

# Westhill Bulletin

Autumn 2018  
Issue 155



Trees at Berryhill

*Photo courtesy of Jane Tait*

Published by Westhill & Elrick Community Council  
**Westhill website – [www.westhillelrick.org](http://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 winter issue should be sent in by **Friday 2nd November**, for distribution in late November.

All contributions or enquiries should be emailed to:  
**[westhill.bulletin@gmail.com](mailto:westhill.bulletin@gmail.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](http://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.



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## Westhill & Elrick Community Council

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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](http://www.westhillelrick.org)



# Office Bearers Report

## Changes at WECC

It is great to see the year roll by with so many different developments in Westhill. There has also been some developments in WECC. We would like to thank the community for their understanding and patience as WECC members worked to resolve a number of internal challenges in the last few months. The outcome of all these has been a change of guard in the leadership of WECC. On 12th July, Mr Chika Edeh and Mr Stuart Bews were elected Interim Chair and Vice Chair respectively till the AGM in September. Mr David Ritchie has also been reappointed as Acting Secretary for the same period. We ask for the continued support of everyone in the community as we work to build on previous successes in making Westhill a welcoming and engaging community for all its residents.

## Kingsford

AFC started ground work on phase 1 of the project in July 2018. Phase 1 mainly comprises the community sports hub and training facilities.

WECC have two representatives in the working group that AFC have established which will be the conduit for on-going dialogue between the Club and the local communities. WECC will be engaging with the community to gather their views on how to make use of the facilities and will present those ideas to AFCCT/AFC. See the Kingsford section of our website [www.westhillelrick.org](http://www.westhillelrick.org).

## Parking at the Shopping Centre

The Westhill Shopping Centre owners are planning to implement an Automatic Number Plate Recognition system in the car park soon. This will allow shoppers to park for up to 3 hours, with no return within the hour. It has been introduced mainly to stop people using the car park as a park and ride. We will be monitoring the impact of this.

## Ashdale Hall Update

Ashdale Hall were really pleased with the numbers attending their meeting regarding the future of the hall and its management committee on 4th July. It was a positive meeting with interested parties and a cheese and wine AGM is being held on Wednesday 29th August at 7pm at the hall for all people interested in becoming involved on the management committee.

## Westhill Gala

WECC had the a stall at the Gala on 9th June and we were delighted that the sculptor Holger Lonze who we have commissioned to deliver the Gateway Art Project was there with a model of his proposal, which attracted great interest. People were also interested to see on a map of Westhill the many sites around the town that developers have proposed for possible housing land allocations to be incorporated into the next Local Development Plan.

## WECC AGM

Our AGM will be held on Thursday 13th September in the Holiday Inn function room, starting at 7pm. The main AGM business will be the report for the year and the financial report. There will be a presentation of prizes to the 'Westhill in Bloom' winners and a brief update from SensationALL on their plans for the Old School. After the AGM we will have our normal monthly meeting. Residents are invited to attend either or both of these meetings.

## Gateway Art Project

We were delighted that our sculptor Holger Lonze was able to visit us during Westhill Gala Week. He spent time talking to many residents at the Gala and we were delighted with the positive responses we received. The sculpture will now be in manufacture and on schedule to be unveiled at the end of October. After discussions, we are trying to raise some more funds to landscape the area and make it easily accessible with paths, etc. We are hoping this will be achieved by October too.

**Kate Lumsden, Team Leader, Gateway Art Project**



## ARE YOU LOOKING FOR COMPANY ON CHRISTMAS DAY?

Yes, it is only late summer, but bookings have to be made. If you are likely to be on your own, would you like to join a group for lunch at the hotel or local restaurant? To overcome any shyness our Bulletin Editor David has kindly agreed we may use the Bulletin for email replies, address [westhill.bulletin@gmail.com](mailto:westhill.bulletin@gmail.com) and phone calls to 01224 740637, not to David. Closing date for names is 1st October.

Numbers will dictate time and the cost is likely to be in the region of £30\*–£70pp. A deposit will be required to save any embarrassment on the day if numbers fall off.

*\*half portion*

### New from the Library

As we write, the Library is busy with young readers returning, browsing, selecting and borrowing books for their Summer Reading Challenges. There has been such an enthusiastic response to the Challenge. In addition to reading and sharing stories there is also a creative competition for children to enter this year. The competition is to design a book mark on the theme of the love of reading. In September we hope to have the Westhill designs on display.

As well as the Summer Reading Challenge we've had a busy time over the summer with weekly Lego sessions, drop in craft sessions and two visits from the Techfest Eureka series team who held workshops on Making Toothpaste, Brilliant Bubbles, K'NEX Lighthouses and Fossil Folly. These were great fun and greatly enjoyed by all who attended. If you haven't visited the library in a while, pop in and see us and find out what's going on.

On Thursday October 4th we will be celebrating National Poetry Day, the theme this year is 'Change'. Please look out for details from mid-September.

Aberdeenshire Libraries subscribe to a number of good quality online information resources including dictionaries, encyclopaedias (including Britannica Online, Oxford Reference and World Book), biographical information and mock theory driving tests. Detailed information is provided at <https://www.aberdeenshire.gov.uk/libraries/online-library/ereference>.

Please let us know if you would like to be shown how to access the e-resources next time you visit us. To sign in from home please use your borrower number and PIN number.

Are you struggling with computers and technology? We can offer one to one tutoring in ICT to older people and can help with tablets, PCs and laptops. The lessons are tailored to your level of skill and availability and are a great way to learn more and become confident using IT. We are currently taking names for lessons so drop in and see us or give us a call on 01224 472871 if you'd like to know more.

For information on all forthcoming events at Westhill Library please visit us at [www.aberdeenshire.gov.uk/libraries](http://www.aberdeenshire.gov.uk/libraries).

Like us on Facebook at <http://www.facebook.com/AberdeenshireLibraries>

Follow us on Twitter at <https://twitter.com/onceuponashire>

Read our blog at <http://onceuponashire.wordpress.com/>



## 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:**

***19th September at 7.30pm – Talk by Glenn Roberts, N.E. Scotland Biological Records Centre – Wildlife Recording in N.E. Scotland***

***17th October – Annual Inter-Club Quiz hosted by Westhill, supporters welcome***

***21st November – Verity Walters will give a talk on Scotland's Open Gardens Scheme***

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](mailto:westhillgardenclub@gmail.com).

---

## WESTHILL ART PROJECT

We had a very successful day for our Scarecrow Trail on 3rd June as part of Gala week.

We had 20 super scarecrows and over 100 people followed the trail. The winning scarecrow was "Hayman" which was made by a class from Westhill Primary School. The prize for the best completed entry form was won by Kai Steele. Thank you to all families and groups who worked so hard on their scarecrows and also to everyone who came along to follow the trail.

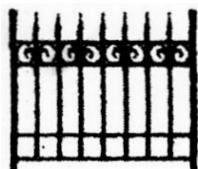
**Kate Lumsden, Westhill Art Project**

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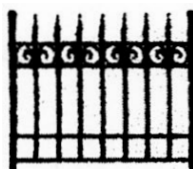
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We are a member of Early Years Scotland and work with principle teachers from our partner provider, Aberdeenshire Council, to ensure we are capturing high quality development and learning for every child.

To enquire about a place:

Kirkton of Skene Playgroup

**Mob. 07789 871601**

Email [kirktonofskeneplaygroup@hotmail.co.uk](mailto:kirktonofskeneplaygroup@hotmail.co.uk)

<http://www.facebook.com/kirktonofskeneplaygroup>

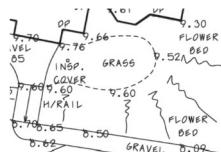
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## Ron McKail, Councillor for Westhill and District

### Westdyke Recycling Centre Rises to the Challenge

My congratulations to the staff at the Westdyke waste collection depot on achieving a 71% recycling rate, up from 66% in 2015. To put this in perspective, along with Alford and



Banchory who have also achieved similar recycling rates, other depots in the Shire are showing rates which are lower with many falling into the 50% and 60% category.

Good news obviously at Westdyke but the overall recycling for Aberdeenshire when we include our household waste (blue wheelie bins) is less than satisfactory with a recycling rate of only 44%. The challenge set by the Scottish Government which we are required to meet is 60% by 2020 and 70% by 2025. Worth reflecting that 2020 is some sixteen months away. It is also worth noting that the cost to the council of recycling is £29 per ton and the cost of 'dumping' our rubbish into landfill is £118 per ton. Clearly a no brainer as to the direction of travel. Could we in Westhill achieve the 60% recycling target by 2020? We can if all of us followed the council recycling policy. Placing garden waste in the black wheelie bin, not using the food waste bin and putting this into the black bin is sadly not uncommon practice.

### Addendum

Whilst preparing this an article appeared in the Daily Mail inferring that for councils in the UK their recycling waste was being placed in landfill sites. In discussion with Shire council officers this article does not apply to us or to Scotland for that matter. Material collected via our blue bins is sent to a Paisley company for separation and processing. They have outlets for all the materials we send them; cans, plastics, paper, cardboard, etc. They have up to three outlets for plastics, all of which recycle the material within the UK. These three outlets are long-term relationships which indicate that in a market place inundated with plastic material there is continuity of a recycling service.

