

Westhill Bulletin

Autumn 2019
Issue 159



Hillside Road, Westhill

Photo courtesy of Heather Wood

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



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CONTENTS

Message from Garioch Area Manager.....	2	Ashdale Hall	71
History of Westhill Part 3	3	Police Report	72
Library News.....	4	Golf Club.....	73
Gardening Club	5	Boys Brigade	74
Gateway Sculpture	5	Skene Medical Group – Patient Info.....	75
Cllr Iris Walker	8	Westhill Walkers	76
Cllr Ron McKail.....	9	Men's Shed.....	79
Cllr Alistair McKelvie.....	11	Scouting.....	80
Cllr David Aitchison	12	Open Award Group D of E.....	81
Bill's Gardening Corner	14	Photography Club.....	81
Milne Hall, Kirkton of Skene	14	Rotary Club.....	82
Citizens Advice Bureau	15	The Physio says	83
Donations from the Community Council.....	16	Westhill Bowling Club	88
First Responders	16	Senior Citizens Club.....	89
Litter in Westhill	19	Westhill Buddies.....	89
Tennis Club.....	20	Aberdeen West Astronomy Group.....	90
Girl Guiding	25	Westhill Choi Kwang Do.....	90
Amateur Swimming Club	26	Breastfeeding Support for Local Families.....	91
Macmillan Cancer Support	26	Community Church.....	92
WECC Environment Group	27	Girls Brigade	93
Attendance Allowance	29	Community Sport & Leisure Hub	94
Health and Social Care Team.....	29		
Skene Parish Church.....	30		

See also Notices list on the next page and
Adverts Index on page 100

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 **Monday 28th October**, for distribution in the last week of November.

All contributions or enquiries should be emailed to:
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.

2019 advertising rates:

Black & white – 1/4 page £37, 1/2 page £60, full page £115
Colour – Centre pages – 1/4 page £60, 1/2 page £110, full page £190

Colour – Inside covers £210, back page £240

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

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

BULLETIN DELIVERY

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

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

NOTICES

Westhill Walking to Health	6	Adult Badminton	70
Household Waste & Recycling Centre	7	Art of Paper Class	70
Library Opening Times	7	Drawing & Painting Class	70
Lions Club Book Sales	7	Indian Cookery	70
Westhill Service Point	7	Banking Services in Westhill	72
Young Drivers Pass Plus Course Grant	10	Scaffold Tower Hire	88
Ashdale Hall Bingo Night	27	Westdyke Leisure Centre	98
Children's Activities at Community Centre	68	Useful Numbers	99
P1 and P2-3 Football	68		

MESSAGE FROM GARIOCH AREA MANAGER

Dear Resident

As Aberdeenshire Councils Area Manager for Garioch it has been my pleasure now to work with several community organisations across Garioch but especially in Westhill.

Community Councils are an important feature of community life across Aberdeenshire and as the most local tier of elected representation play a vitally important role in local democracy. The Community Council is a voluntary organisation set up by statute by the Local Authority and run by residents to act on behalf of the area.

Community Councils have a statutory right to be consulted on planning applications and some licensing matters that affect its Community Council area or the adjoining area. However, in recent months Westhill and Elrick Community Council have lost their statutory rights and are currently operating as a Steering Group.

As Steering Group Chair my role has been to provide support to the members of the group to develop an improvement plan which will allow the Community Council to once again become fully operational over the next few months.

I am confident that the steering group has the ability to improve and regain its full status and look forward to once again working with a Community Council which has the ability not only to represent the views of the community to the Local Authority, but to facilitate a wide range of activities which promote the well-being of Westhill.

Community Councils are one of the strongest means of becoming involved with your local area.

Upon its reinstatement I would encourage everyone to consider becoming a member of Westhill and Elrick Community Council. Community Councillors are people who care about their community and want to make it a better place to live. All members play an important part by thinking creatively about what they can do together to improve the lives of residents.

