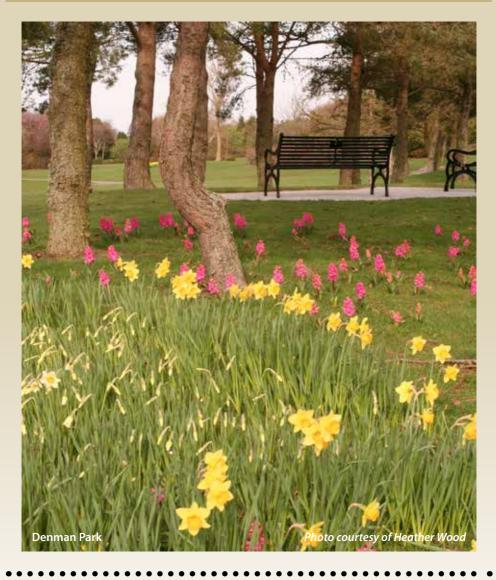
# **Westhill Bulletin**

Spring 2018 Issue 153





Published by Westhill & Elrick Community Council Westhill website – www.westhillelrick.org



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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 4th May**, for distribution in late May.

### All contributions or enquiries should be emailed to: westhill.bulletin@qmail.com

Telephone enquiries re adverts or articles to:
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.

#### 2018 advertising rates:

Black & white – 1/4 page £37, 1/2 page £60, full page £115

Colour – Centre pages – 1/4 page £60, 1/2 page £110, full page £190

Colour – Inside covers £210, back page £240

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

For more details on advertising see www.westhillelrick.org/bulletin

#### **BULLETIN DELIVERY**

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

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

#### **NOTICES**

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#### Westhill & Elrick Community Council

#### Chair

weccchair@gmail.com

Charlie Love

3 Croft Court, Lawsondale Drive, Westhill AB32 6TU

Tel 07742 893497

#### Vice-Chair

Heather Brock, 15 Dawson Drive Tel 01224 743129

#### Secretary

weccsecretx@gmail.com
John Thornton
9 Hilltop Gardens, Westhill AB32 6PN
Tel 07970 251156

#### Minutes Secretary

Clare Davidson

#### Treasurer & Bulletin Manager

wecc.treasurer@westhillelrick.org westhill.bulletin@gmail.com David Ritchie, 11 Fare Park Drive Tel 01224 744058

#### Ordinary Members

Dawn Anderson

Stuart Bews

Brian Colvin

Heather Coull

Mandy Duggan

Alan Eastell

Chikodil Edeh (Chika)

Daniel Hay

John Long

Bill Loudon

Kate Lumsden

Diane Priestley

Kenneth Stewart

Raymond Swaffield

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

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



#### **Chairperson's Report**

As you will by now know, the Kingsford Stadium and Training Facilities application by Aberdeen Football Club and Community Trust was given approval by City Councillors at the end of January. You will also know that this Community Council objected to the application on planning grounds: it was and continues to be contrary to policy and local plans. The view of the Community Council is supported by Aberdeenshire Council and the Kingswells Community Council. At the time of writing, we await a decision from Scottish Government as to whether they will "Call In" the application.

It also appears that community group, "No Kingsford Stadium" will petition for a Judicial Review of the planning process against Aberdeen City Council on grounds of failure of process and perversity.

The conditions of the application require consent from Aberdeenshire Council for a pedestrian bridge at the gateway to Westhill and for a Controlled Parking Zone covering the Westhill and Elrick area. The Community Council will review any application for these on their individual merits in the same way we would any other planning application. When there are applications to review, we will welcome your views. Either way, the issue is not resolved and looks unlikely to be resolved in the near term.

The Christmas event on 9th December at Shopping Centre was well attended. Everyone enjoyed singing some carols accompanied by the Granite City Brass Band, and partaking of the hot chocolate and goodies on offer, courtesy of the hotel and some very supportive local shops.

In January, we met with Holger Lonze, the sculptor commissioned to deliver the Gateway Art Project to celebrate 50 years of our community. He attended our January Community Council meeting and discussed his approach to community art. He also held a successful drop-in session at the Westhill Library which will help to inform his design proposal for this signature artwork at the entrance to Westhill.

Charlie Love, Chairperson Westhill and Elrick Community Council

#### **Community Council Members Elected October 2017**



Back row – Brian Colvin, John Thornton (secretary), Stuart Bews, Kenneth Stewart, David Ritchie (treasurer)

Front row – John Long, Charlie Love (chair), Diane Priestley, Bill Loudon, Heather Brock (vice-chair), Dawn Anderson, Mandy Duggan, Clare Davidson (minutes secretary), Raymond Swaffield





(no photograph – Chika Edeh)



# Aberdeenshire



If you are living with cancer in Westhill, Macmillan and Aberdeenshire Council offer a free programme called Move More to help you get and stay active.

Taking part in physical activity during and after treatment can play a huge part in enabling you to take back control. It can prevent and manage some side effects of treatment such as fatigue, depression and risks to your heart health. Lots of people tell us that it helps them to feel like their old self.

Westhill Walking Group leave from Westhill Community Centre at 10am on a Wednesday morning and is suitable for all levels. If you are interested in attending or would like more information please contact *movemore@aberdeenshire.gov.uk* or call 01467 534360.

#### WESTHILL ART PROJECT

We hung 400 laminated baubles drawings at the shopping centre for Christmas but the weather was so terrible that many blew away! Hopefully we will have more success with our Easter Project. I had a lovely time at Westhill Community Church on 24th January where I was invited to speak to the Inverurie DAYS group. The young adults in the group are very keen to help with our future projects.

Please look out for an announcement about this year's Scarecrow Trail! It is always held the Sunday before Gala Day so will be on 3rd June!

We are still looking for new members, if you are interested contact *katelumsden@btinternet.com*.

#### Westhill Gala

Westhill Gala is a week later than normal this year, so Gala Day is Saturday 9th June.

Enquiries about stalls on 9th June, or any other Gala Week enquiries, can be made to *galastalls@hotmail.co.uk*.

Stalls are mainly outside, on the grass area behind Ashdale Hall. Stalls can also be booked for inside the Hall.

The full Gala Week programme will be in the summer issue of Westhill Bulletin which will be delivered to houses in last week of May. Popular attraction The Drakes of Hazard are coming back!

#### **WESTHILL BUDDIES GROUP**

Westhill Buddies is a local group for anyone with any type of mental illness. Perhaps you are newly diagnosed with depression or are feeling low. Do you wish you had someone to share your feelings with who understands your situation?

We are a friendly group who meet every three weeks to help and support, encourage, empower and share in both in the bad and good times. We have various activities, talks and buddie time where we can share and help each other. If you would like any further information contact Rhona Stewart on 01224 742351 or *rhona.stewart@aol.com*. You will be made very welcome.

#### **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:

21st March – David Kumor, Horticultural Manager at Dobbies Garden Centre will give a talk on Summer Bulbs and be the judge of the Member's Annual Bulb Competition 18th April – Anne Bissett will give a talk on the Pitscurry Environmental Project 16th May – To be confirmed

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

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

#### Westhill & Garlogie Day Centre – SPRING FAYRE CANCELLED

You may have seen an advert on page 26 of the February 'Chronicle' Church magazine for a Spring Fayre to be held on 21st April, run by the Westhill & Garlogie Day Centre. Unfortunately this event has had to be cancelled. If a new date is arranged it will be advertised in the May 'Chronicle'.

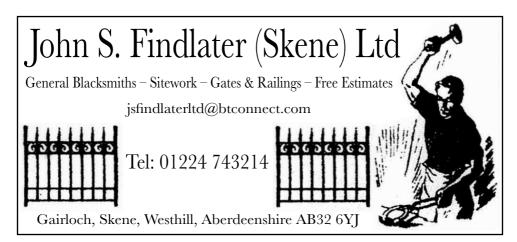
#### PAM DIGNAN DANCERS

There are spaces in the pre-school classes: Monday morning Ashdale Hall 10–10.30 or Scout Hall 2–2.30.

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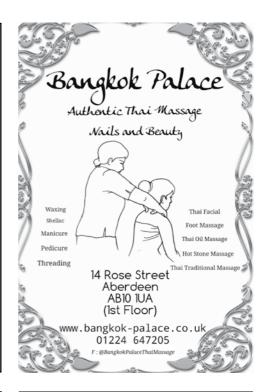
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- Budgeting and forecasting
- Cashflow forecasting
- Business planning

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



#### Ron McKail, Councillor for Westhill and District

### Good News for Westhill Academy. Funding of £835,000 for Building Upgrades

Work to upgrade areas within our Academy has been an issue of concern for staff, students, parents and also the Parents Forum for some time. I was pleased to be told that in 2018/19 plans are now in place to allocate funding of £835,000 which will include:

\*Replacing around 300 windows with double glazed timber/aluminium composite windows on the tower block \*Refurbishing 4 toilets (2 boys and 2 girls) \*Alterations to sensory rooms, gym suite and refurbishment of boys changing room \*Decorating and installing new data points.

#### Park Smart Away from School Entrance

At some of our primary schools in Westhill a minority of parents dropping off or collecting their children at their school are guilty of stopping their vehicle on the yellow lines. These yellow lines are there for a purpose, namely to provide a safe area for school pupils as they enter their school. Stopping vehicles on them could result in an accident to a young child or cause a road traffic incident. The message from the Garioch and North Marr Community Safety Group who have provided the banners for our local police officer Steve Middleton to circulate around our schools is to highlight to those parents that they should park away from the school entrance. Hopefully they will recognise that child safety is a concern and for



Police Officers Nicole Garden and Steve Middleton with Ron McKail outside Elrick Primary school

the minority of parents who are the target group the message is 'stopping on the yellow lines is dangerous'.

#### Winter Treatment of Westhill Roads and Pavements

The slippery roads and pavements Westhill experienced during December and early January did result, understandably, in a large number of emails to us, your local councillors, complaining about the dangerous state of your local roads and pavements. I too had similar concerns.

However this raises the question about expectations in what the council services can achieve when the winter conditions were so severe as they have been recently.

