cooks for a fabulous meal) and our annual ceilidh at the Elphinstone Hall where we enjoyed more great food and dancing to the music of the Garioch Blend

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 consult our website at westhillwalkers.wordpress.com/

<i>Some forthcoming walks – please join us and be sure of a very warm welcome. More details on the web page.</i>	
Sunday 6th Mar 08.30	<i>Hill of Fare Traverse</i> <i>A west to east traverse of the Hill of Fare, mainly on Land Rover tracks and with great views.</i>
Sunday 30th Mar 08.30	<i>Glen Tanar</i> <i>We follow the river east past the Fairy Pool, through the forest then on to an open moorland track past Black Craig and Baudy Meg.</i>
Sunday 3rd Apr 08.30	<i>Gordon Way</i> <i>A traverse of the Gordon Way – direction still to be decided. The Gordon Way partly follows the old peat extraction routes on the Bennachie forests.</i>
Sunday 17th Apr 08.30	<i>The Buck from Lumsden</i> <i>After being thwarted by the weather last year, another attempt to scale The Buck of Cabrach.</i>
Sunday 15th May 08.00	<i>A) Clachnaben and Mount Battock</i> <i>A round trip to Mount Battock with a return over Clachnaben.</i> <i>B) Clachnaben</i> <i>Initially following the same route as the 'A' walkers as far as the Charr Bothy though at a more leisurely pace then return over Clachnaben.</i>



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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



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

**WESTHILL CHOI KWANG DO SCHOOL, ASHDALE HALL, WESTHILL
IS CELEBRATING ITS 21st ANNIVERSARY IN 2016!**



Here are some of our Black Belts, out of the running total of 112 Black belts which have been awarded to our students. The highest ranking is 5th degree (5 Black Belts) down to first degree. *Inset photos of members unable to attend on the day.*

Come and join us and earn your own black belt!

Contact **Violet Mackie** on **07715 788578** or

E-Mail violet.mackie@westhillckd.org

or **Robert Watson** on robert.watson@westhillckd.org

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1st WESTHILL SCOUT GROUP

Charity No. SC017801



We had a great day at our Soup 'n' Santa – lots of folks attended and certainly looked to have been having a good time. It was so crowded that seating was at a premium and for the first time that I was one of the folks having fun – rather than one of the 'workers' – I didn't manage to get a cup of soup! But a good time anyway. Santa's Grotto was wonderful after its refurb. And I am sure he had a good time asking all the children for their 'Christmas Wishes'. Santa's post box in the main lobby was really well used in 2015 as there were over 100 letters sent to Santa for his replies.

Many thanks to all who helped to make it a really great day for all who joined us to start off the Festive Season of 2015

There are lots of events being planned for the rest of the year.



BEAVERS ARE BEST!

The first of the events has already taken place... one of our youngest Sections, Redwood Beaver Colony had a 'Sleepover' on the weekend of 23rd and 24th January. Eva, one of our Beaver Leaders, sent an email saying..... "I've got some mega excited Beavers getting ready for our sleepover at the HQ next weekend! " And according to reports after, they all had a great time. Many thanks go to the Leaders and helpers including Sean, their Young Leader, and Carol (what a marvellous bunch they are) who made the weekend such a brilliant success. All

congratulations go to them for completing the new Scottish Beaver Thistle Award during their Sleepover. They are trying to find out if they are the first in Scotland to rise to the challenge!

Plans will be ongoing with the Leaders and the Group Committee for the Fun Day later in the year and it is the Centenary of 'Cubbing' this year so I expect parties and other fun events will be on the Syllabus for later in the year.

If you would like to join in the fun as a Leader, Section Assistant or Helper then give us a ring....