If you would like to find out more about the role of Community Councillor or would like further information on the work of the Westhill and Elrick Steering Group please get in touch via garioch@aberdeenshire.gov.uk.

Margaret-Jane Cardno
Area Manager (Garioch)

HISTORY OF WESTHILL PART 3 – DEVELOPMENTS SINCE 2000

On 11th May 2019 the sculpture to commemorate 50 years since the start of Westhill being developed into a small town was unveiled. In the Bulletin this year we are publishing a series of brief articles on that 50 years of history. The Spring issue covered the 1960s and 70s, the Summer issue covered the 1980s and 90s and this is the concluding part covering developments since 2000.



As Westhill and Elrick entered the new millennium it was about to undergo dramatic industrial expansion. Land to the south became home to oil service companies – in particular those specialising in subsea work. Arnhall Business Park was occupied by the likes of Bibby Offshore, Subsea 7, Technip UK and Schlumberger. Street names such as Discovery Drive and Prospect Road reflected the pioneering spirit.

New housing continued to appear. Elrick extended westwards as sites next to Carnie Woods and north of Broadstraik Road at Broadshade were developed.

With the growth of the town and its business parks came new shops and restaurants. Tesco, Marks & Spencer, Aldi arrived within a few years of each other, combining with Costco to make Westhill a regional shopping destination. Restaurants appeared to the west side of the shopping centre. The Westhill Hotel was totalled redeveloped and re-opened in 2006 as Holiday Inn Aberdeen West.

A new larger Health Centre was opened near the Tesco store in 2005.

Denman Park was given a makeover, with the addition of new paths, a section of wild meadow, public artwork, and even outdoor gym equipment. Pedestrian crossings were installed on Westhill Drive and Old Skene Road.

The Westhill & District Residents Association, which had been running since 1972, was re-formed as the Westhill & Elrick Community Council in 2008. This gave the group more statutory rights on consultation, etc.

The library was incorporated into Westhill Primary School in 2011 and the old library building behind the swimming pool was taken over by the Westhill & District Men's Shed via a Community Asset Transfer. It was the first Men's Shed to open in Scotland and has spawned many others.

The Westhill Episcopal Church built a new church on land at Broadshade Farm in 2013 and named it Westhill Community Church. It includes a café and meeting rooms for hire.

In 2015 the Westhill Shopping Centre was revamped with extra parking and units, which drew tenants like Home Bargains and Costa.

House-building at Broadshade was completed in 2016 and that signalled the end of major housing developments in the Westhill area. The population has risen to around 12000. Major improvements to the roads system around Westhill are likely to be required before plans for any further expansion are approved.

The opening of the long-awaited AWPR road in December 2018 is having the expected impact of increasing traffic on the A944. Another project that will impact Westhill is the new stadium and training pitches for Aberdeen Football Club at the large Kingsford site beside the A944 in Aberdeen City. The site extends right up to the boundary with Westhill. The training pitches and pavilion are nearing completion and the stadium will follow in the next couple of years. Opinions on this project were divided within the community but some residents will appreciate the community facilities that will be provided.

Westhill Library News

Westhill Library has been extremely busy over the summer holidays. Lots of children have visited to participate in the craft, Lego and storytelling sessions. The children have also been busy reading and/or listening to audio books to complete the Aberdeenshire Libraries Summer Reading Challenge.

Did you go on a Bear Hunt over the summer holidays? Well done to all our intrepid bear hunters who managed to find the six knitted bears hidden around Westhill. Our bears, along with the other 210 bears knitted by the Knit and Natter groups of libraries in Aberdeenshire, will soon be presented to the Emergency Services for use as Trauma Teddies. A very well done to all our knitters too!

Have you looked at the new website <https://livelifeaberdeenshire.org.uk/libraries> yet? In the next few editions of the bulletin we will highlight areas we think might be of particular interest.