Aberdeenshire road network accounts for 3500 miles; gritting roads and pavements during severe winters has in the past had an annual cost of £9 million; 40,000 to 55,000 tonnes of salt has been used; £2million plus on snow ploughs and gritters; with the work force registering up to 90,000 man-hours during a severe winter year. To supplement council equipment of 100 gritters and snow ploughs some 150 farmers and contractors ploughs are brought in to assist.

This is a massive logistical exercise and also costly to us the taxpayers and hopefully this explanation will illustrate how difficult the council's role has been in the recent winter maintenance programme.

A second issue raised in the emails received was the availability of grit bins or where there were bins these were empty of salt. This is a policy council officers will be reviewing and a seminar is being arranged for councillors to raise issues.

Provision of grit bins is monitored by council officers and if you wish to request a grit bin the contact details are 03456 081205. This phone number can also be used to if your grit bin needs to be refilled.

Please contact me if I can be of help in following up on your queries and concerns. Telephone 01224 742095, Mobile 07823 491890, *cllr.r.mckail@aberdeenshire.gov.uk*.

# Westhill Household Waste & Recycling Centre Westdyke Avenue, Westhill



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Wednesday 1.00 pm .....7.30 pm

Thursday 10.00 am .....5.00 pm

Friday 10.00 am .....5.00 pm

Saturday 10.00 am ..... 1.00 pm

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#### Aberdeenshire



COUNCI

Members of the public can access Aberdeenshire Council services via the internet or by telephone at Westhill Library

**Westhill Service Point** 

- Making payments for council tax or housing rent
- Reporting potholes, street lighting faults or winter maintenance
- Reporting missed bin collections, checking collection dates or ordering new bins
- National Entitlement Card applications for Young Scot or Over 60s
- Blue badge applications
- Collecting a variety of waste items food caddies/bags, battery bags and dog waste bags
- Apply 4 Homes applications

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

#### Westhill and Skene Lions Club

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#### **Councillor Iris Walker, Westhill and District**

#### Sport and Physical Activity Strategy

Over the spring months Aberdeenshire Council will bring forward a Sports and Physical Activity Strategy for Westhill. They will be looking at indoor and outdoor facilities, green spaces, recreational activities as well as cycling, walking, etc. We want to know what is important to you locally. Please get in touch with your views or contact me if you want more information.

#### Greenbelt

Over the last few months, there has been much discussion and some confusion over land designated as Green Belt and what this designation means. According to the Scottish Parliament Information Centre (SPICe):

"A Green Belt is an area of land in which development is strictly controlled so as to manage the boundaries of a town or city over the long term. Out with the city regions, the local development plan (LDP) should establish the need for a green belt, identify specific boundaries and set out the policy for future development within it including the identification of appropriate uses. The purpose of a Green Belt, as outlined in the Scottish Planning Policy (Scottish Government 2010) is to:

- 1. direct planned growth to the most appropriate locations and support regeneration,
- 2. protect and enhance the quality, character, landscape setting and identity of towns and cities, and
- 3. protect and give access to open space within and around towns and cities"

Westhill grew from a census population of 258 in 1971 with development taking place mainly on farm land, as opposed to Green Belt, to a population of over 3000 by 1981. The town we know today of some 12,000 residents was developed on a planned basis, latterly using the LDP process allowing developers to make bids for land use and allowing local residents to have their say on the bids coming forward.

#### **Kingsford Stadium Proposal**

On 29 January 2018, Aberdeen City Council agreed to grant planning permission for the new stadium at Kingsford. This permission carried a number of conditions, two of which have potentially significant implications for Westhill and Aberdeenshire Council, namely the controlled parking zone (CPZ) in Westhill and the proposed footbridge over the A944.

#### Controlled Parking Zone (CPZ)

No development on the stadium can take place unless a Traffic Regulation Order (TRO) has been granted for a CPZ extending to an area which covers all roads and streets within Westhill and Elrick which lie within a 30 minute walk-time of the application site. Thereafter, the stadium shall not be brought into use unless the CPZ has been implemented. Aberdeenshire officers have identified a number of issues with the proposed use of such a condition.

#### Footbridge

No development on the stadium can take place unless a scheme detailing a safe means for pedestrians to cross the A944 has been submitted. It is likely that a dual application would have to come forward and be agreed by both Councils. Thereafter, the stadium shall not be brought into use unless the agreed scheme has been implemented in full.

Aberdeenshire Council has consistently raised concerns about the impact the proposed development would have on Westhill and feel it would have been in the best interests of all parties to have worked together on these matters.

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. qov.uk*. contact me online at *www.iriswalker.co.uk* or Facebook/Tweet me.



Councillor Iris Walker - Westhill and District



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#### Councillor David Aitchison



As we all know the planning application for a football stadium and training facilities on our town boundary was approved by Aberdeen City councillors at a special meeting on 29 January.

This approval came with two conditions that require Aberdeenshire Council's input. Work on Phase 2 of the development, the stadium, can only commence when a Traffic Regulation Order (TRO) to implement a Controlled Parking

Zone (CPZ) has been granted and a scheme for a safe means of pedestrians crossing the A944 has been agreed by the planning authority.

The TRO has to be promoted by Aberdeenshire Council and any application for a A944 crossing in Aberdeenshire will be decided by Aberdeenshire Council in the same way as any other planning application.

Throughout the 20 months since a stadium development was proposed the only way for Westhill residents to express a view has been through individual representations to Aberdeen City Council and through the objection lodged by Aberdeenshire Council.

During the debate on the application at the City Council it was very disappointing that despite a strong official objection from Aberdeenshire Council there was almost no mention of Westhill, the community which will undoubtedly be the most affected.

There is now an opportunity for the community of Westhill to have more direct involvement in the decisions which will be taken by their own local representatives and Aberdeenshire Council on the conditions attached to the stadium proposal. I would therefore urge anyone with a view on the Controlled Parking Zone, which will have a significant impact on all Westhill residents and any planning application for a road crossing to respond when these are open for public consultation. I would also be happy to receive any opinions which are sent directly to me and will give them my full consideration.

I can be consulted at any time by telephone or email on any issue and also hold surgeries at Westhill Library.

Check www.aberdeenshire.gov.uk for a full list of dates.

#### Councillor David Aitchison

2 Fare Park Circle, Westhill, AB32 6WJ Mobile 07876 475227

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#### Milne Hall, Kirkton of Skene

We are pleased to advise we now have Planning and Building Warrant Approval to make a further meeting/multi-function room and the extension and upgrading of the kitchen.

We now continue to raise money for this. Any donations are appreciated for this cause.

**Future Events:** The Scottish Accordion Group are performing on Wednesday 28th March – See Facebook Page for further details.

**Past Events:** The Christmas Eve Family Film Show and Hogmanay Ceilidh were both a huge success with the latter being a sell-out.

#### **Regular Activities:**

- Jazzercise, 7.15–8.15pm every Thursday.
- 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 during the winter months.
- Skene Youth Club for Primary 1–7, Thursday evenings 6–7pm during term time.

Our hall can be booked for children's parties, funeral teas, etc.

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.

#### **BILL'S GARDENING CORNER**

T is the letter today – stands for tools, thyme, tomatoes, theme.

Tools – did you have them cleaned and wrapped up last year? If not, now is a good time to clean and service them just before you need to start work.

Thyme – a lovely low growing herb to plant along a path or paved walk way, as you brush past them the aroma is wonderful.

Tomatoes – seeds can be planted in a tray or pots and kept in a warm place; when big enough to handle transplant into bigger pots to grow on before putting them into growbags for the summer.

Theme – have you thought about that? Are you going for flower beds, pots, containers, hanging baskets, or a vegetable area? Endless ideas can come to mind, but take one idea and try to visualize what it might look like before going for it. Raised beds are another option; they don't have to be that big depending what you want to grow – salad stuff under a cloche or spring onions and radish to name a few.

Whatever you plan, enjoy your garden. It helps to keep you active and happy.

Bill Loudon

# **-**\*

#### Westhill & Kingswells First Responders

#### Who are we?

We are a locally based charity comprising members of the public who volunteer to help in their community by responding to "999" medical emergencies while the ambulance is on its way.

Community First Responders are not a substitute for the ambulance service. But as Community First Responders are based within the local community in which they either live or work, they are often able to attend an emergency call in those vital few first minutes in advance of the arrival of the ambulance service. As a result, early intervention by Community First Responders can increase the patient's chance of survival or may provide simple reassurance and comfort that the ambulance is on its way.

#### What training do we get?

All Community First Responders undergo an initial four day Scottish Ambulance Service training course with on-going training throughout the year.

We meet on the first and third Monday of each month at the Holiday Inn in Westhill at 7.30pm – at least one of these monthly meetings is used for training to ensure our skills are kept fully up-to-date – all training is undertaken by Scottish Ambulance Service representatives.

#### What type of incidents do we get sent to?

Community First Responders will typically be sent to incidents involving:

• Chest pain or cardiac arrest • Breathing difficulty or choking • Medical collapse or unconscious patients

Community First Responders will not knowingly be sent to:

 Assaults or incidents of a violent nature
 Incidents in a public house
 Road traffic collisions or traumatic injuries
 Children under the age of 16

#### How can you help?

We are always looking for new members to join our group – you don't need to have a medical background – there is no minimum amount of time you need to commit to – if you don't want to go out on "call-outs", then there is plenty of help we need behind the scenes in running our group – all you need is enthusiasm and a desire to help make a difference in your local community.

#### How can you find out more?

You can come along to any of our meetings at the Holiday Inn at Westhill – we promise we don't bite! Or you can contact us through our Facebook page: Westhill and Kingswells First Responders

#### 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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#### Westhill A2B

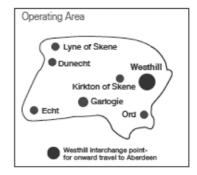
#### The easy way to get from A to B in the Westhill area

A2B is a demand responsive door-to-door bus service open to everyone in the Westhill area.

From August 21st there are changes to the service: Westhill A2B will be operated by Central Taxis on Mondays—Fridays from 9am—4.15pm using two 7-seat wheelchair accessible vehicles. Pick-ups and drop-offs can be anywhere in the service area. Please note that the service area has been reduced and will no longer cover Sauchen or Leylodge due to limited time and very few requests from these areas.