### Community Safety – Pass Plus

As the Pass Plus driving course funding grant has been reduced by Aberdeenshire Council by £1000, I am very grateful to Westhill and Elrick Community Council for their generous donation of £1000 to encourage locally\* newly qualified drivers to avail themselves (whilst funds last) of individual grants of £100 each towards meeting the cost of this 6 hour driving course. My message to parents – if your son or daughter has recently obtained their driving license, please consider encouraging them to apply for this grant. For a newly qualified driver their driving skills will be the beneficiary by having ( without test pressures) an additional 6 hours driving experience under the guidance of their driving instructor, hopefully making them more confident and safer. \*Local refers to applicants residing in the area covered by the Westhill Bulletin.

See page 16 of this Bulletin on how to apply.

### Residents Urged to Lock Up After Vehicles Stolen

I receive regular neighbourhood alerts and in the most recent report a vehicle was stolen in Westhill. When our local area is being targeted it raises concerns for all of us. Message from Police Scotland is that whilst Westhill is a very safe place to live please ensure your car, your garage and outhouses are locked and secure.

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



**Westhill Household Waste  
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Friday 10.00 am .....5.00 pm

Saturday 10.00 am .....1.00 pm

**Remember to bring  
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***Westhill Library  
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**Aberdeenshire  
COUNCIL**



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Members of the public can access  
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- 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  
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## Councillor Iris Walker (Westhill & District)

### Kingsford

Since my last Bulletin report, the status of phase 2 of the Kingsford project remains the same; there is nothing new to report regarding the conditions attached to the planning permission which would allow phase 2 (the stadium) to progress. With regards to phase 1 which includes the training facilities and pavilion, Aberdeen Football Club has had an initial meeting with local community groups to outline their proposals and start discussions on possible future partnership working and use of facilities. The next meeting is scheduled for September.

### Local Development Plan (LDP)

In June I reported that the Main Issues Report would go out for public consultation later this year. This is when you have the chance to comment on the land bids which developers have submitted. This public consultation is now not expected to happen until early 2019, probably January, and will be open for 12 weeks. You can subscribe to the LDP Newsletter if you don't want to miss key dates by emailing [LDP@aberdeenshire.gov.uk](mailto:LDP@aberdeenshire.gov.uk) using "subscribe" as your subject line.

### Sports & Culture Strategy

In July, Aberdeenshire Council launched new strategies for Sports and Culture. To celebrate, staff held a number of great local events. A pop-up ceilidh was held in the library and Circus Modo delivered skills and team-building workshops. A family fun afternoon in Westhill is planned for Saturday 25th August with local clubs being invited to showcase their activity. There will be fun at the pool, a badminton leadership course, Book Bug and lots more. This event will showcase how the services within the council will work with key partners, third sector organisations and local residents to deliver a varied programme of activities to encourage more to take part in sports and culture. The new strategies can be found here <https://www.aberdeenshire.gov.uk/leisure-sport-and-culture/culture-sport-strategy/>.



*Craig Elliot (Cultural Services Manager), Cllr Anne Stirling, Cllr Iris Walker and Stephen Brown (Acting Service Manager, Sports & Physical Activity) at the launch of the Sports & Culture Strategies*

### Westhill's 50th anniversary

With the population of Westhill now over 12,000, there certainly have been a lot of changes since the first houses were built in 1968. Is this Westhill's coming of age or has it succumbed to the dreaded middle-age spread? People have different views about the shape of Westhill in the future and new developments continue to be divisive. Despite the differences in opinion, Westhill continues to be a popular place to live and work in, with multi-generations choosing to remain in the area. Speaking to and working with people across Westhill, I know that there are many diverse groups, clubs and individuals who collectively are the heart of the community and who make it the great place it is. I have no doubt the next 50 years will bring more changes which today we cannot imagine, but for now, Many Happy Returns, Westhill!

My surgeries are on the first Saturday of the month (excluding January and August) from 10-11am at Westhill Library or you can contact me by phone on 07876 475272, email [cllr.i.walker@aberdeenshire.gov.uk](mailto:cllr.i.walker@aberdeenshire.gov.uk), contact me online at [www.iriswalker.co.uk](http://www.iriswalker.co.uk) or Facebook/Tweet me.



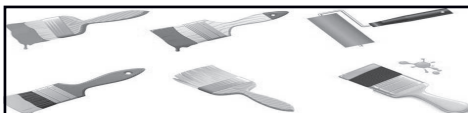
Councillor Iris Walker – Westhill and District



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**Councillor Iris Walker**, 2 Burnland Place, Elrick, Aberdeenshire, AB32 6JU





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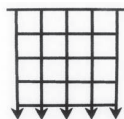
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## Councillor David Aitchison

In previous articles I have often talked about how much our community benefits through participation by volunteers in the clubs and groups which help to make Westhill a great place to live. Some groups struggle to find enough volunteers and this in turn sometimes places the future of clubs and groups at risk.

Recent engagement with members of the community by the Council's Community Learning & Development team showed that there is a willingness to actively participate in our community. If you are interested in any particular activity or pastime there is probably a group within Westhill which you can get involved in. The Bulletin contains contact details for many organisations who would be pleased to hear from anyone wishing to take part in or volunteer to help with their activities.

Work on the Aberdeen Football Club training facilities at Kingsford began earlier this summer when planning conditions for this phase of the development were met.

There is no new information to provide on the more significant proposed stadium development. The planning conditions relating to this phase, including a controlled parking zone, which will be determined by Aberdeenshire Council remain outstanding. My understanding is that there have still been no substantive discussions with Aberdeenshire Council on the subject of these conditions.

I can be consulted at any time by telephone or email on any issue and also hold surgeries at Westhill Library. My next surgeries are: Wednesday 5 September 5:30-6:00pm; Wednesday 3 October 5:30-6:00pm; Wednesday 7 November 5:30-6:00pm.

Check [www.aberdeenshire.gov.uk](http://www.aberdeenshire.gov.uk) for a full list of dates.

**Councillor David Aitchison**

2 Fare Park Circle, Westhill, AB32 6WJ

Mobile 07876 475227

[cllr.d.aitchison@aberdeenshire.gov.uk](mailto:cllr.d.aitchison@aberdeenshire.gov.uk)  [@aitchisondavid](https://twitter.com/aitchisondavid)

## Pam Dignan Dancers

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## Milne Hall, Kirkton of Skene

The funding we had hoped to secure to help create the meeting/multi function room and the extension and upgrading of the kitchen is proving to be challenging. We continue to raise money for this in other ways. However, donations are appreciated for this cause.

**Future Events:** See Facebook Page for further details.

### 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

### THE LETTER THIS TIME IS W

What a wonderful summer – warm, then hot dry winds from the south, thunder and lightning with buckets of water running off the gardens and not doing what we want, grass drying, plants wilting, and flowers blooming too soon; very strange but we gardeners can work around these little upsets (can't we?).

No matter what we get there are always jobs to be done. Weeding, dead heading, collecting seeds, pruning hedges, checking everything else is doing okay, feeding and watering in the cool of the evening, or early morning, fine misting the greenhouse to keep the plants from drying out.

The next thing to get us going is to select our bulbs for spring, getting down to the garden centres, or sending for them from the catalogues and specialist breeders.

Taking photographs of your garden helps you to plan for next year, and it is also a good way of keeping a record of what works and where you might want to change some plants.

No matter what your plan is, just enjoy your garden.

**Bill Loudon**





## Westhill & Kingswells First Responders

Westhill & Kingswells Community First Responders have a new co-ordinator! Lesley McDonald took on this exciting new role at the beginning of July. Lesley says that she would "love for the team to grow so that in the future we would be able to respond on a 24 hour basis".

*Did you see us at Echt Show this year?* The group spent the day at the show showing members of the public CPR and use of a defibrillator. The awareness sessions were enjoyed by both adults and children.

We now have a new Facebook page: *Westhill & Kingswells Community First Responders*, like our page for information on what we are up to, if we have any upcoming events and useful information about recognising symptoms of potentially life threatening illnesses.

Would you be interested in joining Westhill & Kingswells Community First Responders?

We meet every 1st and 3rd Monday of the month at the Holiday Inn Westhill at 7.30pm.

For further enquiries please contact us via email: [westhillkingswellsacr@gmail.com](mailto:westhillkingswellsacr@gmail.com)

## Litter – Help Us Sort It!

While on holiday in Scotland this year, we met with many couples from other countries, also here on holiday. Without exception they all thought Scotland to be a great holiday choice. However, some of them told us that they were less than impressed with the amount of litter lying around in general. They were lucky that the midges had decided to not make an appearance and that the weather was perfect. The latter two events are totally out of our control, but litter is a problem that we can all do something about. Why drop it in the first place?

We find that significant litter is being ejected from vehicles. Please think twice before doing this as it causes an extra hazard for the volunteers who have to collect at the roadside. If it has been discarded, someone needs to pick it up later and with Council budgets stretched, there is limited available manpower devoted to deal with this uncalled-for task. Our small group of volunteers do what they can, but we could do more with more volunteers.



We must also thank the various youth groups, rainbows, cubs, scouts and the Community Church disabled group who have borrowed our kit and carried out a litter pick on their own. Could you help? We lend out our litter picking kit to groups who want to undertake their own litter picks.

The remaining **dates for our Organised Litter Picks in 2018**, which are all on Saturday mornings starting at 10:00 at the Westhill Tennis Court Car Park and last for one hour are: **15th September, 20th October and 17th November**.