If you click on the Digital Library link you can access

- Online Databases (access online reference sources including encyclopaedias, biographies and dictionaries, family history and theory test pro)
- Freegal music (download and stream music for free)
- Press Reader (to see your favourite newspaper, register on the library website and then download the Press Reader app)
- Overdrive (download E-Books and E-Audiobooks for free)
- RB Digital (download and keep your magazines for as long as you wish and there is also an additional service now available to Library members, access to over 230 audiobooks, authors include Michael Morpurgo, Terry Pratchett and David Walliams, it is all free (as with the magazine collection). You just need to be a Library Member.

During September and October we will have a display by local handloom weaver Sheila Oakeshott (Kelly). We will be showing a selection of her work and some of the tools and yarns used in the weaving of her stoles and scarves.

Are you a collector of small artefacts? Perhaps model cars, or planes...would you like to display your collection? If so, please contact us at the Library as we now have a display case.

The new theme for the pop up museum exhibition is Bottles.

Do you enjoy a game of Scrabble? Our Scrabble club meets on Monday mornings between 10.30 and 12.00. Come along and test your word skills at our friendly, free sessions.

We are now a NHS Hearing Aid Battery Collection Point and hold a stock of NHS hearing aid batteries for NHS patients. To get your batteries all you need to do is bring along your NHS hearing aid leaflet as evidence you are entitled to this free service.

For details of upcoming events please come in and see us or phone us on 01224 472871, check Westhill Library Facebook page or [www.livelifeaberdeenshire.org.uk/libraries](https://livelifeaberdeenshire.org.uk/libraries).

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:

18th September – Our speaker will be Bill Diack who will give us a talk on Aberdeen History and its People.

16th October – Elaine Lindsay from Something Corny will be talking about and demonstrating Straw Work and Corn Dollies

21st October – Newmachar Garden Club will be hosting the annual Inter-Club Garden Quiz

20th November – Chris Wardle from NTS will give a talk on Garden & Landscape Projects and will also judge the Members Annual Photographic Competition

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.



Gateway Sculpture

I am very happy to report that the Gateway Sculpture is now complete, including the landscaping and solar lighting. The unveiling on Saturday 11th May was a well-attended and fun event. Local resident, Sheila Kelly who lives in the oldest house in Westhill, did the honours of cutting the ribbon and former Councillor Ian Walker was our Master of Ceremonies.

Prizes for our Children's competition were awarded to Scott Riddoch, Austin Wright and Olivia Colvin.

We have some further plans which will include a time capsule and other events to uncover some more history of our area.

Thank you to all local residents and businesses that have helped us with The Gateway Sculpture.

Kate Lumsden, Team Leader,
01224 742212 katelumsden@btinternet.com



*Sheila Kelly
cutting the
ribbon*



Project team (l to r): Kate Lumsden, Audrey Findlay, Holger Lonze (sculptor), Mervyn Barr, David Ritchie, Becky Ferguson

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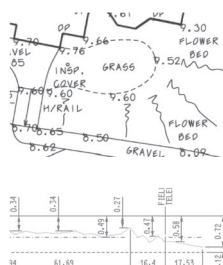
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Oil, Electrical Appliances, Pressurised
Containers, Scrap Metal, Wood,
Hardcore & Rubble**

Opening Hours

Monday to Sunday 9am–4.30pm

Friday 9am–4pm

Late Night Tuesday 4.30pm–7pm

April to September

LIBRARY OPENING TIMES

Monday 10.00 am7.30 pm

Tuesday 10.00 am5.00 pm

Wednesday 1.00 pm7.30 pm

Thursday 10.00 am5.00 pm

Friday 10.00 am5.00 pm

Saturday 10.00 am1.00 pm

**Remember to bring
your Borrowers Card.**

***Westhill Library
Westhill Drive***

01224 472871

**Aberdeenshire
COUNCIL**



Westhill Service Point

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

- **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**
- **Collecting a variety of waste items – food caddies/bags, battery bags and dog waste bags**

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

Westhill and Skene Lions Club

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Councillor Iris Walker (Westhill & District)

Seagulls

Aberdeenshire Council's database reveals that since April 2018, eight official complaints have been received from Ward 13 residents in respect of seagulls. In particular, the Westdyke area seems to have been badly affected. All complaints were investigated and on five occasions the Environmental Health Officer spoke directly to someone who was found to be providing food for the gulls.