Westhill Saturday Timetable from 21 August 2017
On Saturdays Stagecoach Bluebird will operate a shopping service into Westhill. The indicative timetable may vary by up to 15 minutes depending on bookings made.





Echt	0945	Westhill Tesco	1140
Garlogie	0955	Westhill Shopping Centre	1150
Kirkton of Skene	1005	Kirkton of Skene	1205
Westhill Shopping Centre	1020	Garlogie	1215
Westhill Tesco	1030	Echt	1230

#### **Booking Trips**

The service is open to anyone in the Westhill area but all passengers must be registered and all trips pre-booked.

Please phone **01467 535 333 option 3** for enquiries and to register (Mon–Fri 9am–5pm) **01467 535 333 option 1** to book a trip (Mon–Fri 9.30am–3.30pm) **01467 535 333 option 2** to cancel a trip (24hrs to leave a message)

Book up to 7 days in advance or 14 days for a medical appointment. We also take same day bookings subject to availability and a minimum of 1 hours' notice for the drivers.

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 please let us know when booking, for example: you have a medical appointment or are connecting to/from another bus service.

Please be ready 10 minutes before your pick-up time as times may vary slightly depending on the number of passenger bookings.

#### **Cost of Travel**

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



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# Westhill's LOCAL disability charity

#### Updates from your local charity - SensationALL

In December we used our summer house, donated by CATS Management Ltd, for the first time as "Santa's Grotto" at our annual Christmas Party, we also hosted a successful and busy Christmas Craft Fair in the Old Schoolhouse, thanks to all who came along!

Work on the Old Schoolhouse continues, most recently with the upgrade and installation of specialist equipment to our therapeutic Sensory Room, thanks to Apache and Cash for Kids for the funding for this project. Keep an eye on our social media channels (and community posters) for an open day to come and visit it the new space.

We continue to benefit from the generosity of our supportive families, our local Garioch and wider community with donations from many motivated individuals and groups, pro bono and discounted work from businesses and advice/support from community representatives. With this in mind, we would particularly like to thank; Westhill & Elrick Rotary Club, Westhill Primary, Westhill Scouts, Converged, Fulcrum, M&S Westhill, Da Giorgio Trattoria, Knights Property Group, Soap Factory, Tesco Westhill & Inverurie, TSB Peterculter, Westhill Co-op, CALA Homes, JD Donald, Fairhurst, Craigmile Plumbing and Heating Ltd, Jamieson Construction, Flooring Lodge, the Garioch Partnership, AVA, Westhill & District Sports Hub, local councillors and council staff. (Apologies to anyone not mentioned this time round!). If you have a business who might be interested in helping with the future building work or ongoing support, please contact our Charity Development Manager; *Michael@sensationall.org.* 

#### SensationALL services and training workshops

We have hit the ground running in 2018 with a bumper services diary, introducing "Music Mayhem" on a Wednesday evening (6.30–7.30pm), which is open to all ages and abilities and where our older service users and community get together to sing, play instruments and learn some signing. We have also launched two new adult training workshops: "Growing Up" and "Sensory Differences", all our bookable training workshops are open to anyone with an interest; as well as a 6-week "Life Skills" programme for adults with Multiple Support Needs. More details on our website – www.sensationall.org.uk.

#### Inclusive Holiday Club and Schools Out! Westhill

Over the mid-term break, we ran our first inclusive holiday club for school-aged children, working alongside our non-profit making social enterprise company, Schools Out! Club, with a visit from the Critter Keeper. The club is for children with and without support needs and is held in an informal setting in the Old Schoolhouse, offering social opportunities with peers in a safe environment to build friendships, learn new skills and have fun. The group also hosts a Kids Social Club the last Monday of every month from 4.30pm to 6pm. Email <code>info@sensationall.org.uk</code> for more information or to book your place.

#### Run and Cycle for SensationALL

As gold charity partners for Run Balmoral in April and charity partners for Ride-The-North in August, we have teams of runners and cyclists in both events. To join them and help raise money for the Old Schoolhouse Development Project, email *info@sensationall.org.uk*. To volunteer to be part of the support team for either event, email *volunteering@sensationall.org.uk*.

#### Volunteering for SensationALL

As a small and local charity with very big dreams, we rely on volunteers and the community to work with us providing services, time or DIY and housekeeping. We run fundraising events throughout the year, holiday programmes and services for our users and families and are in the process of developing and upgrading the Old Schoolhouse building. If you think you can give us some time, perhaps join our regular fundraising group, fundraise for us or have any others ideas for volunteering, then please get in touch via email *volunteering@sensationall.org.uk*.





www.SensationALL.org.uk









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#### FORBES LAWSON MOVE TO NEW PREMISES.

The New Year started with a move in early January to larger premises at Abercrombie Court on Prospect Road, in an area known to many Westhill residents adjacent to the Abercrombie Dental Practice.

The move to bigger premises was in response to an increase in demand for face to face financial planning advice.

This increase was probably down to a number of reasons. Director, Ian Robinson commented "It would appear that while RBS have demonstrated there is not enough demand for their services by closing their Westhill Branch, we are finding there is still a large number of people that value face to face contact and trusted long term financial guidance. Forbes Lawson now have the facilities to provide just this kind of service."

Demand has also increased around retirement planning, while the recent turmoil in the Oil and Gas sector seems to have settled down, people have certainly been more focused on looking at what their options are. Whether they are able to retire earlier than expected or deal with a major financial event.

Director, Richard Macmillan added "We are ideally placed to deal with employees of the big companies now on our doorstep and have already helped staff from Subsea 7, TOTAL

and TAQA. Anyone interested in finding out whether they can benefit from Forbes Lawson's services, get in touch as all initial meetings are at our expense."

forbesLawson

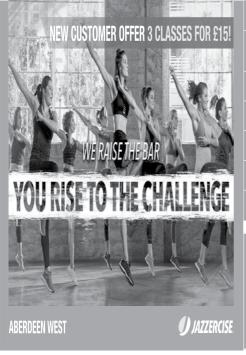
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TUESDAY	9:45 am* Ashdale Hall, Westhill	6:30pm 7:30pm (Express Class) Kingswells Village Hall
WEDNESDAY	9:45 am* Ashdale Hall, Westhill	7:00 pm Culter Village Hall
THURSDAY	9:45 am* (Low Impact Class) Ashdale Hall, Westhill	7:30 pm Milne Hall, Skene
FRIDAY		5:45 pm† (Express Class) Culter Village Hall
SATURDAY	9:30 am Kingswells Village Hall	
SUNDAY		6:00pm (Express Class) Kingswells Village Hall

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#### **Grampian District Pipes and Drums**

#### Going from Strength To Strength

Since last Spring Bulletin we have grown to 16 pipers and 10 drummers. We have a much more extensive playing repertoire through regular twice weekly practice, our Wednesday practice still at Milne Hall Skene.

#### Competitions

We enjoyed remarkable success for a relatively new band achieving 2nd and 3rd prizes at the North of Scotland RSPBA indoor quartets and 3rd at the indoor band competitions at Huntley in April and May. We were 2nd at the North of Scotland championships at Banchory also in May and 1st at Markinch Highland Games and 4th place at Aberdeen Highland Games both in June, all at grade 4B level.

This season we are competing at the same events at level 4B but also hoping to compete at 4A and possibly 3B with our new March-Strathspey-Reel and Medley sets. Last year we just missed out in qualifying for the finals at the major championships and hope to rectify that this year as our playing level continues to improve with practice. Our major list for this year will be the British Championships at Paisley in May, the European Championships at Forres in June and the World Championships at Glasgow in August.

#### **Entertainment Engagements**

Last season was a busy engagement schedule and played for locals and tourists at Aboyne, Braemar and Stonehaven Highland games, played for tourists in Braemar village and led the parade for switching on of Christmas lights down Union Street In November. Combined audience for these events about 75000. We also supported Banchory



Legion Pipe Band at the November armistice day parade in Banchory.

We have also accompanied the Elrick Primary choir in concert and have played at care homes for the elderly at summer fest, St Andrews Day event and Burns suppers, all free of charge as our way of putting something back to the local community. Our planned engagement list this year is similar.

#### Germany

The Band has a close relationship with House-Dulmen, a suburb of Dulmen in North East Germany, about the same size as Perth. We attend their annual shooting festival in July and lead several parades in the streets with the local dignitaries, parading out the outgoing King and Queen and leading the new King and Queen back to the main marquee. We play over 3 days at parades during the day and also in the evening functions in the Marquee accompanying the local military band and the Wessex military band. This is a big event locally and we have made many close friends with the locals and we are extremely well looked after, staying mostly in the local kindergarten. This year we have 16 pipers and 10 drummers signed up to go, our biggest turn out to date. Our performances are thoroughly enjoyed because of the relative novelty of pipe band music to the area.

#### **Recruitment and Teaching**

We continue to offer teaching for beginners in both piping and drumming and also encourage any established players to come and join this exciting ambitious band. Two beginners last year are now established players at events and competitions so come and support your local band and contribute to our ongoing success.

Contact details on our website at www.GrampianDistrictPipesAndDrums.com





#### **Holy Week and Easter Services**

It feels like Easter is arriving early this year and preparations are well under way for our special services. Each Sunday through Lent we are hearing about the time that Jesus spent in Jerusalem before his arrest, trial and execution. This will conclude our series on Luke's gospel.

During Holy Week itself we will be thinking about Jesus' features.

His voice, which called people to God, his feet, which walked the path of suffering, his hands,

which served and which were pierced, his head, which wore a crown of thorns and his shoulders, which carried our sins to the cross.

On Easter Sunday we will be celebrating morning and evening, with songs of praise and as a whole church family. Why not join us on the route from Palm Sunday and discover the truth which lies at the very heart of the Christian faith.



Palm Sunday 25th March	Joint service at Skene Church at 11.15am Messy Church at Trinity Church at 4pm
Monday 26th March	Short reflective service 7pm Skene
Tuesday 27th March	Short reflective service 7pm Skene
Wednesday 28th March	Short reflective service 7pm at Trinity followed by Stated Annual Meeting
Maundy Thursday	Communion at Skene 7pm
Good Friday	Service of music and words at 7pm in Trinity
Easter Sunday 1st April	All age worship at Trinity 10am and Skene at 11.15am Songs of Praise at 7pm Skene



#### Remembrance 2018

This year we commemorate the centenary of the end of World War One and there will be many special events happening across the country.