For further information, or if your group may be interested in borrowing our kit, please contact Raymond Swaffield, email [swaffies@talktalk.net](mailto:swaffies@talktalk.net) or tel 01224 740669.





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## JOG SCOTLAND WESTHILL



### ***New to area, working on a new you or just need some new motivation!***

**JogScotland Westhill**, is a fun, friendly local jogging group which is perfect for runners who are new to the area, anyone who wants to get active for the first time or those of us who have been running alone under the cover of darkness as we start our running journey. Nobody is “too slow” to join and nobody gets left behind!

Motivation can also be an issue for most of us and knowing that others will be with you to share the experience of pounding the pavements whatever the weather can often be the difference between staying in or going out. For those of you who think that running clubs are just for those at the front of the pack or those who take their running too seriously, well no! Joining a club is one of the best things that any runner, whatever their level, can do. It can often instigate big improvements in performance and provide lasting memories, experiences and friendship.

We have several runners who joined the group to get to know Westhill and meet some people. Jess moved to Westhill last year and didn't really know the area or anyone living here and heard about the group at Hazlehead parkrun. Not knowing the area, she was worried that she'd get lost going out on her own and wanted somewhere she could meet new people. Our experienced jog leaders have mapped dozens of routes around Westhill that are suitable for runners of every ability and even those who have stayed in the town for decades occasionally find another “new” path that they've never been on.

Many people who take up jogging for the first time do it with a goal in mind – they might want to run in a charity event or join their friends at an organised race. Having a target can be a brilliant motivator, but it's important that it's realistic. Kim Richmond joined in January 2018 after seeing an ad for the Couch to 5K programme. At the time she'd lost the habit of doing regular exercise and wanted something that would not only get her started again, but also help her stick with it.

Kim says: “My experience definitely ticked both boxes, as taking part in the regular C25K sessions was great fun and really improved my fitness, so at the end of the programme I was able to complete (and even enjoy) the Garioch 5K. The friendship and encouragement I got from everyone was a huge help, so much so that since then I've completed several more 5K runs and have even stepped up to running a couple of 10Ks.”

So, if you're thinking about taking up running but aren't too sure if it's for you, or if you're running on your own and fancy some friendly, non-competitive and supportive company or just want to get to know Westhill a little better we'd say come along and give it a go. You might surprise yourself by how much you enjoy it! Check out our website here [www.jogscotlandwesthill.org](http://www.jogscotlandwesthill.org).



Why do **YOU** want to walk?

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**"Walking to Health"**

**Group**

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Hay's Way, Westhill

Walk for about 1 hr followed by Tea/Coffee

Westhill Community Centre

Tel: 01224 740089 or 01224 472874

Email: [westhill.ccc@aberdeenshire.gov.uk](mailto:westhill.ccc@aberdeenshire.gov.uk)

Aberdeenshire Community Safety Partnership

Grant for Young Drivers  
Taking the Pass Plus Course

**£100\* available to young drivers**

The Aberdeenshire Community Safety Partnership is offering £100\* towards the cost of the Pass Plus driving course for young drivers under 25 years of age.

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

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

The grant is supported by funding from Westhill & Elrick Community Council, Aberdeenshire Community Safety Partnership and the Garioch and Marr Area Committees.

More information and contact details at:  
[www.aberdeenshirecommunitysafety.org.uk/road\\_safety/pass\\_plus.html](http://www.aberdeenshirecommunitysafety.org.uk/road_safety/pass_plus.html)

**Aberdeenshire**  
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\* Only available to residents of Aberdeenshire.  
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It's more than half way through the year and we have just come out of one of our busiest summers to date! The SensationALL team hosted a summer holiday programme for adults and children with Multi Support Needs, holding Inclusive Holiday Club sessions alongside social enterprise, Schools Out! Westhill and launching a new sibling's event for school aged children who have brothers or sisters with MSNs.

## **SensationALL services diary August to December**

The new term services diary is available to view on our website at [www.sensationall.org.uk](http://www.sensationall.org.uk). This Autumn, alongside our services like Monday Midweek Adult Groups, Music Mayhem, Sensory Playgroup and Stay-and-Play, the services team will be running a siblings CHILL oot! programme and the second adult Life Skills programme – promoting daily independence skills amongst adults with learning disabilities, like making a cup of tea, doing dishes, creating an art project or gardening. More provision and support to local schools is also developing.

## **Welcome to our new team members**

SensationALL is growing! Not only with our services and events, but our team too. We are delighted to welcome Gemma Ross, who joined the Services team as Services Practitioner, alongside Rebekah Moorhouse as Support Worker and Lisa Grainger as Volunteers Co-ordinator.

## **Teen SociALLise Group**

New to SensationALL, our teen groups is made possible by a grant from Children In Need. It's a staff supported, semi-structured group for academy aged teenagers with MSN who struggle to socialise and make friends and provides opportunities for them to engage in group activities.

## **Community Events**

We hosted a Summer Open Day at the end of July and over 70 people came through the doors of the Old schoolhouse to meet the team and visit our facilities! We were also the gold charity sponsors at Run Balmoral in April, had supported runners in the Baker 10k in May, and were the charity partners for the successful Westhill 10k in June and Ride The North cycle challenge. Fundraising has also included our annual fundraising Topsy Tea Party, attendance at the Westhill Gala and the Aberdeen Highland Games. The Old Schoolhouse also enjoyed a makeover, as we hosted Corporate Social Responsibility days from Subsea7, M&S Westhill and CATS ml.

## **SensationALL Ceilidh**

Our annual ceilidh is in November! Think St Andrews Day celebrations, ceilidh dancing to a local band, stovies and a licensed bar. Tickets will go on sale soon and be available through our social media pages, via our website or telephone 01224 746699.

## **Volunteering and Trustees for SensationALL**

Our next AGM is on 9th October from 6.30pm in the Old Schoolhouse. We rely on community input for all aspects of our work and are lucky enough to have volunteers on the board of trustees, for our play sessions, charity events, fundraising days and most aspects of SensationALL! If you are interested in being part of the SensationALL vision (as a benefiting family, volunteer or potential trustee to join our board), then please email [info@sensationall.org.uk](mailto:info@sensationall.org.uk).





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### **FORBES LAWSON EXPANDS ITS TEAM**

Following a move to larger premises in January, Forbes Lawson has now expanded its team with the addition of two new members of staff. We are delighted to have welcomed both Hannah Stewart and Julia Cant to the business, with their addition strengthening the team and helping to ensure a continued improvement in the service that can be offered to our clients.

Hannah has joined the team with almost 20 years' experience in accounts and business management most recently working for the charitable trust, Sport Aberdeen.

Julia has worked within the General Insurance market for over 30 years in all manner of roles so this new position at Forbes Lawson has been a fun but steep learning curve.

Forbes Lawson remains the only financial planning firm in the area to hold the British Standard (BS8577) for the firm and the International Standard (ISO22222) for our senior planners, Richard and Ian.

Coupled with the recent expansion (both in terms of premises and team members), Forbes Lawson is ideally placed to satisfy an increased demand for face to face financial planning advice. If you are interested in finding out about putting a financial plan in place, then we'd love to hear from you. We'll even pick up the cost of the initial meeting and our coffee is great too!!

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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
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## 1st SKENE BOYS' BRIGADE

The formal Friday evening meetings ended with our Parents

Evenings and since then our activities continued on a more informal basis with the focus on sports and outdoor activities. Some junior boys took part in an Adventure Weekend at Abernethy Outdoor Centre and enjoyed Splash Sailing tuition on the Loch of Skene.



On the lead up to the Westhill Gala, Anchor Boys and Junior Section boys worked together to create some Scarecrows. The outcome of filling these with straw and shredded paper was clearly great fun, while Company Section boys have been taking advantage of the great weather to get out on a number of cycles outings and hill walks around Deeside and on local routes.

We supported the church BBQ by organising the games and activities. And who'd believe it, more warm temperatures and a blue sky, even the grass was dry! Traditional games of a giant jigsaw, ducks in water, egg and spoon races (plastic eggs) and sack races were quickly set up and enjoyed by children of all ages. However, a full length tug of war rope which was left unattended, stretched out on the grass, attracted kids to it like magic and they had a ball organising their own fun with it.

The session finished with our Annual Camp, at Badaguish Outdoor Centre near Aviemore. The weather was almost perfect for outdoor activities except for one day of low cloud which did not prevent the boys from enjoying a packed week long programme of outdoor activities. Long cycle trips were followed by caving, abseiling, wild water swimming, shelter building, an overnight 'wilderness' camp on Ben Macdui, followed by more cycle runs, including one through a local forest at midnight.



More photographs of camp and indeed most of our activities can be viewed on our Facebook page which is updated regularly so please feel free to visit us on-line at any time.

**We have no 'Waiting Lists'** and new boys will be made most welcome on any Friday evening.



The Boys' Brigade caters for a wide age-range and we participate in a numerous activities throughout the year. Specific information can always be obtained from any of the sections leaders as below.

<b>Section</b>	<b>Age range</b>	<b>Meeting</b>	<b>Point of Contact</b>
<i>Anchor Boys</i>	<i>Primary 1-3</i>	<i>Friday 6.30-8pm Trinity Church Hall</i>	<i>Ann Hudson 01224 740080</i>
<i>Junior Section</i>	<i>Primary 4-6</i>	<i>Friday 6.45-8.30pm Westhill Academy</i>	<i>Neil MacBeath 01330 860226</i>
<i>Company Section</i>	<i>Primary 7 upwards</i>	<i>Friday 7.00-10pm Westhill Academy</i>	<i>Donald Struthers 01224 742262</i>

**Donald Struthers, Company Captain**

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

We had a bus trip to Aboyne on Thursday 14th June. Having Afternoon Tea at the Lodge on the Loch – which was nice.