GSL Chris – 01224 746773 / Norman Hall AGSL – 01224 740795

Email westhillscouts@hotmail.co.uk or go and check out our website www.westhillscouts.co.uk

For the Waiting List – jacqpop@gmail.com

For Party Bookings westhillscouts@hotmail.co.uk

WESTHILL AND DISTRICT MEN'S SHED

Open Day

We held an open day in November. We had a great response from the public, many men and women coming to see what we do and finding that we don't bite. We had around 60 visitors and 5 men have joined as a result. The Academy also made an effort with the staff coming down in their break times – we want to have good relations with our neighbours and this certainly helped; we have asked the art class to do some work for us and they are commissioning planters from us.

We also invited a number of local companies but unfortunately had little response. We feel that the Shed could be of interest to their workers, especially those approaching or starting retirement. This transition has its rewards and challenges and the men at the Shed can offer support and encouragement to make it a success. It's never too late to arrange a visit.

Xmas Opening

Our plan was to shut down during the Christmas to New Year week, but following a number of requests from members we only closed on Christmas day and New Year's day. This meant that men who were on their own still had a place to go to and we had a reduced but still good turnout. We have all heard of the stress of Christmas so perhaps we helped relieve some of that.

Burn's Supper

An excellent night was had at the shed for our Burns supper – this is one of about 5 events (the Christmas lunch went well too) throughout the year where partners are invited. Some men have got into trouble for not telling their partners about these events!



Inverurie Men's Shed *(pictures above)*

This is our nearest Shed and opened their workshop officially on the 28th of January. They have a very large industrial unit on the Harlaw estate in Inverurie – crammed with some snazzy brand new metal and woodworking equipment which they are putting to good use. Their veg garden and poly tunnel are producing food for the local charity kitchen. We wish them every success and hope they build as good support from the community as we get in Westhill.

Raffle

We hope you will support us with our fund raising raffle this year. We plan to have a booklet delivered to every household in the district and it will be drawn at the Westhill Gala.

Through fund raising like this, the manufacture of items to help the community and repairing small machines the Shed is remaining able to cover its costs with a small surplus.

We are open Monday, Thursday and Friday 10 to 4 and
late night Wednesday 3 to 8 every week.

contact@westhillmensshed.co.uk Tel 01224 917345 www.westhillmensshed.co.uk

Skene Parish Church

One of the many things the Scots and Irish have in common is a deep affection for storytelling. We love to hear stories and we love to tell them. *"The main venue for storytelling was the fireside during the long winter nights..... Stories were told also by fishermen at sea at night, as they waited for the time to draw in their nets." Storytelling in Irish Tradition.*

The story of the last few days and hours and moments of Jesus' life before he dies on a cross outside Jerusalem is compelling.

By now it was noon. The whole earth became dark, the darkness lasting three hours – a total blackout. The Temple curtain split right down the middle. Jesus called loudly, "Father, I place my life in your hands!" Then he breathed his last. (Luke 23)

It is a story that comprises words, actions, people and places, some of which may be very familiar to us, some of which may have gone unnoticed. It is a story that is retold every year, using different media. From Hollywood movies, to full-scale passion plays, to walks of witness, to the 'stations of the cross', to quiet reflective services with music and prayers.



Each retelling gives an opportunity to engage afresh with the story – to ask, 'what does it mean?' Each retelling affords us space and time to connect with a story that spans millennia and yet draws us in. Each retelling allowing us to encounter the main protagonist – Jesus.

The gospels themselves offer different perspectives on the drama of 'Holy Week'. Each writer gives considerable column inches to that week and in some ways everything that goes before points to what is going happen in those climatic days. Stirring our imagination, we see the plot unfold. We are led through the streets of Jerusalem and given a ring-side seat of the action.

We read, we listen to, we retell, this story because it is at the very heart of Christianity. Jesus' death on the cross is the moment in history which changes everything for us.

So this year, on Good Friday at 7pm at Trinity Church, we will be retelling the story of that week through music and drama. Telling of Jesus' obedience and trust in God the Father, his sacrifice in our place and his work accomplished. We will end with a look towards how the story moves from darkness to light, from death to life, from a closed garden tomb to a resurrected Lord. Our choir is already preparing and we look forward to welcoming you to come and listen to this story.