With the young birds and most of the parents heading out to sea in early September, this is a good time for householders to take some preventative measures before the birds come back to visit next spring. And they will return – control measures need to be kept up for several years before they get the message! Before winter, think about what you can do now, for example erecting appropriate netting on chimney-heads, flat roofs, etc., fit long spikes to landing areas and chimney stacks and fit short spikes to dormer roofs. Use a simple wire system on a wooden frame in the area the birds normally use. Paint-on or spray-on liquids that create a sticky and irritating surface for the gulls to land is another option to consider – they are also baffled by mirrored or shiny tape and streamers. If tenants suspect gulls have been nesting on their roofs, they should ask their landlord to take preventative action now.

Come Spring, the aim is to make the environment more challenging for seagulls coming back to Westhill to mate, nest and lay eggs. Further seasonal advice will follow in future Bulletins. (With grateful thanks to John Bell, Economic Development & Protective Services Team Manager, Aberdeenshire Council for his input).

Pedestrian Crossing Old Skene Road

I have provided updates many times on progress (or lack of) of the additional pedestrian crossing at the west side of Old Skene Road. Many residents had highlighted the need for a safe crossing with the completion of the Broadshade development intensifying traffic along Old Skene Road. A survey was carried out back in 2016 and the criteria was met for an additional crossing. It has been an uphill struggle since then to get the infrastructure on the ground. At the time of writing, the contract was about to be awarded for carrying out the work. I really hope that my next Bulletin report will be able to close off this issue! Fingers crossed.

Westhill Shopping Centre

An application has been lodged with Aberdeenshire Council for the refurbishment of the existing shopping centre in Westhill which if approved will see removal of existing canopies, creation of new signage zones and associated works. Although the closing date for comments was 28th August, you can keep up with progress on this application (ref APP/2019/1857) and all others on the council's website under "Planning".

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



Councillor Iris Walker – Westhill and District



[iris_tweets](#)

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



Ron McKail, Councillor for Westhill and District

What goes in Which Wheelie Bin?

From discussions I have had with many people in Westhill there is some confusion as to which items are for our blue and which are for our black wheelie bins. Hopefully this article may be helpful.

A disturbing fact for me and I don't doubt for many others is that whilst over 70% of the domestic waste collected in Aberdeenshire is recyclable we only manage to recycle 43% and Westhill recycling targets mirrors that of the Shire. The outcome being that annually some 40,000 tons finishes up in landfill sites which could have been recycled if the right materials had been put in the right bin. Not only is this bad for the environment but the costs for landfilling recyclable materials is costing the council about £4.7 million each year. A point worth reinforcing that this is a cost to us as taxpayers and is money which could be better spent on our children's schools, better support services for the elderly, filling in the potholes or whatever is your priority preference. Waste being dumped in landfill costs twice as much as items being recycled.

What goes in the Blue Bin?

Plastic bottles, pots, tubs and trays.

Metal tins, cans, aerosols and foil (including foil trays).

Paper, newspapers, magazines, card and cardboard.

Cartons (food and drink tetra-paks).

Plastic plant pots.

Household products such as plastic shampoo bottles, margarine tubs, meat and fruit trays (not polystyrene) black plastic items and yogurt pots.

What goes in the Black Bin?

Wrappers, crisp packets.

Cling film, bubble wrap and jiffy bags.

Disposable nappies.

Cat litter and dog poo bags.

Sanitary products and tissues.

Fish & chip boxes (too greasy for recycling).