In Westhill and Skene we are beginning to plan a Festival of Remembrance and a Memory Walk, which will involve the community and the churches. We are looking for knitters to help us in creating poppy installations later in the year. For a donation of £2, you will receive a starter

kit, with some wool and the pattern, which have been wonderfully developed by Aileen Reid. £1.50 will go to Poppy Scotland and the remainder will cover the cost of the kit. The kits will available from Trinity Church, Westhill, as well as various groups in the community. It is our hope that groups of knitters will come together for events to encourage the social aspect of this project and we are also looking at the possibility of incorporating memory collecting/story telling. If you would like to know more, or get involved, please contact Rev Stella or the church office for more details.

In addition, we would love to hear from you in a member of your family is named on the Skene War Memorial, or if you know of how to get in touch with living relatives – near or far. Email Rev Stella at <code>scampbell@churchofscotland.org.uk</code>. There will be more details of our Remembrance projects in the next Bulletin.

# CITIZENS ADVICE BUREAU South West Aberdeenshire

At our Bureau we aim to provide communities with easy access to a tree and confidential services for citizens to be aware of their rights. This becomes ever more important in today's society where managing personal affairs is often complex, particularly for those disadvantaged by circumstance or in an unexpected personal crisis.

Citizens Advice is part of a network of over sixty Bureaux affiliated to the umbrella organisation Citizens Advice Scotland who ensure that standards are upheld.

Across Scotland, thousands of people visit a Citizens Advice Bureaux each week.

Their cases inform the work Citizens Advice Scotland (CAS) to build a body of evidence which allows them to campaign on a range of issues, from Universal Credit implementation to internet broadband access. CAS carries out national campaigns across Scotland, with a particular focus on local action through the CAB network.

A recent example is Scams Awareness, an annual campaign bringing together organisations and consumers across the country to take a united stand against scams and fraud which affect millions of people each year.

Another example is "Your Bus, Your Say", a national campaign. The campaign gathered public opinion on bus services, then feeding this into a national Passenger Rights Charter.

The Bureau can only function with the support of our dedicated volunteers so if you have some free time each week to offer and would like to get involved then please contact us at the number below. Volunteering with us will:

- Improve your prospects: Learn new skills to add to your CV. Whether you are looking to re-enter the job market or for a change of career, you'll gain skills and experience.
- Put your talents to use: You can use and share the knowledge and experience that you already have.
- Give your time when it suits you: We offer flexible hours that mean you can volunteer at a time that suits you.

If you have a problem, need help or advice, or have a few hours to spare each week and are thinking of volunteering, then call the bureau on 01224 747714.

Telephone: 01224 747714 · www.swacab.org.uk

#### The bureau opening hours in Westhill are:

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

Thursday 10am-3pm (appointment only)

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

We also have a bureau office in Banchory and 6 outreaches located in Aboyne, Tarland, Ballater, Braemar, Alford and Lonach, all by appointment only.

Charity Number SC037679 Company Number SC365959



#### 1st Skene Girls' Brigade

At present we have 20 Primary 1–7 girls and they are practising for our Open Night on Monday 26th March at 7pm in Trinity Church when they will be showing their parents and friends the physical routines they have learned during the session. They will have completed their badgework by then and will be presented with their badges and trophies at the end of the evening.

We will be having a trip to Inverurie to the bowling after the Easter Holidays and then we will have a break until our Fun/Enrolment night on first Monday once school returns in August.

We are looking for someone to come and play the piano for us maybe once a fortnight/month from September–March for about half an hour (between 6.15–7.30). If anyone is interested please give me a call.

Any enquiries please call myself also: Mrs Fiona Cumming (Captain) on 07792 471199.

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

Our first event of 2018 was the Dunecht Burns Supper on Friday, 26th January. This was a very successful and enjoyable Burns Supper, with very proficient speakers and entertainers, followed by a lively ceilidh. Thank you to all who took part in this evening and helped make it such a success. The total raised has still to be finalized.

As part of the Macmillan Mammoth Quiz the committee is hosting a quiz night on Friday 23rd February in the Lyne of Skene Hall. 7pm for 7.30pm start. Entry is £2.50 per person with a maximum of 6 per team. BYOB and nibbles. We hope to see you there.

In February the committee will meet to plan the years fund raising activities.

The committee is very grateful to individuals who donate money to Macmillan, often raised through personal sponsored challenges, or collections at family celebration events. These donations, when passed to the local committee, can then be used for the benefit of patients and their families in our area. If you are holding such an event in 2018 and wish to donate money to Macmillan, then please get in touch.

If you would like to help at a Macmillan fund raising event, the committee would love to hear from you.

Please follow and share our activities on Facebook: Skene Fund Raising Committee – Macmillan Cancer Support.

Kath MacBeath



#### **Westhill & District Community Sports Hub**

Planning for the 2018 Nicol of Skene Westhill 10k has started! The event date has been confirmed as Sunday 24th June. Online entry will be opening soon – watch out for this via the Westhill 10k Facebook page.

It will include the 10k event, 2.5k event for Secondary school children and shorter races for primary school children. As usual the 10k event will start from Ashdale Hall and finish on the Academy playing fields. We are delighted to have the generous backing of our main sponsor, Nicol of Skene, for the third year in a row.

We are looking for some committed individuals to bolster our organising committee. If you would like to get involved, please email wdcsh@hotmail.com.

We have started the year by making donations to the following groups:

Westhill Table Tennis club received £500 towards purchase of new equipment including a tennis table.

Pupils at Westhill Academy who are taking part in the Rock Challenge event also received a £500 donation towards the cost of preparing for the event. Over 100 pupils across all year groups, have come together to create an eight-minute dance/drama production which will be performed at the AECC.

Finally, look out for a WDCSH video production promoting local sports clubs and the opportunities to get involved in sport and leisure activity in the community. Why not try a new activity in 2018 © Find it on the WDCSH Facebook page.

Email: wdcsh@hotmail.com • Website: https://wdcsh.org/

#### **Gateway Art Project**

The artist appointed for The Gateway Art Project, Holger Lonze, visited Westhill from 11th to 16th January. He was here initially for research and we were very pleased with the turn-out at our drop in session at Westhill Library on Saturday 13th. Many residents came along with photos and documents to show him and wanted to discuss the plans.

Holger will be back in April with his ideas and drawings and we will be inviting everyone along to meet him again.

The Gateway Art Project will be completed in October, which will be exactly 50 years since the building of houses in Westhill commenced.

Kate Lumsden, Team Leader

#### Litter - Help us Reduce it

We look forward to bright Spring weather, with the bulbs and tree leaves bursting out after the cold winter period. However, as the snow and ice melt away, in places, it reveals the litter dropped by people living in Westhill. Surely no one can be happy to see these unsightly collections lying on the parks and walkways? Our government are looking at ways to try to incentivise the reduction of litter dropping. The earlier plastic bag charge has made a big difference to the number of bags being dropped. Our team of volunteer litter pickers have appreciated this reduction.



The latest scheme being considered is the introduction of a bottle and drinks can deposit scheme. The

results of the commissioned investigation into the pros and cons of this, was published last year in the "Deposit Return Evidence Summary Prepared by: Zero Waste Scotland June 2017". My very summarised conclusion to this detailed study suggested "On balance we think direct savings on litter clearance to local authorities following the introduction of a deposit system would probably be between £3m and £6m. We believe the wider reduction in the costs litter pollution places on society from a deposit system probably fall between £10m and £40m". These figures correspond with findings in an earlier study which stated, "There is a strong level of consensus that litter cleansing costs local authorities £36m a year", as reported in "Zero Waste Scotland's 2013 report, Scotland's Litter Problem". There is now pressure to reduce plastic waste after serious concerns about plastic polluting our seas. The difficulty in recycling disposable coffee cups is likely to encourage new forms of these to appear with a possible cost levied on the older types. There is great pressure on local councils to increase recycling of all forms because of cost penalties in land fill disposal. There is concern in Westhill at the poor take up of the free, food waste collection. This waste is recycled into a useful product, whereas when this waste is disposed of in the normal rubbish bin, it incurs the landfill charge. At these times of austerity our councils are struggling to save every penny. If you are not currently fully recycling, please give it a try. It will cost you nothing but will save our council money, badly needed for other vital services!

We are always looking for new volunteers to our small group, who do a monthly Litter Pick in Westhill. It will only take an hour of your time from one month (or more?) per year. We meet at the Westhill Tennis Court Car Park at 10am and we provide the kit needed. You can collect litter from an area of your choice, in pairs or family group if you prefer. All ages will be made very welcome. By the time you read this a small group will have already carried out the first litter pick of 2018.

The dates for the Litter Picks in 2018 are all on Saturday mornings:

17th March, 21st April, 19th May, 16th June, 21st July, 18th August, 15th September, 20th October, 17th November.

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

Our dream would be a Litter Free Westhill and you could help getting nearer to achieving this!



# Westhill Community Centre Children's Activities

#### **BADMINTON**

The coaches give children of P4 and above the chance to learn an enjoyable life-long skill playing Badminton. Beginners Mondays 6-7 pm, Improver/Proficient Tuesdays 7-8 pm, Saturday (all levels) 10.30-11.30 am. Cost £3.20 per class paid in a block.





#### 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 – *this price includes all ingredients*. Tuesdays 4.30-5.45 pm.

#### **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 – this price includes all ingredients. P6 and above. Wednesdays 4.30-5.45 pm and 6.00-7.15 pm.

#### WEDNESDAY 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 6.15-7.00 pm, Improvers and Advanced 7.00-7.45 pm.

#### **FOOTBALL**

Football coaching for boys and girls in P1 and 2. If you enjoy football then you will love this. Cost £3.20 per class paid in a block. Tuesdays P1 6-7 pm and Wednesdays P1 6-7 pm, P2 7-8 pm.

#### 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 10 am-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. 9.15-10.00 am or 10.00-10.45 am.