We restart again on Thursday 6th September – with “In the Mood – Singers” and on the 20th September we have “Songbook Melodies”. We have also



booked Inverurie Concert Band, Speyside Owls and The Glee Club. We have entertainment for around an hour then tea/coffee with biscuits/cakes.

We have already booked our Seniors Christmas Lunch at the Holiday Inn Westhill on Thursday 13th December from 12pm to around 3.30/4pm. If you would like to join us (and not wanting/unable to join the Senior Citizens Group) then please contact me per the details below.

We have welcomed a few new members and would welcome anyone over the age of 55 to come and visit us.

We are very grateful to our local Co-op for the donations they have given us over the past few years. For those who have a Co-op card a percentage of donations goes to local causes.

Our Group meets on alternate Thursdays 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 £6 annual subscription.

Contact Heather Cook for further information. Telephone 01224 741194 [heathercook@tiscali.co.uk](mailto:heathercook@tiscali.co.uk).



## Skene Committee of Macmillan Cancer Support

The "Fizzy Fly Cup" Prosecco Afternoon Tea held on 26th May in Dunecht Village hall raised £1,750 and was a lovely enjoyable afternoon, likely to be repeated in the future.

The Macmillan Walk on Sunday 27th May raised £720.

Our stall at Echt Show on Saturday 14th July selling homebaking, produce, raffles, etc., complete with a "virtual cycle" challenge raised £861. Thanks to everyone who supported us and to the cyclists who kept the pedals going!

Diary dates – **M & Co fashion show** on Wednesday 26th September at the Inverurie store. Tickets will be available, nearer the time, from committee members.

**Coffee morning** on Saturday 29th September, at Lyne of Skene hall. 10am-12 noon. All welcome, entry by donation. Teas, coffees and home baking will be served. There will be raffles and the usual stalls.

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

**Kath MacBeath**



## CITIZENS ADVICE BUREAU South West Aberdeenshire

The South West Aberdeenshire Citizens Advice Bureau is a local charity based in Westhill providing advice, information, advocacy and representation to residents in the community.

The Bureau is dependent on Volunteers to train as advisers and administrators but in addition we need Trustees who can offer their career experience and become part of a team that governs the Charity.  
**Is this You?**

At present we are keen to add to our Board and would like to hear from anyone who has some free hours during the week and can attend a Board meeting once per month. We are particularly keen to hear from persons with a Finance, Legal or Quality Assurance background.

### **What difference will you make?**

Our trustees are vital in supporting our work by ensuring we have the strategy, direction and resources that underpin its delivery. You will be involved at the centre of a leading local charity that makes a difference to the lives of people. This becomes ever more important in today's society where managing personal affairs is often complex, particularly for those disadvantaged by circumstance or caught in an unexpected personal crisis.

### **What's in it for you?**

You will have an opportunity to make a real difference to the community by using your experience and skills in your field. Working as a trustee will also be an enhancement for your CV as you gain new skills and non-executive board experience. You will be rewarded with an opportunity to work with people from diverse backgrounds while making a profound impact on the Aberdeenshire community.

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## Girlguiding Westhill

This year marks an exciting time for Guiding, We've been on a journey to transform what girls do in Girlguiding, to bring all our badges and activities bang up to date. Our new programme delivers the fun and varied range of activities that you expect from guiding, and of course, there's still plenty of badges to earn. We've introduced new topics, new skills and new ways for girls to broaden their horizons. Everything girls do in the new programme will fit into a theme. There will be six special themes that you will do activities and badges for.

- Know myself – all about getting to know who you are, and your role in Girlguiding and the wider world.
- Express myself – showing off and sharing your creativity with others.
- Be well – helping you look after your own and others' physical and mental well-being.
- Have adventures – exploring the outdoors and nature.
- Take action – using your voice to help your local community and the wider world.
- Skills for my future – giving you all the right building blocks for you to become independent and successful in life.



We continue to operate a waiting list for our Rainbow, Brownie and Guide Units and would be happy to hear from anyone interested in volunteering with us. Email [westhillrainbows2@hotmail.com](mailto:westhillrainbows2@hotmail.com). Volunteering with us isn't just about campfires and helping girls to get their next badge – although those are special moments that we all share. It's about empowering girls and giving them new experiences. It's being a role model and helping girls to realise their full potential. It's sharing and developing your skills.

## BANKING SERVICES IN WESTHILL

### MOBILE BANKS

**Bank of Scotland – Friday – 2.45 to 3.15 at Trinity Church car park**

**RBS – Monday & Wednesday 10.00 to 10.45 at Trinity Church car park**

### POST OFFICE

**The Post Office in Co-op at Westhill Shopping Centre can be used for bill payments and cash deposits and withdrawals. Cheque deposits can be made for most major banks with a completed pay-in slip. Ask for envelope for your bank.**

**It is open: Monday to Friday 9am to 5.30pm, Saturday 9am to 5pm**

### ATMs IN WESTHILL

- Old RBS branch at Westhill Shopping Centre • Outside Tesco store
- Inside Costco store • Westhill Service Station shop in Elrick



## Skene Parish Church

This autumn, Skene Parish Church is launching a **Young Heroes Award** as part of the Year of Young People. And we need your help!

Our community is full of inspirational and hard-working young people who are making the most of their abilities and talents. There are young people who are seeking to make a difference in the lives of those around them. Some of our teenagers are coping in exceptional ways with all kinds of difficult situations including bereavement, chronic illness and relational breakdown.

We want to recognise how amazing our young people are and have developed this award with two distinct categories. The criteria are as follows:

### YOUNG CARER

*Aim: to recognise young people who provide regular and ongoing practical, personal care and/or emotional support to a family member who has a physical, learning or mental disability, or who misuses substances, or where there are issues of domestic violence.*

- What is the situation in which the young person (YP) operates in a caring role?
- What is the nature of the support which YP provides?
- Specifically, what are the functions that YP performs?
- How often and for how long does YP carry out the caring role?
- How long has YP been doing this?
- In view of YP's age, how exceptional is it that YP can be expected/ is able to do this?

### COPING WITH ADVERSITY

*Aim: to recognise young people who have*

- a) kept smiling against all odds in coping with, or overcoming, serious illness and who deserves to be celebrated for their extraordinary courage; or
- b) have overcome adversity and become positive role models and/or helped their community; or
- c) face a number of challenges on a daily basis but don't give up; or
- d) someone who has shown exceptional courage, bravery and inspiration in the face of adversity; or
- e) someone with a fighting spirit who refuses to be beaten.
- What is the nature of YP's challenge?
- How long has YP faced this challenge e.g. from birth, early childhood, etc.?
- How has it impacted on YP daily life in matters such as socialising, taking part in
- Activities/sport, education?
- What restrictions does the challenge impose?
- How well does YP cope with restrictions on the ability to lead a life like peers?
- What has YP achieved in terms of coping with/overcoming restrictions imposed by the challenge?

This is where **you** come in. Of all the young people you know, who live in Westhill and the surrounding areas, is there someone you could nominate for this award?

Nomination forms are available online at [www.skeneparish.com](http://www.skeneparish.com) or from our church office. The deadline is the end of September and you can find out more information on our website.

All those nominated will be recognised and an awards ceremony will be held in October.

Help us to champion the young people in our community

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bliadhna na h-òigridh  
2018





## Our Hub Inspires an Active Community

### Nicol of Skene Westhill 10k

The Nicol of Skene Westhill 10k was held on Sunday 24th June. It was a great day with almost 650 runners. Cameron Strachan was first to finish the event and local runner Nicola Gauld took first place in the women's category. All runners received 10k t-shirts and medals for finishing.

The event was well supported by the local community with over 70 volunteers offering their time and many residents in the Westhill area also cheering the runners through the streets of Westhill.

Three children running events, sponsored by CNOOC Nexen, were also held: P1-P3 event over a distance of 600 metres, a P4-P7 event run over 1km and a 2.5km race for secondary school children. All 250 children that took part received a race medal and trophies were also handed out to 1-2-3 placing for boys and girls in each race.

Monies raised from the event are being shared between the 10k partner charity SensationALL and the WDCSH. £1000 was donated to SensationALL from the event proceeds. WDCSH promotes sport in the local area – supporting local sports clubs and invests in facilities. Links below:

SensationALL: <http://www.sensationall.org.uk/> • WDCSH: <https://wdcsh.org/>

A big thank you to our main sponsor Nicol of Skene for their support of the event, CNOOC Nexen, our children's race sponsor, and Tesco Westhill for providing all the water and cereal bars for the event. Also a mention to our race patrons Run4It, J&E Shepherd, Subsea7, AD&W, Fulcrum, SPEAR, Aberdeen Sports Massage, Aberdeen Sports Village, Rebel PT, RAM Tubulars, Brian Bat Photography, Seabrokers Group, Truth Nails, Apache, Amy Maclean Podiatry and Westhill Fencing & Decking.

Finally the event would not have been possible without the efforts of our 10k committee. Thanks go to Peter Jennings, Jackie Stewart, Suzanne Bird, Nicola Gauld, Val Harries, Neil Yeoman, Steve Wilson, Julie Thomson, Susan Kay and Charles Dawson. Thanks also go to all the volunteers on the day and to our WDCSH Treasurer Colin Currie.