Polystyrene trays (meat or fruit).

Glittery or metallic wrapping paper and cards.

What goes in the Food Waste Caddy?

Tea bags and coffee grounds.

Out-of-date food including meat and fish (remove packaging).

Plate scrapings and leftovers.

Meal preparation waste (peelings, eggshells, etc.)

What about Batteries?

Put household batteries in the pink battery recycling bags and leave on top of either your recycling or waste bin lid for collection.

What about Glass Items, Clothes and Shoes?

For recycling points the link is www.aberdeenshire.gov.uk/waste/recycling/recycling-point/.

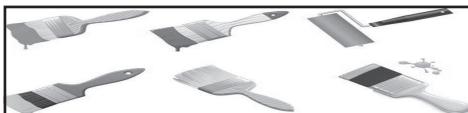
What about Ceramic Plant Pots?

Put these in the rubble skip at the Westdyke recycling centre.

Please contact me if I can be of assistance in following up on your queries. Telephone 01224 742095, email cllr.r.mckail@aberdeenshire.gov.uk.

I am also available at my surgery in Westhill Library on the second Saturday of each month from 1000hrs to 1100hrs.





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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

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Councillor Alistair McKelvie

It has been a busy summer period and Westhill has seen a number of successful events, within our community groups and schools.

Earlier in the summer myself and Cllr McKail I attended the Westhill Scout Group AGM and Fun day at the Scout HQ/Hall. We observed another successful year for Chris Pinnell as Group Scout Leader, and his team of officers and volunteers. It's good to see that demand from families and youngsters wishing to join the group remains high, and that membership numbers continue to grow as a community group who aim to develop the skills and abilities of our young children, in sharing experiences, fund raising, and teambuilding. I applaud the efforts of those who willingly give their time to make our Scout Group a real success story.

Cllr McKail and I also attended Crombie Primary School P7's adaptation of the Disney production of 'Mulan', the story of a young girl taking her father's place, when he was forced into the Emperor's army. We were entertained by an enthusiastic group of pupils singing and acting out the storyline. The role of Mulan, was played by Matangi Sankriti, who confidently led the line, ably supported by a large cast of budding young thespians.

In June, I also attended the Aberdeenshire Youth Orchestra Concert held at Mackie Academy, where an array of talented musicians played Classical and Popular music, to a large audience of parents, professional musicians and fellow pupils. It is encouraging to see so many of our students of various age groups taking part in these events. Many schools across Aberdeenshire were present, and Westhill Academy's Elspeth Macpherson was lead violinist. My congratulations to her on a great performance.

In the last 12-18 months our schools in Westhill have seen a number of new Heads appointed to Westhill, Crombie, and Elrick Primary schools, and of course to Westhill Academy. It is most encouraging to see that these schools are reported to be improving learning and attainment outcomes of our young children. I would particularly like to note the attainment levels and successes seen this year at the Academy. Mrs Reid, with her management team and dedicated teachers in the school, have supported pupils throughout a very difficult period, whilst managing at the same time to raise attainment levels. Aberdeenshire Head of Education, singled out Westhill's achievements in his comments to the Press, as "having a performance which was particularly strong across all measures". This he said, was in the face of difficult circumstances, for both pupils and staff.

Finally, there has been a number of house break-ins, burglaries, and car thefts recently in our town. While we in Westhill enjoy a relatively crime free environment, we may be guilty of being a little complacent at times, when it comes to securing our homes, or locking away our assets. So please adhere to the Police advice and ensure you lock up, and take precautions to protect your assets. If not you might become the next victim of either opportunist or random thefts. Report any suspicious activities to Police Scotland (Tel 101) for urgent calls, or use Crimestoppers 0800 555111.

email Cllr.a.mckelvie@aberdeenshire.gov.uk or telephone 07850 329179

Alistair McKelvie



Councillor David Aitchison

We are all becoming much more aware of the issues which affect our environment. Campaigners are raising the profile of global warming and its potential consequences. Television documentaries like Blue Planet show us the damage which waste can cause in our oceans. Councils have a significant role to play in addressing issues around waste. The future ban, from 1 January 2021, on biodegradable municipal waste going to landfill means recycling rates will have to improve.