To enrol or for further details contact

Westhill Community Centre, Hays Way, Westhill Tel 01224 740089

Email westhill.cec@aberdeenshire.gov.uk



#### **Westhill & District Senior Citizens Group**

We enjoyed our Christmas Party in the Holiday Inn in December.

65 attended and the hotel provided us with a lovely meal.



Programme for 2018 as follows:

Thursday 1st March – Group of Singers "In the Mood"

Thursday 15th March – Lewis Caroll – singer (Tom Jones, Elvis)



Thursday 29th March – Westhill Academy Ceilidh Band Thurs 12th April – Bill Ogg – Singer with backing Music

Thurs 26th April – Yvonne Morton – Entertainer

Our Group meets every alternate Thursday from 2pm to 4pm in the Hall at the back of Trinity Church. Open to those age 55 years and over.

Cost is £3 per session for refreshments and a one off £6 annual subscription.

Contact Heather Cook for further information. Telephone 01224 741194 heathercook@tiscali.co.uk.



#### **Westhill Photography Club**

Westhill Photography Club was formed 4 years ago to allow photographers of all standards in the Westhill area to meet regularly to develop and share their interest in photography with other amateur photographers in a fun and informal way.

Our programme up to the summer break has some very good opportunities for members to improve their skills with visits to Stonehaven, Crathes and Fyvie Castles. Nature walks for wildlife photography and Macro and Flash and low light photography workshops.

One of our main events for the club is in May, when we are Hosting the Grampian Eye Competition, this involves 15 clubs through out the Grampian area submitting there 12 best pictures for judging. Last year we were third equal so hopefully we can improve our position this year.

We still have space for a few more members, so if you are interested in coming along no matter what level you are, please contact *Bruce.christie@me.com*.









#### PC NICOLE GARDEN ASSISTS THE COMMUNITY POLICING UNIT

Nicole Garden joined Police Scotland towards the end of last year and following her successful training at Tulliallan College, has joined the Garioch Policing team.

In keeping with the current Community Policing model, she has been given an attachment with me for a 6 week period so she can learn and understand local community issues.

Nicole (26) hails from Troon, but moved to the North East over three years ago and latterly was employed by Aberdeen City Council in the city, but her dream of becoming a Police officer saw her join our ranks and now she has a varied and exciting career ahead of her.

She has been very active in the local Westhill, Elrick and Skene area with me during her attachment, especially in relation to road safety issues. There is hardly a week goes by when I am not contacted by a school, a parent or a local community councillor about speeding and parking issues. Whilst we have to spread our time visiting other towns and villages on our beat, the Westhill area for obvious reasons, requires our attention.



The several schools around the town all come with parking and speeding issues. I found out recently that Skene Primary school had lost their crossing patroller, so we have given extra attention until a replacement has been identified. I carried out some speed checks and it was noted that even when the 20 mph limit lights were flashing, cars still exceeded the limit.

I spoke to my colleagues in the Traffic Department, they attended outside the school and carried out enforcement which saw motorists charged with speeding.

With the assistance of the Aberdeenshire Garioch and North Marr Community Safety Group, some banners have been produced which are to be displayed at school gates. The message is clear and to the point, 'STOPPING ON YELLOW LINES IS DANGEROUS. PARK SMART AT SCHOOL'.

Nicole and I attended at Elrick Primary School to erect the banner prior to a press release and were dismayed to find a car parked on the yellow zig zags; the owner, a parent dropping a child off at the school, was issued with a fixed penalty ticket on their return to the car.

I often get complaints from staff on Prospect Road where vehicles park on double yellow lines outside the oil related offices. This causes problems for motorists driving and as per outside the schools, fixed penalty tickets are having to be issued most days in an attempt to drive the message through.



Nicole is coming to the end of her attachment soon and will be joining one of our local teams. She now has a sound knowledge of the Westhill area and the problems caused by rouge motorists which is a benefit to all residents and responsible motorists and parents.

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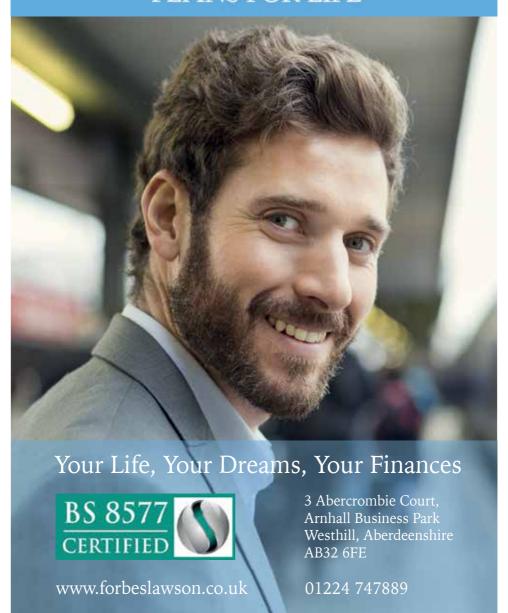
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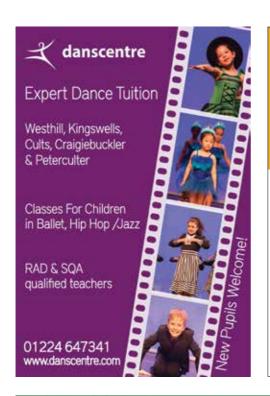
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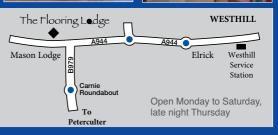
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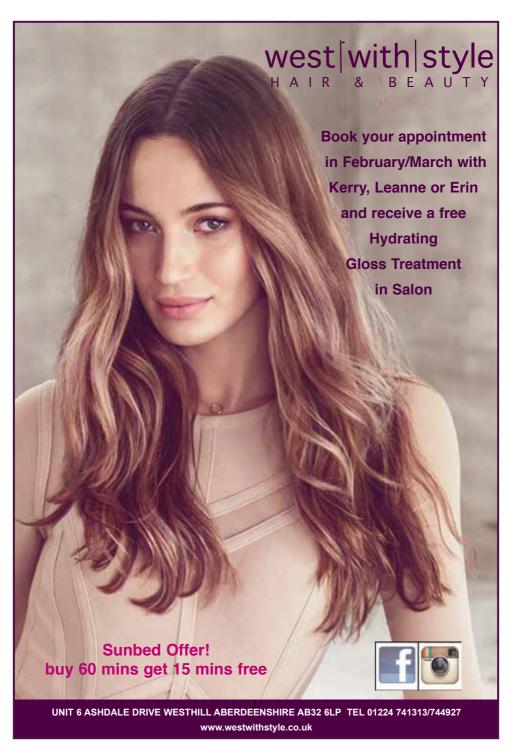
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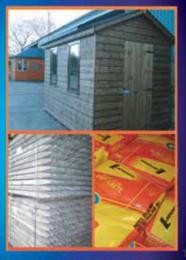
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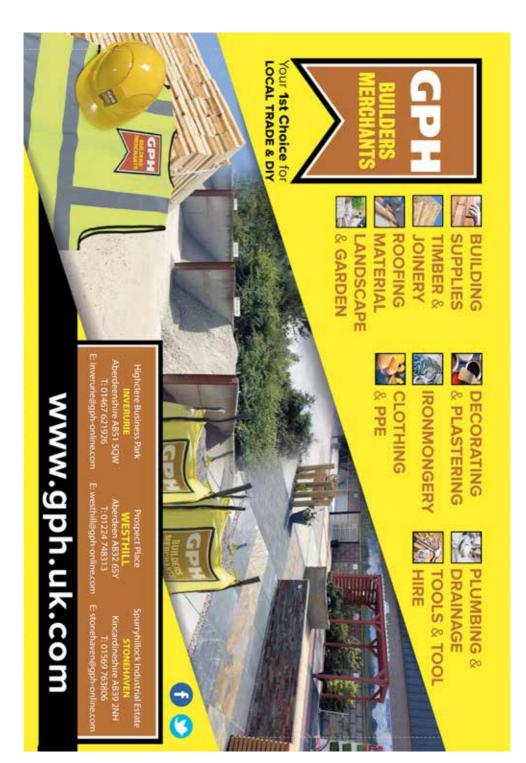
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#### **WESTHILL MUSIC**

Westhill Music got off to an interesting start! A group of nine people, with instruments ranging from Tenor Saxophone to flute, with a variety of violins, trumpet, clarinets, in between, came to the first meeting at the Community Centre on Wednesday 10 January. This mix didn't suit everybody, but four players (3 violins and 1 flute) came to enjoy the next sessions. The music we play is a mix of Scottish traditional, ballads, simple airs, and selections from musicals, etc. We try to play them in various styles – modern, traditional, jazz like, etc. Naturally the group is just beginning to find its feet, how best to play with others, and to find music that fits the aims and ambitions of the group.

So if you are interested in making music why not come along to our meetings at 7–9.30pm on Wednesday evenings at the Community Centre at Westhill Academy. It would be preferable for stringed and woodwind instruments at this stage, because it is easier to get music, but if you play something else, let me know and we may be able to transpose music for you to join in.

Our email address is westhillmusic@hotmail.com

**Brian Priestley** 



# SKENE MEDICAL GROUP PATIENT INFORMATION UPDATE

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You will find all the information you need on the Practice and the services we provide. There is also a lot of useful Health Information and Advice and really useful Self Help pages.

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As of Monday 26th February the results line times are changing, the number remains the same 01224 849392. Please contact the surgery for results of any blood tests, urine tests, etc., which you have had done at the following times only: 11.00–12.30 or 1.30–4.00

If we do phone you – we will appear as a "withheld" or "unknown" number. Due to patient confidentiality we do not normally leave messages on an answer machine as other householders may hear the message and this can make getting hold of patients by phone really difficult.

\*\*\*\* Ideally Phone us for your Results \*\*\*\*

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#### Westhill Golf Club

As we come out of the winter months and day light increasing day by day, it is now time to get those clubs looked out and get back on the golf course as the opening season fixtures are not far away. Fixture lists for all sections are nearing completion but once again there is a full calendar so plenty opportunities to get that handicap down.