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## Westhill District Amateur Swimming Club

Following a Summer break for all squads the club is now back to full time training. We are delighted to welcome some new swimmers into Entry Squad, our first level. Also congratulations to Crombie Primary School who won the 'Take the Plunge' trophy in June. This year we are continuing to celebrate our 25th anniversary. All swimmers received a silver swimming cap before the holidays and we are holding a ceilidh on 31st August for the swimmers and their families. We are also delighted to be able to purchase a new scoreboard which should be up and running in time for our Minnows Meet in September – we host this competition for local swimming clubs and for some swimmers in our lowers squads it's their first taste of a real swimming competition.

If your child is in level 4, 5 or 6 with the 'Learn to Swim Programme' and is interested in competitive swimming please contact our membership secretary at [membership@westhilldistrictasc.org.uk](mailto:membership@westhilldistrictasc.org.uk) for more information about joining our club.





## Garlogie Indoor Bowling Club

With autumn approaching and the night's drawing in, do you fancy trying something new? Do you want to take up a sport that is open to any age or ability? Why not try indoor bowls.

We are in indoor bowling club of about 30 members, based in Garlogie that was founded in 1981. We play on Tuesday and Friday nights from late September to the start of April, on carpets rolled out in Garlogie Hall, in friendly practice bounce games, individual and team club competitions and out and about in open competitions at other clubs around the local region. Our members come from Garlogie, Westhill, Skene, Midmar, Peterculter, Kingswells, Newtonhill and Aberdeen.

Bowls is an easy game to pick up the basics of and a great game to learn all the nuances and tricks and bits and pieces that form the game as a whole. Many of our members have played for years and years and still haven't mastered it. This can also lead to other opportunities in stadium bowling (like on the TV), outdoor bowling or even short mat bowling, of which some of our members have represented Scotland at National and International level. It's a very sociable game, played in a friendly atmosphere, with that little competitive edge there too.

We have gentlemen, lady, teenage and retired members of all abilities and experiences. We are on the lookout for anyone who might be interested in becoming a new member of our club. You can be an existing bowler or someone who is brand new to the sport. You can be male or female and junior members would have to be at least 10 years old. We have equipment you can use to give the game a try and see how you get on. Our existing members will be on hand to show you how to play the game and give encouragement and advice.

Our season starts on Tuesday 18th September. If you are interested in becoming a member, coming along to give indoor bowls a try or would just like some more information, please get in contact with our secretary, Alan Masson via phone (07736 808064), email ([gibc1@outlook.com](mailto:gibc1@outlook.com)) or our Facebook page ([facebook.com/GarlogieIndoorBowlingClub](https://facebook.com/GarlogieIndoorBowlingClub)).

**Alan Masson, Secretary, Garlogie Indoor Bowling Club**

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## DONATIONS FROM THE COMMUNITY COUNCIL

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

WECC started to give donations in 2011 and since then a total of £27,000 has been donated to a wide range of groups.

Applications for donations will be considered and awarded twice yearly, in early May and November, so the next set of donations will be made in November 2018. The deadline for applications is 2nd November. Applicants must be voluntary organisations based or operating in Westhill, Elrick, Kirkton of Skene or Garlogie.

Donation requests can be sent at any time to the WECC Treasurer by email to [wecc.treasurer@westhillelrick.org](mailto:wecc.treasurer@westhillelrick.org) with a brief description of what the funds will be used for. The donations can be to help with normal ongoing running costs and will not be restricted to one-off projects.

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



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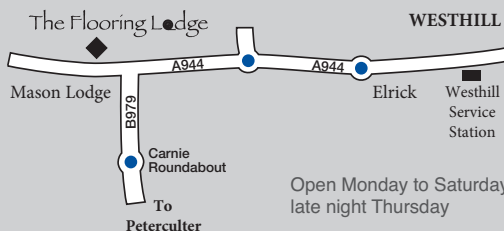
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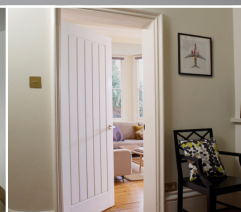
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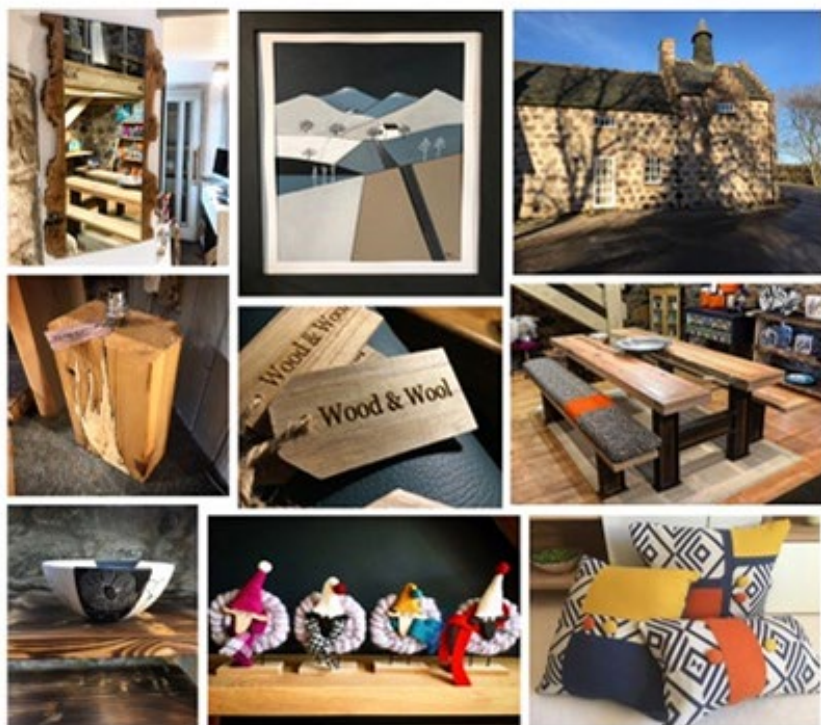


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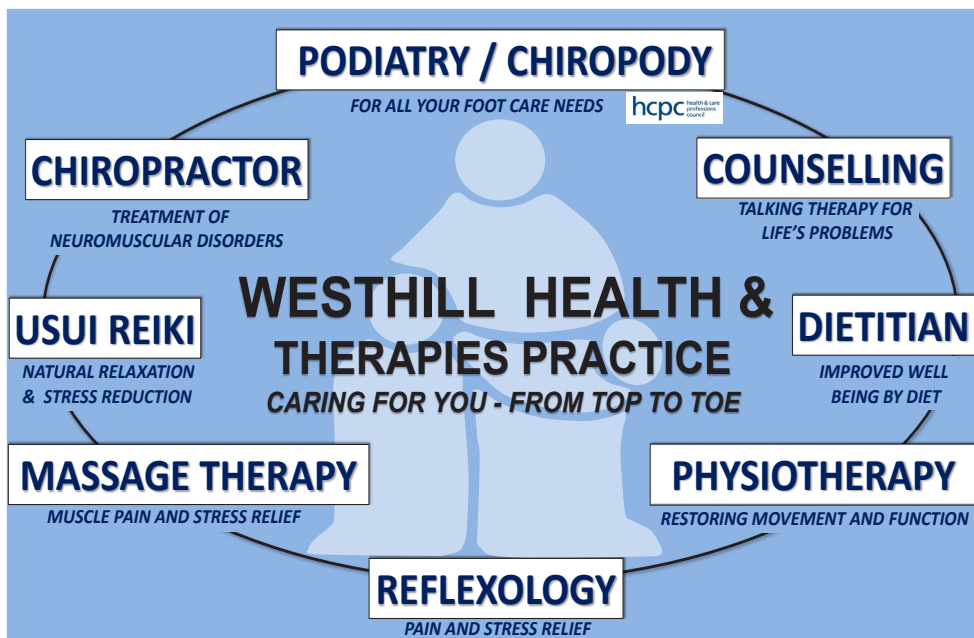
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## 1st WESTHILL SCOUT GROUP

Charity No. SC017801



As the Scout Group has a Summer break there's not much going on – except planning for various events upcoming in the future. The GSL is planning the proposed trip to the World Jamboree to be held in the U.S.A. and various other things of a more local nature.

The last big thing our Group was involved with was a weekend camp to the Lochter Activity Centre where they got up to all sorts of exciting 'stuff', both the youngsters and the Leaders who were helping with the running of the camp.

The following are a sample of the photos taken from one of our Leaders, Richard Shaw:



Just a representative selection of photos, there was so much more to do – canoeing, and our fearless Leader – Tim Fry completing the 'Death Slide' – Well done Tim!

If you are new to Westhill, been in Scouting, or one of our longer residents and remember your time with the Group and fancy getting involved in Scouting again – as you can see it is still as exciting and varied as ever – then get in touch.

Group Scout Leader Chris – 01224 746773

Waiting List – Jackie Poppleton – [jacq.pop@gmail.com](mailto:jacq.pop@gmail.com)

[www.facebook.com/1st-Westhill-Scout-Group-543233795690069](https://www.facebook.com/1st-Westhill-Scout-Group-543233795690069) more to see of the doings of the Group.

Booking the Scout Hall for parties or other social events – [westhillscouts@hotmail.co.uk](mailto:westhillscouts@hotmail.co.uk).