Details of all our Easter Services will be available soon on our website www.skeneparish.com.

Rev. Stella Campbell



The Rotary Club of Westhill & District

Westhill Rotary has been a strong supporter of the Rotary Shoebox Charity for many years. The Charity coordinates and delivers shoeboxes to mid and Eastern Europe to families who are in need of some basic materials. For many families, the contents of the shoeboxes are the only gifts they receive at Christmas and consequently they express sincere gratitude to the senders of the boxes. As a Club, we were able to contribute 160 boxes this year, thanks to a great effort on behalf of Crombie, Elrick, Skene, Dunecht and Echt Primary Schools. In addition, Rotarian Linda Walker contributed a remarkable number of 44 boxes. Since the scheme started, Rotary nationally has distributed over one million shoeboxes.

The annual Young Speaker Competition was held at Trinity Church on 18 November and attracted 14 contestants from primary schools in Westhill and Skene. The competitors selected a diverse range of topics and the adjudicators, Ellen Smith and Ian Reid, complimented everyone for the knowledge of their subjects and for the quality of their visual aids. The winner was Evie McCabe from Westhill Primary, who spoke passionately about the Migrant Crisis. The runner-up was Olivia Thomson, also from Westhill Primary, whose subject was Individuality.



A total of 11 young performers from Westhill Academy took part in the Young Musician of the Year Competition, which was held at Trinity Church on 25 November. The audience thoroughly enjoyed an evening of very good music played on a wide range of instruments. The panel of judges were very generous with their praise for the high standard of performances from the competitors, especially for those who were performing in public for the first time. In the junior section, Jing Jing Wang on flute was judged to be the winner, while in the senior section, Rebecca Marriner on cello was the winner. The adjudicators declared Jing Jing Wang to be the overall winner and she was presented with the Chap Construction Trophy by Westhill Rotary President Colin Currie.

One of our most enjoyable events in our programme is the annual senior citizens Christmas party which took place at the Ashdale Hall on 6 December and was attended by some 160 people. The afternoon started with food and drinks being served by Rotarians and their partners. The entertainment got off to a rousing start with the arrival of the Rubislaw Pipe Band and they played a medley of Scottish tunes. Ian Duncan followed with his unique brand of poems and amusing stories. The musical theme continued with the ladies City of Roses Choir rendering a number of Christmas carols unaccompanied. The party concluded with the Deeside Orchestra Group playing a range of seasonal music, after which they led a sing along of Christmas favourite tunes, with great support from the audience. John Fraser compered the afternoon's entertainment, while great credit must go to John Abercrombie and his committee for organising such a successful and enjoyable party.

Allan Fair – Tel 01224 741145

The Physio Says – be prepared!

We'll be talking about the devastating floods of January 2016 for a long time. I'm sure everyone will agree we could not have foreseen such a thing, since no living person had ever seen that amount of water in our area. I hope, if it happens again, which seems likely, we'll be better prepared.

It's only in situations where we know what's going to or might happen, that we can be prepared. As far as health is concerned, there are huge advantages in being prepared. Athletes train long and hard to achieve their goals. Good preparation for sporting activity minimises the risk of injury. Keeping joints flexible and muscles strong, building up endurance with a strong heart and good lung capacity, and psychological preparation are all important. Facing the certainty of getting older as we all do, I believe that staying as fit as we can prepares us for better health in old age. For the elderly, specific 'fall prevention exercises' have been shown to reduce the incidence of falling, and result in less severe injuries in those that do. They involve simple balance exercises, as well as strengthening the stabilising muscles of the trunk and legs. At every stage in life, we can be better prepared.