The Council is taking steps to meet both current and future obligations. Aberdeenshire's recycling rate is 43.7% but services currently available should allow a rate over 70%. A new kerbside and recycling waste strategy was due to be introduced by the council following a decision made in January. However the necessary funding was subsequently not in place and the strategy had to be reconsidered in May. The new strategy now means that existing bins will be used in a 3-weekly cycle with the non-recyclable waste bin emptied once and the recycling bin twice in 3 weeks.

It is clear that we need to increase recycling rates. Far too much that could be recycled ends up in household waste bins. At the same time, too much that can be recycled ends up being contaminated by unsuitable material which has also been placed in the recycling bins. In purely financial terms the materials which could be recycled and are currently going to landfill are costing the council around £3.5million a year.

I am aware that we can all be uncertain of where to place recyclable materials. In those circumstances help and advice is available on where to dispose of materials, on what can be recycled or not, to request additional bins and for any waste related queries at Wasteline on: <http://bit.ly/WastelineContact>.

I can be consulted at any time by telephone or email on any issue and I also hold surgeries at Westhill Library on the first Wednesday each month from 5.30-6.00pm. The next 3 dates are 4th September, 2nd October and 6th November. Check www.aberdeenshire.gov.uk for a full list of dates.

Councillor David Aitchison

2 Fare Park Circle, Westhill, AB32 6WJ

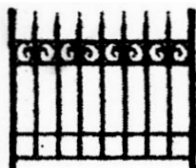
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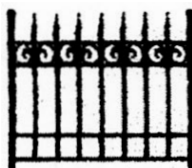
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Milne Hall, Kirkton of Skene

The New Room has recently been formed and is available for booking as a Meeting Room. We want to thank all who helped with funding so far. This is Phase 1 to create the new meeting/multi-function room and the extension and upgrading of the kitchen. Donations are appreciated to continue with 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. See Facebook page for rates. Milne Hall Management Committee is registered as a charity (SC045034).

Help wanted – if you feel you could contribute in looking after and improving the hall, you will be made most welcome. Please contact 01224 742804.

BILL'S GARDENING CORNER – AUTUMN TIME

Time passes so quickly, one minute you are thinking what to plant in the garden and all of a sudden it's full of blooms; now is the chance to take photos for reference in coming planting times.

What has been missing? Pollinators, a distinct lack of bees, hover flies, wasps and such, but in their place slugs and snails; it would seem the weather favoured them. Even the lack of swifts and swallows, lack of the dreaded midge, (could this be climate change?)

Autumn is one of the seasons that still gives great colour pleasure-flowers coming to the end of their blooming, bushes showing off the colour of their berries, trees going into the leaf fall in all their glorious colours. Wonderful!

Now is the time to go out and choose the bulbs you want for autumn planting, there is a great variety out there, enjoy the rest of the season.

Bill Loudon

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FINANCIAL HEALTH CHECK

If you are struggling to make money last or worried about how you will pay your bills, a financial health check can help you ensure you are receiving the money you are entitled to and not overpaying for services. SWACAB provides clients with free, impartial and independent advice and you could access the FHC over the phone or in person. It's not scary, just a confidential chat to see what you might be entitled to, and advice to help you make the most of your money. The advisers will check for you whether you are getting as much income as you possibly could and find ways that you could pay out less each month.

Ways you might be able to save cash:

- Cheaper deals on things like gas and electricity
- Claiming benefits you might not know you are entitled to
- Grants or exemptions you may be entitled to

If you have any money worries, or want to find out if you are missing out money you are entitled to, the advisers will be able to talk you through your options and help you find the best way forward. This service is open to anyone.