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I have worked on Union Street in the vans for a few years and also been a rural officer in Stonehaven and now the Garioch area covering my hometown of Westhill. The departments I worked in ranged from the professionalism of having to deal with the bereaved to working in what folk would call the Vice Squad.

We offer opportunities to be a Traffic officer, dog handler, be a member of the mountain rescue unit, we have offender management units, domestic violence units which include helping victims, you can be part of crowd control at Aberdeen FC games or even get a free pass to the Echt show to monitor and police the event!

Interested? Visit the Police Scotland website for further information.

Recruitment for both Police Constables and Special Constables is ongoing throughout the year. For Special Constables we have two intakes a year with training over a number of weekends, whilst if you want to make it your future career, there are intakes in March, June, September and December followed by successful applicants undertaking 11 weeks training at the Scottish Police college at Tulliallan Castle in Kincardine.

Westhill and Elrick is situated in 'A' Division, which also covers areas including Elgin, Fraserburgh, Ellon, Aberdeen City, Stonehaven, Banchory, Braemar and Inverurie.

You can request to work in A Division if you are a successful applicant and currently that is where you would be stationed.

Drop me an Email should you want to discuss this further, I would be delighted if even only one person joined from our area as I leave on the back of this item.

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**PC Steve Middleton**



## SKENE SINGERS

After a very successful Open Evening in June followed by a well-earned break, the Choir will re-commence on Tuesday 4th September at 7.30pm in the Back Hall of Trinity Church.

We would love to add to our Alto section in particular, plus recruit some more men to our group. Please come along to our next rehearsal to find out more. The ability to read music is NOT essential.

Also, we are looking for opportunities to perform at events, etc., and would be willing to provide entertainment to any group or organisation.

Further details from Christine Thomson, Tel. 01224 746743.



## Westhill Golf Club

Recently I heard that this was the driest spell we have had to endure for 42 years. Nevertheless I enjoyed it like everyone else but there were some concerns regarding areas on the golf course as the constant searing temperatures made the grass somewhat stressed. Through the hard work of our greenkeepers and ably assisted by our Club Captain, the greens were watered daily along with an application of a wetting agent. When applied, the wetting agent retains moisture in the ground and helps the grass survive. You can't beat Mother Nature's own watering system though and the recent rain helped return the course to its usual green colour and tip top condition.

We had a new addition to the Greens Team in July with the arrival of Matthew Smith. Matthew comes with many years experience, having served as greenkeeper at Newmachar, Craibstone and Murcar. Already in his short time at the club he has shown that he is a valued member to the team and a welcome addition.

Due to the dry conditions the course has played more like a links golf course with a drive or an iron shot going unusually too far!! Scoring has still been tricky, although some of our members have posted some great scores, none more so than Club member Alan Gray who equalled the course record of 67. We are nearing the final stages of the 2018 Club Championship with the finals due to take place in our Annual Super Sunday Club Championship finals afternoon.

We held our "Junior Camp" during the first week of the school summer holidays with around 30 kids attending. The kids had a great week and the nice weather topped it all off. This week was made even more special because we had a hole in one! Twelve year old Ruairidh Smith holed his tee shot at the 2nd hole and celebrated by purchasing a can of Sprite for his playing partner! All the kid's achievements were celebrated at the end of week prize giving attended by proud family members.

Socially our next event is one especially for the ladies where we will host a "Tipsy Tea Party". This will be held on the afternoon of Saturday 15th September between 2-6pm. An afternoon of fun, home-bakes and, more importantly, Prosecco.....Places are £20pp to include a glass of Prosecco on arrival. Please note this is a members-only event but to enjoy the social calendar memberships are available at £5pp.

So as you read, it's pretty positive at the club with lots of things happening, remember "It's YOUR club on YOUR doorstep".

**George Bruce, Club Manager**



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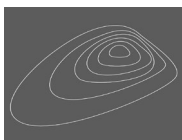


## 1st Skene Girls' Brigade

We will be having an Enrolment/Fun Night in Trinity Church from 6-7.30pm on Monday 27th August for new and existing members. All girls from P1-S6 are welcome.

We take part in a variety of activities during our session, which include preparing for and entering competitions, badgework, craft items, physical educational and spiritual items. We also have outings to the Inverurie Panto, Bowling, etc., which we all look forward to.

Any further information required please come along on the night or call myself, **Fiona Cumming (Captain)** on **07792 471199**.



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

**\*\*If we need to contact please make sure we have your up-to-date/best contact number\*\***

### CHECK OUT OUR WEBSITE [skenemedicalgroup.co.uk](http://skenemedicalgroup.co.uk)

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.

### Go on-line to make a routine appointment or order a repeat prescription!

Interested? Collect a registration form from the Practice – call us on 01224 849400 or email us at [skene.administrator@nhs.net](mailto:skene.administrator@nhs.net) – it couldn't be simpler!

### Mobile Phone Numbers

We aim in the future to send patients reminders or updates via text message. We ask that all patients could ensure that we have an up-to-date mobile phone number for them.



# The Physio says – knowledge is power

I love learning new things, and I love passing on knowledge. I like to teach my patients about their bodies, so that they have a better understanding of their condition. They're more likely to take my advice and do any exercises I give them if they know how and why it will help. We all learn all the time, but not always in a good way. Phobias are a learned behaviour. One experience of being swooped at by a seagull can result in a lifetime of a fear of birds, for example. Fortunately, learned behaviour can be un-learned. The brain is constantly learning and un-learning all sorts of things, which is called plasticity. So if we can use that to make our lives easier, what a great thing it is. A lot of the learning is unconscious. Nobody wants to have a phobia of spiders or birds. But often, to be free of unhelpful behaviour or thoughts, it takes conscious effort.

Learning a new skill also takes conscious effort, like learning to play the piano, or learning to drive. But after lots of practice, these become automatic and unconscious. Top sports people practice a lot, until their movements become unconscious. Having the right attitude of mind is essential too. Tiger Woods is a good example of a sportsman who plays better when he keeps his cool. Once Andy Murray had learned that tantrums on the tennis court weren't helpful, he started to win more matches. Staying calm and focussed is how to make it to the top, whether you're in sports or a concert pianist.

I would like everyone to know more about how pain works. It can be categorised into two types, acute pain and chronic pain. Acute pain is usually short-lived and helpful. It makes you change your behaviour in a way that helps you get over whatever is causing it, in the shortest time possible. For example if you trip and break your ankle, pain stops you walking on it until it heals, or until soon after the plaster cast is on.

Chronic pain lasts a long time, longer than is useful, beyond any healing time, so it's unhelpful. The most common example is chronic low back pain. Scans and X-Rays may show no reason for the pain, yet that pain can be debilitating. Unhelpful pain is a learned behaviour, usually unconscious, so the sufferer mustn't be blamed or accused of malingering. Pain is an output of the brain, and it's 'volume' is increased or decreased in response to our thoughts, past experiences, stress levels, and all sorts of other things. This can be true even when there is a serious injury. But if there's no injury or reason for the pain, then simply being reassured that you don't have a serious illness and you will get better, can have the effect of reducing the volume. To conclude this brief summary of pain, here's my new mantra, borrowed from two Australian colleagues I admire: 'know pain, know gain'. Sound familiar? The new spelling changes the meaning altogether. If you understand how pain works, you can help yourself by un-learning unhelpful pain, with so much to gain.

Here's a two and a half minute video to start learning about chronic pain:

<https://www.youtube.com/watch?v=jlwn9rC3rOI>

**Heather Wood, Chartered Physiotherapist**

Tel. 01224 742139

[www.heatherwoodphysio.com](http://www.heatherwoodphysio.com)

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## WESTHILL MUSIC

Westhill Music continues to discover new ways of making music – Scottish Reels played in a jazz style, Blues music in all sorts of tempo; Classical in sing song, etc. Why not? There is so much to explore. If you fancy breaking new ground, why not come along to the Community Centre at Westhill Academy, on Wednesday evenings, 7.00pm to 9.30pm. Contact Brian Priestley at [westhillmusic@hotmail.com](mailto:westhillmusic@hotmail.com) for further details, and to ensure that we have music for your instrument.



## Westhill Tennis Club

The tennis courts at Denman Park have been busy over the last few months as local players have made the most of the long, hot summer.

The extended dry spell has seen coaching, club nights, league matches and general play all going on featuring players of all ages and abilities.

Our men's and ladies' teams have almost concluded their NESLTA summer league seasons while the local social leagues are now underway, which offer our members match play in a less competitive setting. If you are interested in playing in either competitive or social matches please get in contact (details below).

The winner of our top prize at our Westhill Gala raffle – a shirt signed by Andy Murray and Roger Federer – was Kristine Craig. Several other prizes were awarded and thanks to everyone who took part and contributed towards the competition. The draw was conducted at our Annual Open Day which saw a fantastic turnout from youngsters hoping to be a future Wimbledon champion!

Several of our members were lucky enough to catch some of the action at Wimbledon, courtesy of winning tickets through our ballot system. If watching the championships has inspired you to play tennis, membership is open to anyone.

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 2pm
- 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 2018/19 memberships run from the 1st April 2018–31st March 2019 but we welcome membership applications at any time with discounted rates. 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).*

If the better weather has got you interested but you aren't interested in full membership, you can access the courts through our 'Pay and Play' system.