I don't often get the opportunity to advise patients before they have surgery, but recently I did. A lady phoned to arrange an appointment for after her scheduled knee replacement surgery. Instead of waiting until after the op, I suggested she see me as soon as possible, in order to prepare for it. I was able to tell her what to expect, and teach her exercises to prepare her muscles for both the pre- and post-op stages. A study of 4,733 knee replacement patients in Ohio showed that less nursing & rehab care was needed after surgery in those patients who had physiotherapy before the op. So spending a small amount of time and money beforehand could save a lot afterwards. It's good to be prepared.

Physiotherapists have the skills to advise on many health-related issues, with the aim of preventing, for example, cardio-vascular disease. NICE guidelines recommend that people at risk of heart disease and stroke should first of all address lifestyle factors (diet and exercise) before receiving statin therapy. If you are someone in this category, speak to your GP about it, then get some advice about exercise from a physiotherapist. If you're not used to exercise, start with a little, and build up to the recommended amount, which is at least 150 minutes of moderate intensity aerobic activity every week, or 75 minutes of vigorous intensity aerobic activity every week, or a mix of the two. That could be, for example, a 30 minute brisk walk five times a week, or three 25 minute sessions in the gym (either brisk walking on the treadmill, cycling or rowing) per week. Great preparation for a long and healthy life.

Here's to a good Spring, so we can all get out in the fresh air with dry feet.

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Bon Accord Bulls Rugby League Club

Rugby League – Common Questions Answered

Most of this article is taken from discussion forums on the internet....

1. Why persist with the name rugby? The 29th August 1895 saw the Northern Union break away from the rugby union, with an initial 22 clubs. By 1904 the Northern Union had more clubs affiliated than the RFU. I'd say that 120 years of history entitles RUGBY league to use that title.
2. Why do all the players simply just run into each other? I suspect the question is asked by people who have never watched the game. One clear difference between the 2 codes is the stature of the players, to a man top flight league players are as fit as a butcher's dog, and hey a tactic is to run straight early on in the set of 6, I'm pretty certain union players do that too. On average I'd say more tries are scored week in week out in league matches – exciting ones at that! No rumbling over the line where no one has a clue what's going on.
3. What's the point of your scrums? Quite simply it's a way to restart the game, one thing for sure is that there are never 10 minute scrums with things being reset time after yawn making time. The art of the scrum is skill in union, but my days it can be boring! Never the case in league.
4. Is there a reason for rolling the ball back with your foot after the tackle? Well yes, it's one of the rules of the game?!?!?
5. Does anyone care about league outside of Northern England/Queensland? Rugby league is growing at a fast pace all over the world, it's a game that's much easier to learn and participate in than union.
6. Why does nobody care about your internationals? The 2013 World Cup was very well supported in England all around the country people showed interest. Unlike rugby union the tickets are accessible and affordable – a top price ticket for England v New Zealand was a mere £45.
7. Is there a reason your players all want to switch codes? All? A couple a year – money and bigger international crowds have to be a factor. On the other side – is there a reason each of the UK country rugby union squads have a rugby league coach in their set up?
8. Are spear tackles actually allowed? No, and while we are on the subject of tackling, the line of the tackle is the same as in union so no high tackles allowed either. In fact, in league there is no contact to the head allowed so a hand-off to the face is illegal in league but allowed in union. And scrums are definitely safer in league compared to union.

There you go – answers to some common questions. I get to watch and be involved with rugby nearly all year long. A mistake people make who are a fan of only union is to look at league and say it's not like rugby union. Well no, it's not, that's because it's a very different game! Look with fresh eyes at the code you don't appreciate – you too may then get to watch and be involved with rugby all year! Both games are played by immense athletes and watched by passionate fans, both deserve equal admiration.

And finally, don't moan about having to play rugby in winter and make comments like, "why can't we play summer rugby?" You can play summer rugby, Rugby League, that is. To get involved with Bon Accord Bulls Rugby League this summer e-mail ray.hall@agileabc.com

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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: <http://www.aberdeenshire.gov.uk/publictransport/a2bdialabus/index.asp>.