At the present time we are aware that it's a tough time not only for golf clubs but all clubs in general and we are no exception. Membership trends have seen numbers of playing members decrease through time, but now there may not be a better time and come join your **local** club. You're asking yourself why? During the close season membership figures and costs were scrutinised and has resulted in a few changes to the pricing structure. Firstly, the annual charge for a full day playing member has been reduced to £499 (£575.50 in season 2017), this figure is inclusive of the levy set by the Scottish Golf Union and the charge to cover insurance. Secondly, we have split our "Young Adult" subscription into two age brackets category one 19 to 24 years and category two 25 to 30 years of age, charges for these categories are £250 and £399 respectively (SGU levy/insurance inclusive). This tiered pricing structure will assist in the step up to a full playing subscription. We now have a direct debit option available to pay fees in monthly instalments.

Our younger golfers held their own prize presentation in the Clubhouse in December. Very pleasing to see such a turn out for our Junior section and celebrate in their golfing achievements of last season. Sadly, last year we lost one of our very popular Clubgolf volunteer coaches Sandy Rennie. In his memory we introduced "The Sandy Rennie Cup" that was played for by the short course players. In attendance that afternoon we had Sandy's wife Sheila and their son Graham to see Owen Swanson collect the trophy as the inaugural winner.

There will be various opportunities for Junior coaching throughout the year, first in the calendar and to commence after the Easter break will be a block of ten weeks offering coaching for 10–11 year olds. Members please keep an eye in your "inbox" and for non-members please feel free to get in touch. Cost per child £35 for the ten weeks.

January saw us host a "Could it be Take That" tribute night. Once again, a very successful event, these events are very popular and will be repeated at various times throughout the year. At the time of writing our 2018 social calendar is to be confirmed. To enjoy our social events, social memberships are available @ £5pp for the year.

George Bruce, Director of Golf



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# **Westhill District Amateur Swimming Club**

Last year as a club we achieved the Swimarkplus award from Scottish Swimming. This accreditation is a National recognition, that our club is centred around our swimmers and that we are constantly striving to create an environment to help them reach their full potential. Again this was achieved by a lot of hard work from some very committed volunteers within the Club, in

particular Alex Stephen, Liz Robertson and Jackie Ross. Some of the children were involved in the award presentation.

In December we held our Presentation and Disco Night. This annual family evening celebrates all our swimmers achievements, not only from the Club Champs held in November but throughout the year. It's a great evening bringing all swimmers and their families together.

This year is a special milestone – it is our 25th birthday. We hope to celebrate this achievement throughout the year. As usual we will be hosting our Invitational in May and Minnows in September and 'Take the Plunge' will be held in June, for local primary schools, coinciding with Westhill Gala. Information for this event will come via your school.

If your child is in level 4, 5 or 6 with the 'Learn to Swim Programme' or reached this level and aged 7–10 years and is interested in competitive swimming please contact our membership secretary at *membership@westhilldistrictasc.org.uk* for more information about joining our club.



# Help Euan Go Volunteering in Cambodia!

Hello, I'm Euan Will, I live in Westhill, and I'm in 6th year at Westhill Academy. Starting at the end of August I will be volunteering with a charity organisation called Project Trust for a gap year and I have to raise £6,200 to fund this year abroad. The fundraising goes towards travelling costs, insurance, and various other costs to support us when we are abroad. I hope to be in Cambodia, either teaching in a school or looking after people suffering from mental and/ or physical problems. Project Trust places young people at the ages of 17–19

into underprivileged communities to help the communities thrive.

In order to raise the £6,200, one of the fundraising events I am organising is a combined Quiz Night and Ceilidh at the Ashdale Hall. The event will take place on Friday 30th March, starting at 7:00pm and finishing at 11:30pm. During the evening, there will be a raffle and some food and drinks will be provided. We are hoping that as many people from Westhill will come and join us for this fun evening. Tickets are £7.50 per person. This will cover: admission, quiz entry, one snack, and the ceilidh. My friends and I in the Westhill Academy Ceilidh Band have been busy practicing and will be providing the music. Tickets are available from Westhill Academy Front Reception Desk during school hours or by contacting Fiona Will on 07821 008093. Adults, please feel free to bring your own bottles.

My other plans for fundraising include: dog walking, car washing, grass cutting, and babysitting (if you have well-behaved children). Please don't hesitate to get in touch with me if I can do any of these jobs for you: *euanwill@sky.com* and 07926 673527.

My Virgin Money Giving page is https://uk.virginmoneygiving.com/EuanWill

If you want more information on Project Trust their website is https://projecttrust.org.uk.

Any help you can give me will be much appreciated and we look forward to seeing you on 30th March. THANK YOU.

# The Physio says – use apps and the internet wisely

It used to be that you would take any health question to your GP, Pharmacist, or even your best friend, who might then insist you see the doctor. These days you're more likely to 'google it' before anything else. That might be okay, as long as you look at reputable websites, such as the ones the NHS run providing information on a long list of ailments. The danger is that you might incorrectly self-diagnose, missing out on treatment of a serious illness, or in the other extreme, frighten yourself by believing you have some horrible disease, when in fact you don't. There are countless websites, Facebook pages and apps offering information on the best diet, weight loss plan, exercise regime, sports injury treatment, and so on. How on earth do you decide which ones will help you, if any? How many of them are 'fake news', just trying to part you from your money? A large number, I suspect. If you're unwell or worried about any symptoms, see your doctor or a health professional. If you're not ill but simply want to improve your health, my advice is to first and foremost let common sense prevail: eat a healthy diet, get appropriate exercise, get enough sleep, do things that make you happy...you know this already. Having said that, it can be useful to get support, encouragement and motivation from some internet sources. It's my belief that the internet offers a wealth of valuable information on every subject known to man, and it has provided learning in all sorts of subjects which many people would never have had in the past. I caution you when it comes to seeking health related help on the internet. Choose diet and exercise apps wisely and they can help you achieve your goals safely.

One website has been brought to my attention which tests and reviews apps with a health theme. It was developed by a team of NHS clinicians in Devon who work with patients that have had a stroke or brain injury. In addition to traditional rehabilitation, they now use apps that help these patients recover hand eye co-ordination, among other skills. Their website can help you decide which of the two million health related apps available are of value to you. These are not just for people who have had a brain injury. For example, their top rated apps include Be Food Smart (which advises on a good diet), Peak (which exercises your brain with puzzles), and Couch to 5K (which supports you through a fitness programme). The site also lists apps which it does not recommend, giving the reasons why. So have a look and see which you could use. You'll find it at www.my-therappy.co.uk (not a misprint, it includes the word app in it!).

So if you're ready to embrace technology in your quest for better health, download the good apps to your smart phone, strap on your Fit Bit and get started. Exercise your brain, make a super healthy meal, use a meditative relaxation programme to prepare you for a great night's sleep. Stay well!

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

### **Westhill Tennis Club**

Spring is just around the corner and with it a new tennis season at the club. We are all looking forward to another year of club nights, league matches, coaching and social events. If you're looking to get more active this year then tennis has the benefit of exercising both brain and body! We encourage anyone looking to join the club to get in touch ready for the new season starting on 1st April. The benefits of membership and our current prices are listed below.

If you are looking to volunteer some of your time to community causes this year then our club committee could do with your help! We've had a flurry of pregnancies and new babies amongst the committee and so we are looking for a few extra hands to help out. We are specifically looking for a Welfare Officer as well as people to lead on holding social events. If you think you could spare an hour or two a week/ fortnight this spring and summer then we'd love to hear from you. Please get in touch for more details.

Finally, we would like to say congratulations to Henry Lints who won the Scottish Veterans Championships this year in both Singles and Double!

Benefits of membership include:

Free court time for members with online booking sheet

Social tennis evenings for adults on Mondays and Thursdays from 7pm; Saturdays from 2:30pm

Competitive tennis in the North District leagues, both men's and ladies' teams

Opportunities to play in social leagues playing against other local clubs

Coaching opportunities for all members and organised coaching sessions for minis and juniors from a qualified coach

Entry to the Wimbledon ticket Ballot

Social events throughout the season

Our memberships run from the 1st April–31st March but we welcome membership applications at any time. Please get in touch for more details or see our website.

Annual membership fees: Family: £150; Adult: £75; Student: £35; Juniors: £28 (11–17 years); Minis: £15 (10 or under on 31st March 2018)

#### Contact

Email: westhilltennisclub@outlook.com

Facebook: www.facebook.com/westhilltennisclub

Website: www.clubspark.lta.org.uk/WesthillLawnTennisClub
In person: Monday evenings from 7pm (Adult Club Night)
Coaching: Vikki Paterson vikkipaterson@hotmail.com



# **Girlguiding Westhill**

Our units are now back to their regular schedule of meetings after their December treats to either the trampoline parks, the various Pantomimes and end of term parties – Santa himself even made an appearance at one!

Plans are in progress for our annual world thinking day celebrations at an all age/section event. This year's theme is IMPACT and celebrates the impact that the girl guiding movement has on the lives of our members and their communities, particularly relevant as 2018 has been named the year of the young person.

We are holding our annual Spring Fayre on 10th March at Trinity Church from 10am until 12pm. Come along and meet our girls and their leaders and enjoy a cup of tea, a piece and a range of stalls including the Lucky Dip, Chocolate tombola and children's craft table. It's always a fun event.





## Services

## Sunday - 10.30am - Morning Worship

Crèche (crèche room, downstairs) Mini Roar! (age 3-5, downstairs) Roar! (P1-7, upstairs) Alive! (S1-S3, upstairs)

**6.30pm – Soul** (S1 and up)

6.30pm - Café Church (every 2nd and 4th Sunday of the month

For further details please contact the Church Office (01224) 740291 or email: office@westhillcommunitychurch.org For room hire call the Church Office or email: bookings@westhillcommunitychurch.org



a new community action initiative where we now have a store cupboard of tinned/dried food items, toiletries and other items available for anybody in need. If you, or anybody you know could benefit from some help from the foodbank please contact: Tel: 07379 836380 or email foobank@westhillcommunitychurch.org.

#### **Craft Fair**

Saturday 10th March

Lots of gift ideas for Mother's Day!

www.facebook.com/ rightonyourdoorstepevents/



#### 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: Please see website.



#### 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! It

is Free Entry! Next events on: Please see website.

Friday Night Live - Please see website.