Members of the public are welcome to book and pay for a court through our online booking system and then access the courts by collecting a key from Costa Coffee. More information can be found at: [www.clubspark.lta.org.uk/westhillLawnTennisClub/Booking](http://www.clubspark.lta.org.uk/westhillLawnTennisClub/Booking).

### Contact

Email: [westhilltennisclub@outlook.com](mailto:westhilltennisclub@outlook.com)

Facebook: [www.facebook.com/westhilltennisclub](https://www.facebook.com/westhilltennisclub)

Website: [www.clubspark.lta.org.uk/WesthillLawnTennisClub](http://www.clubspark.lta.org.uk/WesthillLawnTennisClub)

In person: Monday evenings from 7pm (Adult Club Night)

Coaching: Vikki Paterson [vikkipaterson@hotmail.com](mailto:vikkipaterson@hotmail.com)





**WESTHILL  
COMMUNITY  
CHURCH**

**WELCOME!**



## 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](mailto:office@westhillcommunitychurch.org)

For room hire call the Church Office

or email: [bookings@westhillcommunitychurch.org](mailto:bookings@westhillcommunitychurch.org)



## CARE IN THE COMMUNITY

Westhill Community Church have launched 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 [foodbank@westhillcommunitychurch.org](mailto:foodbank@westhillcommunitychurch.org).

## Craft Fair

**Saturday 8th September**

**10am–3pm**

**[www.facebook.com/  
rightonyourdoorstepevents/](https://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 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.

## Alpha Course

Alpha is an amazing way to explore faith, ask questions, meet new people and eat some wonderful food. If you are interested in coming along our next course will be running in October. Please sign up via the website or email [daniel.ferguson@westhillcommunitychurch.org](mailto:daniel.ferguson@westhillcommunitychurch.org). The main way people come along to Alpha is by invitation from a friend, so please do invite a friend along and come with them!

## Room Hires

We have various different rooms that can be hired out for meetings, parties, etc., (every day apart from a Sunday). Please look on our website [www.westhillcommunitychurch.org](http://www.westhillcommunitychurch.org) for more details.

## The Rector Ian

Please do contact Ian for baptisms/christenings, weddings or any pastoral matters that concern you. He is more than happy to visit for a chat. 01224 740007 [ian.ferguson@westhillcommunitychurch.org](mailto:ian.ferguson@westhillcommunitychurch.org).

## The Critter Keeper

Come and meet the critter keeper and his amazing critter crew on Saturday 6th October in a fun filled educational workshop for the whole family. This is a ticket only event and numbers are limited so please contact the critter keeper for further info or ticket purchase. Please contact 07832 102343.

## PAM DIGNAN DANCERS

### ANNUAL CONCERT – ASHDALE HALL, WESTHILL

**Saturday 15th September (evening) and Sunday 16th September (afternoon)**

**Tickets will be on sale at the Ashdale Hall from 9th September**

Classes start on Saturday 18th August.

Pam has been teaching dancing in Westhill for 39 years. Her dancers entertain at Care Homes, Galas, Burn's Suppers and Corporate Events and some of her pupils who started dancing at 3 years of age have passed their Teachers exam and are still with Pam and dancing at these events.

Fortunately Pam has no intention of hanging up her dancing pumps in the near future. Details of classes provided are on page 11.



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Tel: 07854 601033

Email: [sally.lowe@musicalsteps.co.uk](mailto:sally.lowe@musicalsteps.co.uk)

Facebook: Musical Steps Westhill

[www.musicalsteps.co.uk](http://www.musicalsteps.co.uk)



## Do you have enough Zinc in your diet?

Have you been following nutrition advice to cut down on red meat and eat more fruit and vegetables? Or are you vegetarian/vegan and eat no meat at all?

Zinc is an important micronutrient and is required for the proper structure and function of proteins in the body. A lack of zinc in the diet can have a negative effect on health including suppressing the immune system (making you more susceptible to colds and infections), it has an effect on men's health (in the production of healthy sperm, and predisposing the prostate gland to infection), and helps maintain the integrity of the skin (so is used in treatment of nappy rash, dry skin, acne, etc.). Zinc may also influence chronic diseases such as heart disease.

Health experts advise eating less red meat and more fruit and veg, but most zinc in the diet comes from red meat so some groups of the population are at risk of zinc deficiency, especially vegans, vegetarians, low income families and the elderly.

Scientists at the Rowett Institute in Aberdeen, in collaboration with the James Hutton Institute are trying out a new way to improve zinc nutrition without altering peoples eating habits by biofortifying potatoes with zinc using normal farming methods. Potatoes are not only widely eaten throughout the world, being relatively cheap they are accessible to most people and they could be utilised by everyone including vegans and vegetarians to improve their zinc status.

For more information or to enquire about taking part in the study please contact [m.j.gordon@abdn.ac.uk](mailto:m.j.gordon@abdn.ac.uk) or see advert on page 52.



### Duke of Edinburgh's Award

#### WESTHILL OPEN AWARD GROUP

Contact Katie, Paul and the team of volunteers at  
[WesthillDoE@aol.co.uk](mailto:WesthillDoE@aol.co.uk) or look online at [www.WesthillDoE.co.uk](http://www.WesthillDoE.co.uk)

CONGRATULATIONS to our latest Silver Award (Lori Weaver, Janek Walicki) and Gold Award (Nicole Anderson, Rachael Morrison) completions. Here is a wonderful photo taken at this Summer's Gold Award presentations at Holyrood Palace (l-r Kathryn Blance, Daniel Bellarby, Rebecca and Andrew Mason, Lloyd Roughton, Jack and Abbie Strachan with Rebecca Lowson in between).

Thanks to Dave Anderson our website is undergoing a revamp so hopefully back online soon at [WesthillDoE.co.uk](http://WesthillDoE.co.uk). Thanks also to Westhill & Elrick Community Council for the latest donation from Westhill Bulletin surplus. As has become usual, we used the funds to support our Gold Award participants to gain Outdoor Pursuits First Aid qualifications. **Remember, if you have STARTED YOUR AWARD and need help to finish it, contact: [WesthillDoE@aol.co.uk](mailto:WesthillDoE@aol.co.uk)**







## Westhill Walkers

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

What an incredible summer we have been having. It has been very much a case of T-shirts, sun cream and water rather than the usual woollies, waterproofs and hot drinks for Westhill Walkers this summer.

We have had a couple of nocturnal adventures recently with a group climbing Meikle Pap by Lochnagar to watch the sun rise one weekend and an overnight camp in Glen Ey on another. Lots of photos of these events and our walks on our Facebook page.

We had a great weekend at Craignure Hostel in Mull in May and are heading for the Highland Hotel in Strathpeffer in September. This year also sees our thirtieth anniversary and we plan to celebrate with a dinner in October. Members past and present are all very welcome – more details later.

We meet on alternate Sundays and in summer we have a choice of walks on most days to cater for a wider range of abilities. In addition to our walks we have a variety of social events throughout the year and several weekends away to give us the opportunity to walk in new areas.

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](http://westhillwalkers.wordpress.com) or contact **Tony (01224 740505)** or **Lin (01224 740165)**.

<b><i>Some forthcoming walks/social events – please join us and be sure of a very warm welcome. More details on the web page.</i></b>	
<b>Sunday 2nd Sep 08.00</b>	<b><i>Keiloch/Slugain Secret Howff 16km</i></b> <i>An opportunity to visit a secret howff (if you can find it) hidden in Gleann-an-t-Slugain, sometimes known as the fairy glen.</i>
<b>Sunday 16th Sep 08.00</b>	<b><i>Corgarff Circular 13km</i></b> <i>An ascent of Carn Mor, Carn Meadhonach, Camock Hill and Carn Leac Saighdeir returning via the Old Military Road.</i>
<b>Sunday 30th Sep 08.30</b>	<b><i>Culblean Hill from Burn o'Vat 16km</i></b> <i>From Burn o'Vat to Raebush then over Culblean Hill and on to the old railway track to the Cambus O' May forest walks.</i>
<b>Sunday 14th Oct 08.30</b>	<b><i>Mona Gowan 12/15km</i></b> <i>A circular walk from Glenfenzie taking in Scraulac, Cairnagour Hill, Mona Gowan and Morven Lodge. There is an option to extend the walk via Lary and Lary Hill.</i>
<b>19th or 20th Oct</b>	<b><i>Thirtieth Anniversary Dinner</i></b> <i>More details later.</i>



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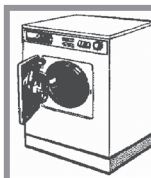
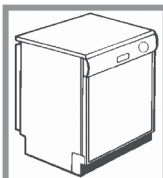
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Our programme up to the summer break has been very busy with some good opportunities for members to improve and try different skills and techniques.

Our main event for the club was hosting the Grampian Eye Competition at RGU in May, we were a credible 6th out of 14 clubs and also had the 2nd placed picture as well. We also managed to raise £1900 for two local charities in the process.

We will have another busy programme for the next few months which includes a lecture by Colin Prior, Scotland's most famous landscape photographer on 27th September.

We still have space for a few more members, we meet every 2nd Thursday at Westhill Community Church, so if you are interested in coming along no matter what level you are, please contact *Bruce.christie@me.com*.



## LIVING WITH MS EXERCISE CLASS

An exercise class for those living with Multiple Sclerosis in the Westhill and surrounding areas has recently been set up by the Aberdeen branch of the MS Society. The class is free and is held every Thursday from 10.30 to 11.30 at Kingswells Church Hall, with time for tea/coffee and a chat afterwards.