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.

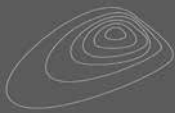
At the time of booking we will confirm your trip times. If we cannot provide the exact time that you are looking for we will offer you the nearest available time. If your trip is time-critical, for example: if you are attending an appointment or connecting to/from another bus service, please let us know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

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SKENE MEDICAL GROUP PATIENT INFORMATION UPDATE

We have a brand new website!!

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Seasonal Flu Vaccination Programme 2015/2016

If you are eligible for a free flu vaccination but haven't had it done yet – **IT'S NOT TOO LATE!** All patients aged 65 years of age and over, and all patients under 65 years of age who are in an **"At Risk"** group and have received an invitation letter from the Practice, are eligible for a flu vaccination. This season's Flu Campaign finishes on 31st March, 2016.

To get your free vaccination, please call us on 01224 849400 to book your appointment. If you don't want have your vaccination done this year, please call us on the same number anyway, so we can update your records.

Scottish Bowel Screening Programme – Take the Test!!!!

Skene Medical Group is keen to highlight the importance of participation in the Scottish Bowel Screening Programme for those aged 50 years to 74 years inclusive.

- Almost 4,000 people are diagnosed with bowel cancer every year in Scotland
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- Everyone in the age group 50 years to 74 years inclusive will automatically receive a test kit by post every 2 years
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If you receive a kit in the post.....Please use it!!.....It could be a lifesaver!!

For more information, contact your GP about it, or contact the Helpline on:

0800 0121 833 or visit www.bowelscreening.scot.nhs.uk

Bon Voyage Dr George Ellis!!

After a long career as a Partner at Skene Medical Group, Dr George Ellis has decided to hang up his stethoscope at the end of March 2016. The Partners and Staff at Skene Medical Group take the opportunity to wish Dr Ellis a very long, happy & well deserved retirement!!

Welcome Dr Catherine Stone – New Partner!!

Dr Catherine Stone joined Skene Medical Group in July 2015 as a salaried GP after a period of time spent working in Canada. Dr Stone is to become a Partner at Skene Medical Group on 1st April 2016. Congratulations to Dr Stone from all the Partners and Staff.



Duke of Edinburgh's Award

WESTHILL OPEN AWARD GROUP

Contact Katie and the team of volunteers at
WesthillDoE@aol.co.uk or look online at www.WesthillDoE.co.uk

CONGRATULATIONS TO ANOTHER WORTHY SET OF AWARD ACHIEVERS!

These are major achievements involving commitment and perseverance to overcome personal challenges at progressive levels. A huge **THANK YOU** to the volunteer Leaders and Assessors in our local community who all share in the success of these amazing young people.



Bronze Awards

Lauren Abercrombie
 Erin Adie
 John Cowe
 Heather Dundas
 Emily Faulds
 Matthew Garden

Rebecca Lowson
 Cameron McChesney
 Melissa McConnach
 Sean McKenzie
 Cameron Moir
 Rebecca Murray

Catherine Ramsay
 Gavin Ritchie
 Gemma Twigg
 Scott Valentine
 Hazel Wynn

Silver Awards

Clair Bellarby
 Daniel Bellarby

Rebecca Brimble
 Chloe Dow
 Glen Keith

Rebecca Mason
 Charlotte Reid

Gold Awards

Megan Butler Becca Grainger Andrew Mason

Remember, if you have **STARTED YOUR AWARD** and need help to finish it,
 contact: WesthillDoE@aol.co.uk

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Our Hub Inspires an Active Community

At Westhill and District Community Sport and Leisure Hub (WDCSH), we have a busy year ahead of us with lots of events planned. A key aim of the Hub is to promote participation in Sport and Leisure activities and encourage wellbeing in the community.