We have a new Winter menu, if you haven't been in for a while come along and try something new! You can also now get a delicious bacon roll or pancake stack in the morning to start the day! VOLUNTEER **OPPORTUNITIES** are always available if you are looking for something to fill your time and an opportunity to meet new people then pop along and see us to find out more. We also have young people volunteering for hours towards their Saltire Awards or Duke of Edinburgh Awards. No experience is necessary. The only criteria is that you must be over 13 years of age, be relatively physically able (it gets busy!), and have a willing heart to serve and meet people.

**OPENING HOURS** are Tuesday to Saturday, 10am to 3pm.

#### EASTER REFLECTIONS AND CELEBRATIONS @ WESTHILL COMMUNITY CHURCH

The meaning of Easter is Jesus Christ's victory over death. His resurrection symbolises the eternal life that is granted to all who believe in Him. If Jesus had not risen from the dead, if He had merely died and not been resurrected. He would have been considered just another teacher or Rabbi. However, His resurrection changed all that and gave final and irrefutable proof that He was really the Son of God and that He had conquered death once and for all.

A warm welcome awaits you at any of our service below. Please journey with us through the Easter season.

Sunday 11th March - Mothering Sunday at 10.30am

Thursday 29th March - Maundy Service Communion Service at 8pm (It honours and remembers the Last Supper of Jesus Christ with the Apostles)

Friday 30th March - Good Friday Service at 11am

#### **EASTER DAY**

- Early Morning Praise 8am at the WCC Cross Easter All Age Communion 10.30am
- Easter Praise 7pm

## Salt Cave now in Westhill

A branch of the Salt Cave opened in 2017 at 26 Abercrombie Court in Arnhall Business Park.

The Salt Cave offers respiratory Salt therapy which is a drug free treatment that simulates the natural salt caves healing microclimate. Salt Therapy is effective at treating chronic and seasonal respiratory. allergic, skin and inflammatory conditions whilst also promoting wellness in generally healthy people.

- Reduces the effects of stress on the body Provides antibacterial and anti-inflammatory effects
- Improves sleep quality Strengthens the immune system Provides negative ionizing effects
- · Reduces headaches

Salt therapy is performed in a spacious cave like room with salt coated walls and floor. There are comfortable armchairs in the room with foot stools and blankets. We have one salt cave for adults and another one dedicated for children with a TV and plenty of toys.

Client Testimonial: Robert W, age 53

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19th July 2017

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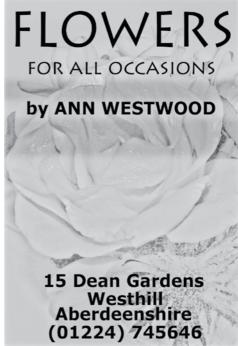
5 St Peters Lane, Aberdeen, AB24 3HW

Tel & Fax: 01224 634826

Mobile: 07770 872100

Email: barry.tmslating@gmail.com







Westhill's New Out of School Club based at the Old School House, Westhill Road, provides term time Breakfast and Afterschool care with drop off and pick up service from Elrick and Westhill Primaries. Emergency spaces also available.

In Service and holiday clubs will run if there is sufficient demand

For more information or to book spaces call or email Diane:

socwesthill@gmail.com

07732108824

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# **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 our latest Bronze, Silver and Gold Award completions:



Hannah Lorimer, Ellie Fergusson, Niamh Omand-Smith, Neve Brown, Stuart Florence, Jacob Dohan, Lois MacDonald, Kirsty Anderson, Craig McKenzie, Kate Macpherson, James Marriner, Luke Morrison, Catrina Anderson, Adele Foubister, Matthew Mills



Onabure Ebodaghe, Lucy Dalgarno

Kathryn Blance

It is always a pleasure to hear the range and breadth of Volunteering section activities in which our participants are making a real difference in our local community by giving at least an hour a week of their own time to help at: Barnardo's charity shop after school; the new church café, SensationAll, animal sanctuaries, community farms at weekends; Cubs, Rainbows, ATC, football, rugby, swimming, athletics, table tennis, youth club, after school club, baking classes, supporting younger pupils in school, creating club newsletters, fundraising, donating sandwiches for distribution to homeless people in Aberdeen, and more in their evenings. Thank you to everyone who welcomes our Duke of Edinburgh's participants into their organisations, clubs, charitable enterprises. Let's hope it also makes them more likely to volunteer their time in adult years ahead.

A first for us in our 11th year was to welcome participants' parents in for Award Information sessions. These have been well-received with parents actively trying out their map and compass skills, thinking what and how they might tackle their own Volunteering, Physical and Skills sections and a brief look ahead to Expedition section plans. Pre-Expedition Parents evenings are planned for early in May.

For participants' Expedition sections, our amazing adult volunteers are training them up ready for supervised Practice and assessed Qualifying Expeditions. Our 5 Bronze, 5 Silver and 4 Gold teams, each with 4 to 7 team members, are planning their routes and honing their navigation and campcraft skills before heading out across Scotland this summer. Bronze teams undertake 2 day expeditions with 1 overnight wild camp, Silver 3 days with 2 nights and Gold 4 days with 3 overnight wild camps. Watch our website *WesthillDoE.co.uk* for details but do email in with any questions meantime.

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



## **Westhill Walkers**

# Open to all no matter what your age or ability

The days are getting longer and we are looking forward to a full programme of walks and social events this year. We meet on alternate Sundays throughout the year with a choice of walks each day though in winter we usually just have one walk on offer.

We ended 2017 with walks to Pressendye Hill, Millstone Hill, the Cairns of Balmoral and of course our annual stroll along the prom on Boxing Day. We held our AGM/cheese and wine evening in November and our early Christmas Dinner weekend at Muir Cottage near Linn of Dee was enjoyed by 22 members. Fantastic food as usual and even a few walks to justify being a walking group!

Our walks in 2018 started with a local walk from Duthie Park to Cults along the river and back by the old railway line. Our next walk to the Braes of Gight was attended by 27 walkers – great to see so many turning up and also to have so many new members. Our ceilidh at Elphinstone Hall was a sell out with more and more members and friends coming year after year.

In May we are off to the Isle of Mull. This weekend has proved so popular that we had 23 names on the list but only 20 beds in the bunkhouse. Three of the men are earning brownie points by letting some ladies have their beds and sleeping in the nearby shielings instead. The shielings are fancy tents with beds and an en-suite so not too much of a hardship for the men.

Why don't you come and join us? No need to be a resident of Westhill and you are free to try a couple of 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. Dogs are welcome with the proviso that the owner keeps them under control at all times.

For more information see our website at *westhillwalkers.wordpress.com* or contact **Tony** (01224 740505) or Lin (01224 740165).

We also have a Facebook page so have a look and see photos of our recent walks.

Some forthcoming walks/social events – please join us and be sure of a very warm welcome. More details on the web page.	
Sunday 18th Mar 08.30	Tap o'Noth Circular – 13km – Moderate We climb via a forest track to the Hill of Kirkney, descending onto forest trails, before climbing the Tap o'Noth and returning to the start.
Sunday 1st Apr 08.00	Gelder Shiel – 20/14km – Moderate From Easter Balmoral to the Gelder Shiel Bothy and on to visit the Princes Stone. There will also be an option to shorten the walk by returning to Invercauld Bridge.
Sunday 15th Apr 08.00	A) Morrone, Carn na Drochaide traverse – 14km – Moderate From Linn of Corremulzie over Carn na Drochaide then on to Morrone and a return through Morrone Birkwoods.  B) Morrone – 11km – Easy/Moderate An ascent of Morrone from the duck pond at Braemar.
Sunday 29th Apr 08.00	College of Scalan and Tom Trumper – 13km – Moderate From the Lecht Mine to the College of Scalan where Catholic priests were trained in secret in the 18th century then on to Tom Trumper by Tomintoul.

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#### Kirkton of Skene



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Our Playgroup is a small friendly long running playgroup. We have the use of two halls and ample green space adjacent to the Hall and only a 2-minute drive from Westhill.

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To enquire about a place:

Kirkton of Skene Playgroup Mob. 07789 871601

Email <u>kirktonofskeneplaygroup@hotmail.co.uk</u> http://www.facebook.com/kirktonofskeneplaygroup

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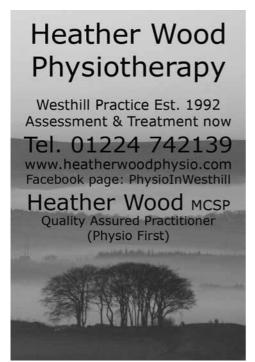
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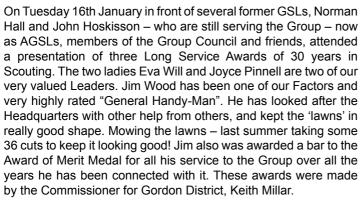
Christmas and Hogmanay been and gone – May we wish you all a Happy and Healthy 2018.

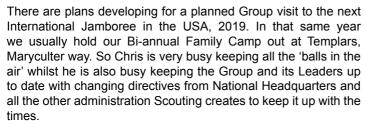
We had a wonderful Soup & Santa fund raiser again – many thanks to all who helped with the organisation of the day and to the folks that came to support us.



Just covering the past few months that have been very busy for some of our members – Chris our GSL was awarded an Aberdeenshire Volunteer 2017 Awarded after being nominated by our local Councillor, Mr Ron McKail. This was for his 40 years

in Scouting, which is – as we all know, solely dependent on volunteers to run and administer Scout Groups.

















# WESTHILL AND DISTRICT MEN'S SHED

make friends, share interests and help our community

#### **Happy Fifth Anniversary**

By the time you read this, we will have celebrated our fifth anniversary, and what a five years it has been. Since opening our doors on Monday 4th February 2013, our visitor numbers have steadily increased year-on-year, and our members have completed hundreds of builds and repairs, worked with some great charities and community groups, and completely redesigned the interior of the Shed. We've also provided advice to dozens of Sheds throughout Scotland and been the subject of various newspaper and TV features. The Shed would not be where it is today without the support of the community and everyone involved, so a big thank you is in order. Here's to the next five years!