It is low impact, and suitable for all levels, including wheelchair users. The class is run by a qualified physiotherapist and participants progress round 12 exercise stations aimed at increasing strength and improving balance, working to a level suitable for each individual as assessed by the physiotherapist. The session is set to music for an enjoyable workout.

There are still spaces available, so if you or anyone you know is interested in attending please Tel 07704 260905 or email [Aberdeen@mssociety.org.uk](mailto:Aberdeen@mssociety.org.uk).





## WESTHILL AND DISTRICT MEN'S SHED

*make friends, share interests and help our community*

### What's Happening at the Shed?

The Shed has remained very busy throughout the summer. As well as repairing and servicing lawnmowers, strimmers, and other gardening tools, our engineers have also had an influx of larger repair projects, including ride-on mowers and golf buggies. There has also been a steady stream of projects for community groups and local residents, including benches and planters (see picture). We were lucky to have such a lovely day for the Gala, and our stand was well attended throughout; thanks to all who dropped by.

### Shed Extension

Having received planning permission for our extension, and raised the necessary funds, we are now seeking quotes for the work. The extension is an important aspect of the ongoing development of the Shed; it will significantly increase the size of our workshop, a necessity given our steadily increasing membership and visitor numbers, and enable us to practice new skills, such as welding.



*One of our recent projects, planters and a table for the children at Elrick Primary School.*

### She Shed

This coming autumn, we will be running weekly She Shed sessions where all women over the age of 18 can learn DIY skills. These sessions are overseen by experienced supervisors, and we aim for a welcoming, relaxed, and fun atmosphere, with training adjusted according to your previous experience. So, whether you are looking to learn from scratch or polish up existing skills, the She Shed is for you. The first session is 6-8pm on Monday 27th August. If you would like further information on the forthcoming sessions, please message our contact email address.

### Raffle

Thanks to everyone who bought tickets for our latest raffle, and congratulations to all prize winners. Alistair, the man behind the raffle, worked tirelessly sourcing prizes and organising the delivery of tickets to every house in Westhill, and raised over £2000 to keep the Shed up and running.

### Scottish Sheds

We opened our doors in February 2013, the first shed in Scotland. In the intervening period we have advised an incredible 50+ Shed groups from all corners of Scotland (and over a dozen from England, Wales, Canada and the USA), with many travelling to visit us and see a Shed in action. We in turn have enjoyed visits to other sheds as they have opened, and congratulate all on their achievements. With many hurdles to overcome, opening a Shed is no easy task. While each Shed is unique, in terms of the facilities available and the activities engaged in, all share the common goal of benefiting local men, and ultimately the whole community. The Scottish Shed 'movement' is only a little over five years old, so it's great to see that this much-needed idea has already established a firm foothold in the country.

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, have a coffee and look around? 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](http://www.westhillmensshed.co.uk)**

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# Adult Learning

## Community Learning and Development

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- Supporting improved employability
- Developing knowledge, skills, confidence and resilience
- Supporting participation in local communities
- Supporting parents to achieve the best outcomes for their children
- Supporting achievement of accredited learning e.g. SQA qualifications

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|---|--------------------------|
| Reading and writing                                 | <input type="checkbox"/> |
| Speaking and listening                              | <input type="checkbox"/> |
| Using numbers confidently                           | <input type="checkbox"/> |
| Learning English (for Non-Native Speakers)          | <input type="checkbox"/> |
| Learning to use a computer                          | <input type="checkbox"/> |
| Getting certificates and qualifications             | <input type="checkbox"/> |
| Getting ready for college, training or volunteering | <input type="checkbox"/> |
| Helping your children learn                         | <input type="checkbox"/> |
| Improving your confidence and wellbeing             | <input type="checkbox"/> |
| Get ready to apply for work or change jobs          | <input type="checkbox"/> |

Please provide your contact details below. We will be in touch to discuss learning opportunities.

Name .....

Address .....


Phone Number .....

Email .....

You can return this form to Westhill Community Centre, Hay's Way, Westhill AB32 6XZ  
Tel No: 01224 740089 or email [ann.bothwell@aberdeenshire.gov.uk](mailto:ann.bothwell@aberdeenshire.gov.uk)

This information will be processed in accordance with the CLD Adult Learning courses privacy notice.





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## Rotary Out and About

What a glorious summer we have had. Summer signals the end of the Rotary year and the beginning of a new one.

We marked the end of the year with a truly successful Gala. Working together with our friends in Round Table, Tangent, 41 Club, and with support from our partners and many of the other organisations around the community, Gala week brought out the fun spirit in Westhill. On Gala day the sun was out to shine on the many stalls and activities and all of the Rotary sideshow stalls and our partners' tin tombola were busy the whole afternoon. You may also have noticed we were joined by First Responders and St. Johns who were giving demonstration and instruction on CPR. As a result of the great fundraising done at Gala you will shortly see a public access defibrillator installed in Westhill by St. Johns, so keep your eyes open around the shopping centre and for more publicity on this.

On Gala day we were also collecting for our Bikes for Africa appeal and we owe a good vote of thanks to the residents of Westhill who gave us fantastic support for this initiative. Over three weekends in excess of 60 old bikes were donated and these have now been refurbished and are on their way to Africa, where they will help support those who need this transport to ease their daily work and life.

Other recent out and about activities have seen us providing help at the Westhill Bike Ride, The 10K & Fun Run, Echt Show and Aboyne Highland Games. We also enjoyed a fulfilling day supporting the Rotary Kids Out event when over 500 children with additional-support needs from local Primary Schools enjoyed a great range of activities at SRUC Craibstone. The activities included horse riding, face painting, pony-and-trap ride and train rides and the opportunity to climb inside the cabin of a fire engine and police car.

As mentioned earlier, our Rotary year is transitioning and we say thank you to our Past President Moira Gordon for guiding us through a very fruitful and positive year. Taking over the helm for the new year is President Les May, who we see here with his Vice Presidents David Jackson and Roy Mitchell.



As we go to print the new leadership team is busy sorting out the plans for our year ahead which will include many of our favourite events from all the young people's events such as quizzes, Young Musician, Adventures in Tourism and RYLA (Rotary Young Leadership Awards) through to the Senior Citizens Christmas Party. There will also be some much-loved returning events such as Last Night of the Proms and an Indian Curry and Culture Night. You will also see us out and about with the Funfair stalls, hanging baskets and much more. Not only this but we intend to spark up the year with a few new initiatives and there will be more on this in future editions of the Bulletin.



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## LAWSONDALE'S NEW 3G FOOTBALL PITCH OPENS FOR BUSINESS



After 5 years of planning and a year of construction work the new, FIFA approved, 3G artificial football pitch at Lawsondale Westhill is ready for use. Its construction has been funded and organised by Westdyke Community Club and Lawsondale Sports Centre Trust with assistance from **sportscotland** and Aberdeenshire Council, as well as our much appreciated sponsor Nicol of Skene.



The pitch is further evidence of Westdyke CC's commitment to strengthening its position as a premier centre for football development in the North East.

The pitch is available at very attractive rates for use by Community Groups – including schools, charities, disability and senior citizen groups – during weekday mornings and afternoons.

We are also offering 5 or 6-a-side lets between 12.00 and 2.00pm on weekdays. The playing areas for these small sided games are a third of a pitch (50m by 33m) with purpose-built goals. 5 or 6-a-side lets can be booked in 60 minute slots on a 'one-off' basis, subject to availability. Alternatively, users can have a 'regular block booking'. The pitch hire rates are very competitive compared to similar local facilities.

Our male and female changing facilities offer changing and showering in a friendly and secure environment with direct access to the pitches. Lawsondale also has plenty of parking spaces.

The pitch is to be run by Lawsondale Sports Club Ltd which is affiliated to Westdyke Community Club. Enquiries about booking availability and rates of hire, as well as pitch-side advertising opportunities, should be directed to [info@lawsondalesportsclub.co.uk](mailto:info@lawsondalesportsclub.co.uk).

---

### 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 £15 per day for 1 to 2 days, then £5 per day for each additional day, or £45 for one week. Transportation available at £10 each way.

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



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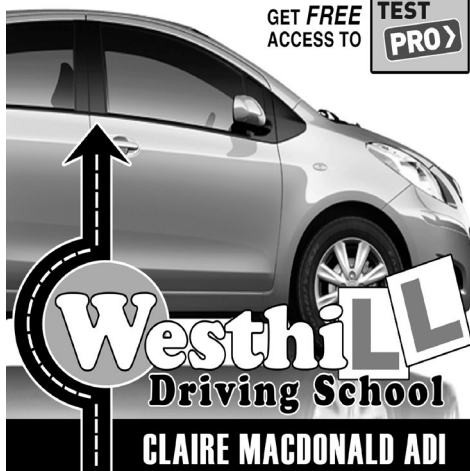
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## Kindergym

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**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**

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Church of Scotland Minister .. 01224 745955

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Golf Club (Pro)..... 01224 740159

Girls' Brigade, 1st Skene ..... 07792 471199

Girl Guides..... 01224 747741

Lawsondale Pavilion..... 01224 742836

Library..... 01224 472871

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Childcare Info ..... 0800 2983330

Kindergym ..... 01224 740089

### **Mother & Toddlers Groups**

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### **Playgroups**

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Skene ..... 07789 871601

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