Westhill 10k Fun Run

We were delighted to announce in January that we will be hosting the first Westhill 10k Fun Run on Sunday 12th June. So far we have been really encouraged at the level of interest in the event. Our 10k race committee are looking forward to ensuring it is a big success and becomes a regular fixture in the North East running calendar. On the day of the 10k, we are also holding FREE Fun Run events for children. Information on the 10k event, including how to enter, will be made available via our website <http://wdcsh.org/>. Any companies wishing to get involved in sponsorship of the event can contact Grant Coull on 07882 675422 or via wdcsh@hotmail.com for more information.

“Wellbeing in Westhill” Event

The Hub are also organising a “Wellbeing in Westhill” event on Sunday 22nd May from 10am to 4pm at the Westhill Holiday Inn. The event will feature a wide range of exhibitors that support and promote wellbeing in the local area. It is being hosted during Mental Health Week 16th to 22nd May as part of Aberdeenshire Wellbeing Festival which is being promoted by Aberdeenshire Council, Mental Health Aberdeen and the NHS amongst others. The event is free for both exhibitors and attendees. Any exhibitors interested in attending the event should contact Tony Young via jyoung872@btinternet.com or via wdcsh@hotmail.com.

WDCSH Phone App

This year the Hub also plans to launch a phone APP containing details of organisations in the area. The aim is for it to become a one-stop source of information of local organisations that promote Sport, Leisure, Health and Wellbeing in the community. Any organisation interested in FREE promotion of their activities via the App, please contact wdcsh@hotmail.com.

Finally, WDCSH attained charity status at the beginning of the year. This is a great boost in ensuring that we are able to apply for sources of funding that were not previously available and will help support ongoing activities of the Hub.

Grant Coull, WDCSH Chairperson

Website: <http://wdcsh.org/>

Contact us on: wdcsh@hotmail.com or find us on Facebook

Westhill and District Senior Citizens Club

The Senior Citizens Club is open to anyone age 55 years and over.

We meet fortnightly in Trinity Church Hall 2pm until 4pm.

Since taking over the Senior Citizens Club in October we now have around 60 members. It's great to see so many people getting together every fortnight over a cup of tea and some entertainment. We had a lovely Christmas Lunch at the Holiday Inn on 10th December. The food was lovely and staff were very helpful – thank you. 58 people attended and were entertained by Westhill Primary School Choir and the City of Roses Choir.

There are many paper articles about people being lonely and we'd like to extend a very warm welcome to new members.

We have a varied programme (subject to change if necessary) and welcome any suggestions for Entertainment.

3rd March – Jim Fiddes – Talk on local history

17th March – Tara Leiper – Musician

31st March – Bob Wilson – Vocalist

14th April – TBC

28th April – Accordionist – TBC

12th May – Magician Garry Seagreaves

26th May – last meeting – TBC

We are very grateful to The Westhill and Skene Lions for their generous donation. This will help towards the hall hire and the cost of having a variety of entertainers at each session.

Annual Membership is £6; weekly fee of £2.50 for Entertainment, tea and biscuits.

Contact **Heather Cook, 01224 741194** or e-mail heathercook@tiscali.co.uk for further information.

WESTHILL WALKING TO HEALTH

Join a health walk for a healthy new year!

This year if you are looking to try something new, meet new people or increase your activity then why not join your local health walk?

The Westhill Health Walk Group is run through the Westhill Community Centre and the aim is to develop walking in Community settings and Workplaces for people who are currently inactive and would benefit most from physical activity. Walking in a group is a great way to start walking more and stay motivated.

The walks are led by trained volunteers and are low level, social, safe and accessible. Anyone can come along to a Health Walk. The length and the pace of health walks are adapted to suit the pace of the walkers so that they can walk at a level which suits them.

Why Walk?

- It's free
- You can start slowly and build up gently
- You can walk anywhere and at any time
- You don't need any special equipment – just a pair of comfortable shoes
- It's fun
- It's a chance to make new friends

Be a Walk Leader!