#### **Christmas Reindeers**

In the run-up to Christmas, we were kept very busy making wooden reindeers, a group of which is pictured on the right. We were quickly inundated with orders, and ended up selling over 100 of these fun decorations. Thanks to chief elf Lui, and all of his little helpers, and of course everyone who bought a reindeer or two.

Three of our finest reindeers; their pals were spotted throughout Westhill over Christmas

#### **Annual Burns Supper**

On Friday 26th January, we held our annual Burns supper. A fine plate of haggis, neeps, mince, and tatties was enjoyed by all, as were some great songs and speeches, and the always enjoyable raffle. Thanks as always to our chef Bill and his team for organising this event.

#### She Shed

The She Shed continues to be a big success, with the group meeting every Monday evening to learn DIY skills and work on projects. All women over 18 are welcome, so If you are interested in joining this fun and friendly group, get in touch via our email address below. We will put you on our waiting list for the next intake in the autumn, and look forward to meeting you.

#### Summer Raffle

We are currently getting ready to run our summer raffle, which will be drawn at this year's Westhill Gala. As usual, our raffle organiser Alistair has managed to secure some excellent prizes, so be sure to keep an eye out for tickets dropping through your letter box soon.

The Men's Shed is located in the old library next to Westhill Academy and the swimming pool; see our website for further details. We always welcome new members, so why not drop in and give it a go? We are open Monday and Friday, 10am to 4pm, and Wednesday, 3pm to 8pm. All men over 18 are welcome.

contact@westhillmensshed.co.uk Tel 01224 917345 www.westhillmensshed.co.uk Registered charity. SCIO number SC042663

#### 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 **Pam Wilson** on **07734 541616**to like us on Facebook Jogscotland-Westhill

#### **Westhill Library News**

#### Have you recently moved to Westhill?

If so the following might be of interest to you.

Joining a library is free and you can join online (you need to be 16 years old or over) or at your local library.

Westhill Library is open as follows:

Monday 10am-7.30pm, Tuesday 10am-5pm, Wednesday 1pm-7.30pm,

Thursday 10am-5pm, Friday 10am-5pm, Saturday 10am-1pm

You can borrow up to 8 books at one time (plenty of scope to read a new author!)

You can borrow up to 10 e-books or e-audiobooks

You can borrow up to 8 non-book items such as DVDs (there is a hire charge for DVDs)

You can download e-magazines and e-comics

Access free digital music service

Access e-reference sources such as family history and practice your driving theory test

#### **Expired membership**

Library membership lasts 3 years and then will expire automatically. This is so we can make sure your contact details are up to date. If you receive a message saying your membership has expired please contact the Library so we can renew your membership.

#### What's been going on?

**Lego.** In November the library played host to an extraordinary Lego Event. A beautiful Lego model of "The very Hungry Caterpillar" was produced brick by brick by the children the finished result was very impressive.

#### **Arriving soon**

In March we plan to have 'Reader to Reader' recommendation displays.

If you have enjoyed particular Library books please add them to the display (once they have been returned by staff). The books can be fiction *and* non-fiction. Adding a quick reason for the recommendation will be optional.



#### **Knit and Natter Group**

Our Knit and Natter Group meets every Thursday throughout the year from 2–4pm. Everyone is welcome to bring their knitting, crochet or sewing to this friendly group. As well as their own projects the group recently knitted hats and scarves to donate to Aberdeen Cyrenians. We think they did a great job!

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

Please note the new library telephone number 01224 472871.



Sooyang Do Martial Arts classes in Westhill/Skene – Culter – Banchory Minnows class in Westhill for 4-5-6 year olds no grading pressure – all other classes available for children and adults at separate class times for better focus Dave Bremner – Chief Instructor – Tel: 07970 188825

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#### **Rotary Out and About**

The past few months have been pretty busy for your local Rotarians as we have continued to enjoy our time serving the local community.

Our Senior Citizens' Party was a little earlier in the year than normal but over 100 guests enjoyed the festivities in the Trinity Church Hall. The songs and food were topped off with a few couthy, entertaining stories from our own Rotarian Ian Duncan and a superb performance by the Bon Accord Silver Band, providing some excellent harmonious and seasonal music.

Following quickly on the heels of the party we had two of our important youth competitions taking place on the same night when we hosted both the Young Speaker and Young Musician competitions.



President Moira is seen here with some of the competitors for the Young Musician competition, including this year's winner, Erin Macdonald, who now goes on to represent Westhill in the Area Final in Perth, around the time the Bulletin goes to print. The most improved musician was Hazel Wynn.



Past President Graham presenting the trophy to Mathew Doel, Westhill Primary, the winner of the Young Speaker competition.

We then ended the year with a couple of days' bag packing at Marks & Spencer where we enjoyed seeing many of the local customers as they were doing their final preparations for the festive season. Thanks to all of you who generously supported us, with almost £3,500 raised for our Rotary charities.

In January we saw 2 busy nights with the Primary School Fun Quizzes testing the brains of the youngsters as well as many of the Rotarians present. Amongst the hard fought competitions winners emerged and are to be congratulated not just for the general knowledge but also for their clever selection of team names!

P7 – Team Brainbuster; P6 – Terms and Condition; P5 – The Legends; P4 – Melon Crushers

In addition to our work in the community we keep up our regular weekly meetings of speakers and other social activities, which have included our 'Homeworkers' Christmas Lunch, a Burns Supper and Valentine's Dinner.

Hopefully by the time you are reading this you will see some of the crocuses we planted last year coming out. These are part of Rotary's Purple for Polio campaign, which has planted over 10 million crocuses across the UK, helping to raise awareness of how important it is to end polio now and forever. This year's bulbs in Westhill were planted at the Broadshade Roundabout, the Broadstraik Inn and around the Rotary Stone at the entrance to the Westhill, adding to others from previous years at the Tim Baillie memorial and a few other spots around the town. Also supporting our End Polio Now campaign, Rotarian Margaret Currie recently organised a 'POL' quiz which raised £500 for this charity. Congratulations go to the quiz winners Jennifer MacDonald from Stonehaven and Mrs W Souter from Westhill.



#### Opening times

Monday - Friday 11:30 am - 13:30 pm (Lunch time only)



The food van is based in Prospect road opposite Abercrombie court

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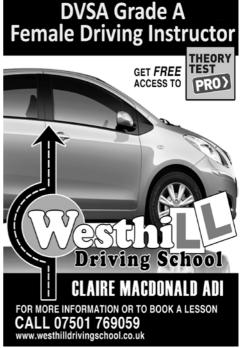


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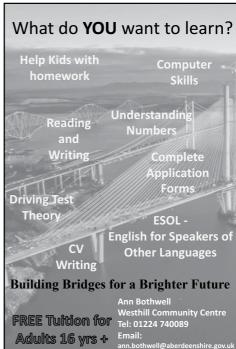
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Friday: 9.45 (crèche available), 10.45

#### 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: 1-1.45, 2-2.45 Thursday: 9.30-10.15, 10.30-11.15, 1-1.45, 2-2.45

+ crèche is available at 2pm 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: 10-10.45. 1-1.45. 2-2.45** 

#### **Gymnastics**

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

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

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

#### **Fitkids**

Fun packed fitness class suitable for primary 1-3 children. Lively class based on traditional and new games. **Wednesday: Pr1 3.35-4.15, Pr2/3 4.15-4.55** 

#### **Toddlers**

A large range of toys and equipment set up in the hall.

Monday morning from 9.30-11.30

#### 2's Group

An introduction to the Playgroup setting. Monday: 1.30-2.45

#### Math Monkeys

Making learning maths fun for P1-3.

Monday: 3.30-4.15

#### Indoor Bowling

For both beginners and experienced players.

Monday: 1.30-3.00

# ALL CHILDREN'S CLASSES ARE LED BY QUALIFIED, EXPERIENCED COACHES MEETING ROOMS AVAILABLE FOR HIRE DURING THE DAY AND IN THE EVENING GYM HALL AVAILABLE FOR PARTIES SATURDAY/SUNDAY

OUTSIDE LETS INCLUDE: Westdyke Community Club, Pilates, Yoga, Sew Swift, Sooyang Do Martial Art, GCRA, Brazilian Football, Men's Indoor Football

#### **DENMAN PLAYGROUP**

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#### **USEFUL PHONE NUMBERS**

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All Enquiries	0345 6081208
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Air Training Corps	
Ardene House Vets	
Ashdale Hall	
Boys' Brigade	
Childcare	01224 742202
Breakfast Club	01224 740080
After School Club	
Holiday Club	
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Citizens Advice Bureau	
Community Centre	
Community Education	
Community Mini-bus	
Dentists' Surgery	01224 744030
Abercrombie Dental Practic	20
NHS – Abercrombie Court,	ъс,
Prospect Road	01224 745447
Business, Private –	01224 /4344/
Ashdale Drive	01224 742513
Westhill Dental Practice,	01224 742313
Old Skene Road	01224 741330
Arnhall Practice	
Doctors' Surgery	
Results	
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Gardening Club	
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Golf Club (Pro)	
Girls' Brigade, 1st Skene	
Girl Guides	
Lawsondale Pavilion	
Library	
Nursery	01224 472071
Bridges	01224 744741
Childcare Info	
Kindergym	
Turidorgy III	0 1227 170000

Mother & Toddlers Groups		
Community Wing	01224	740089
Westdyke Leisure Centre	01224	743098
Playgroups		
Scout Hall	01224	742059
Skene	07789	871601
Denman	01224	743098
Pharmacy, Lloyds - Shops	01224	742742
Pharmacy, Lloyds - Surgery	01224	279489
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Post Office (Shops)		
Post Office (Ind Est)	01224	740010
<b>Primary Schools</b>		
Crombie	01224	740900
Elrick	01224	741900
Skene	01224	743242
Westhill	01224	740225
Secondary School, Academy	01224	740111
Scouts	01224	740795
Social Work Department		
Squash & Fitness		
Peter Nicol Centre	01224	742329
Swimming Pool	01224	744933
Tennis Club	07907	486255
Trinity Church	01224	742512
Veterinary, Town & Country	01224	741685
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Westdyke Leisure Centre	01224	743098
Westhill Bowling Club	01224	360706

# Did we get your number right?

# Are you missing from the list?



If you need any changes, why not get in touch by email?

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