Do you like meeting new people and enjoy getting outdoors? Perhaps you have some spare time for something new?

To find out more about walking in your area, or would like to become a volunteer, please contact **Ann Bothwell – Westhill Community Centre on 01224 740089** or email ann.bothwell@aberdeenshire.gov.uk

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WESTHILL FINANCIAL UPDATE 2016

Have you concerns regarding; redundancy issues, retiring early, job and lifestyle changes, school fees planning or inheritance tax?

Westhill financial planning firm Forbes Lawson has reported a significant increase in enquiries such as these, from the local area.

Director, Ian Robinson commented "Our unique approach to financial planning using state-of-the-art software has enabled us to demonstrate to our clients the value of having a financial plan. Recently more people have come to us concerned that they do not have enough to retire comfortably on, or how they can retire early. More often than not, we have been able to show them that they are much better off than they think and can also show them how to improve things further."

Forbes Lawson is one of only two firms in Scotland that hold the British Standard BS8577 meaning anyone dealing with them knows that they adhere to the standards best practice framework for financial advice and planning.

Director, Richard Macmillan says "We think that with the recent high profile incidents with Financial Advisers in Aberdeen people are increasingly looking for additional safeguards that they can trust their advisers - clients are reassured that we have achieved the British Standard."

Richard continued "A particular highlight of 2015 was helping a client retire 5 years earlier than planned and also see them move to the Spanish sunshine on the Costa del Sol."

Richard added "All initial meetings in our Westhill offices are covered at our expense, so come along and find out, if your financial future is brighter than you think."

forbesLawson

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AberdeenshireSALUTES

Helping Ex Service Personnel in Aberdeenshire

As part of Aberdeenshire Council's commitment to the Military Covenant, a new project has been established to create and develop community based hubs for ex-service personnel.



This project has been set up by Aberdeenshire Community Planning Partnership together with veterans, community representatives, and voluntary sector within Aberdeenshire.

The AberdeenshireSALUTES project will link up with community initiatives to offer service leavers, veterans, previous operational reservists and ex-service family members, support, guidance or just someone to talk to.

In order to target appropriate activities and support services, the project needs to know how many ex-services personnel live in Aberdeenshire, where in the shire they live, age range and issues they may have faced.

To do this a survey has been created at <https://surveymonkey.co.uk/s/FSS8GPJ>

Chair of Aberdeenshire Community Planning Partnership Cllr Richard Thomson said:

“Settling back in to communities for ex-service personnel and their families can be challenging. It is important given the sacrifices they have made for all of us that we are able to provide them with support when they need it. I would encourage all former service personnel and their families to fill in the survey so we can play our part in helping them.”

AberdeenshireSALUTES co-ordinator David Thomson said: “Many people when they first leave the armed services are unaware of the help that is on offer to them. They are not sure who to speak to about issues that might be affecting their children’s education or a family member. We hope this project will help ex-service personnel across Aberdeenshire with their transition from a service environment back in to civilian life. For some people the armed forces is all they have known and finding their feet in a non-military setting can be daunting. It doesn’t matter how long you have been out of military service though we are keen to hear from you.”

More information on AberdeenshireSalutes is available on their facebook page <https://www.facebook.com/aberdeenshiresalutes/?fref=ts> or by emailing aberdeenshiresalutes@outlook.com or jill.sowden@aberdeenshire.gov.uk

Crombie School Eco group

The Eco Committee and the Greenhouse (Eco group) have been very busy at Crombie School. We are delighted to have received our Bronze and Silver Eco awards and we are now striving to achieve Green Flag status.

Our focus this term will be litter, recycling and biodiversity. Therefore, we will include a sponsored litter pick within Westhill as one of our planned activities. We have taken part in the Wastebuster initiative 'bags2school' which has helped us to buy science equipment. Thank you to everyone who took part.

We are looking at ways to recycle more and have made links within the community to help to recycle more. The Greenhouse group have created a gardening calendar with suggested ideas and activities for our school courtyard to encourage and support the wider school community engaging with the courtyard. Thank you to the Rotary Club for helping us fund this project!

The Greenhouse (Eco Group) will grow seeds from space! Pupils at Crombie are preparing to become space biologists and embark on a voyage of discovery by growing seeds that have been into space. In September, 2015, 2kg of rocket seeds were flown to the International Space Station (ISS) on Soyuz 44S where they will spend several months in microgravity before returning to Earth in March, 2016. The seeds have been sent as part of Rocket Science, an educational project launched by the RHS Campaign for School Gardening and the UK Space Agency. Crombie will be one of up to 10,000 schools to receive a packet of 100 seeds from space. These seeds will be grown alongside seeds which have not been to space and we will measure the growth over seven weeks. The pupils won't know which seed packet contains which seeds until all results have been collected by the RHS Campaign for School Gardening and analysed by professional biostatisticians. The out-of-this-world, nationwide science experiment will enable the pupils to think more about how we could preserve human life on another planet in the future, what it is that astronauts need to survive long-term missions in space, and the difficulties surrounding the growing of fresh food in challenging climates. Miss Fyfe and Miss Jewitt say: "We are very excited to be taking part in Rocket Science. This experiment is a fantastic way of teaching our pupils to think more scientifically and share their findings with the whole school." Rocket Science is just one educational project from a programme developed by the UK Space Agency to celebrate British ESA astronaut Tim Peake's Principia mission to the ISS and inspire young people to look into careers in STEM (science, technology, engineering and maths) subjects, including horticulture. For more information on the Rocket Science project or RHS Campaign for School Gardening, please contact the Campaign at schoolgardening@rhs.org.uk.

Autumn Fyfe and Michelle Jewitt, Crombie Primary School

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OUR SESSIONS

LITTLE MONKEYS (4-5yrs) = Thursdays 4:15 - 5pm

FUNKY MONKEYS (P1-P2) = Thursdays 5:15 - 6pm

(Both Sessions upstairs at Westhill Community Church)

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Relief Workers – £7.14 per hour

Inspire aims to empower the life choices of adults, young people and children with learning disabilities and additional support needs in North East Scotland. The organisation employs over 500 staff and provides a range of more than 50 services throughout Aberdeen City, Aberdeenshire and Moray.

Our services include residential care, supported accommodation, training for employment initiatives and respite. We support people in a variety of settings, from enabling individuals and their families to plan for current and future support needs using person centred planning, to providing self directed support to help people achieve their chosen outcomes.

Inspire currently have several opportunities across our projects in Aberdeen City, Aberdeenshire and Moray for Relief Workers.

Whether you are an experienced Support Worker or are keen to learn new skills in the care sector, this is a great opportunity for those who do not have regular availability.

Key responsibilities include:

- Follow all written guidance and information found in individual's support plans
- Work with individuals and implement appropriate support as agreed through Proactive Possibilities training and risk assessments
- Comply with relevant legislation as well as Inspire's policies, procedures and guidelines
- Undertake associated administrative tasks e.g. daily notes recording, and some domestic duties
- Administration of medication
- Provide personal or intimate personal care if required
- Work within various teams within Inspire

These opportunities will be subject to membership of the PVG Scheme.

For informal enquiries about this post please contact Stacie Burnett, Relief Coordinator on 01224 289023.

Please apply online via <http://www.inspireptl.org.uk/index.php/vacancies>

Alternatively, for a paper application pack please telephone our dedicated recruitment line on 01224 289090

Applications should be emailed to recruitment@inspiremail.org.uk or posted to:
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Inspire, Beach Boulevard, Aberdeen, AB24 5HP 01224 280005
Scottish Charity No. SC000038 www.inspireptl.org.uk

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Westdyke Leisure Centre 01224 743098

Westhill Bowling Club 01224 744140

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