UNIVERSAL CREDIT

If you are thinking about claiming Universal Credit for the first time, we can help too. Our trained advisers can guide you through the process, whether you are looking for answers to quick questions or step-by-step support to make your claim. Claiming Universal Credit can involve several stages, and SWACAB is here to make them easier for you. We can help with:

- **Quick questions** – answering queries as you make your own claim
- **Internet access** – giving you internet to help make your claim
- **Support to submit your claim** – setting up email and bank accounts if needed, and working through claim “to-dos”
- **Support to first payment** – helping you apply for additional financial support and prepare for work coach appointments
- **Evidence checking** – making sure all your claim evidence is correct

Thanks to all who supported our stall at Westhill Gala in June at the beginning of the Scams Awareness campaign, which this year aimed to inform young people about online scams and older people about cold-calling and protecting themselves against phone scams.

The Bureau now has a local energy worker, Susan Chisusu, who will assist with choosing and changing your energy provider, billing issues, metering problems and the range of problems associated with your household energy bills, which includes alternative fuels.

Please contact us on 01224 747714 to book your appointment for a Financial Health Check, help with claiming Universal Credit or to arrange a dedicated appointment with Susan.

Westhill & Kingswells First Responders

Westhill & Kingswells Community First Responders have enjoyed this year's season of shows and events. It was great to see and speak to so many people about what we do!



We had a fantastic raffle at Echt Show this year in which we raised over £250 for the group.



We have also been very lucky to have received a generous donation towards the group from Ron Black. Ron suffered a cardiac arrest 12 years ago, with this in mind Ron wished to receive donations for our group in lieu of gifts at his 80th Birthday party. On Monday 5th August the group invited Ron to attend our meeting and tell us his story. As well as handing over his cheque to the group, in thanks to his kindness we presented Ron with a thank you card and small token of our appreciation.

We are constantly looking for new members to join our team. If you have considered volunteering why not consider joining our group. You can contact us for further information via our Facebook page or send us an email on westhillkingswellsr@gmail.com.

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.

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 £29000 has been donated to a wide range of groups.

Applications for donations are normally considered and awarded twice yearly, in May and November, but we did not make any donations in May 2019 due to WECC being in Supported Status and not being allowed to make new financial decisions. (See page 2 for an update on this by the Area Manager).

It is not known at this point when donations can re-start but we are hoping it can be before end of the year.

Donation requests can be sent at any time to the WECC Treasurer by email to treasurerwecc@gmail.com 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.**

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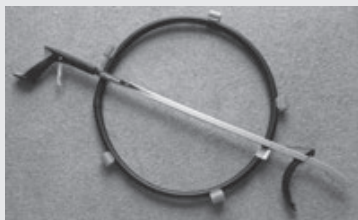
Help us De-Litter Westhill!

Research found that Scots are concerned about litter and see it as a form of anti-social behaviour. Yet there's also a general view that litter is just a temporary problem. Won't someone clear most of it up anyway? Every year Scotland spends at least £46 million cleaning up after our litterers. That's around £20 for each taxpayer. Money well spent? You decide! There's a big education job to be done.

Scotland is a nation obsessed by gum, spending £28.6 million on the sticky stuff every year. The problems start when this gum ends up on our streets – and lots of it does. Used gum is the trickiest type of litter to tackle. If we don't remove it, it'll stay where it is forever. It is estimated that removing each piece costs fifty times the amount it cost to buy.



We could all do better and you can help us make a difference to the appearance of Westhill by joining in one of our Litter Picks. At this point, we must take this opportunity to thank all those who have made the effort and volunteered to join with us recently. The task is not arduous and there is no bending to pick up the dropped litter, as we provide a grabber for each person and a hoop to keep the bag open. We are always looking for new volunteers so please consider joining us to give it a try! We always start at the Westhill Tennis Court Car Park at 10am and pick for only one hour.



The dates for the remaining Litter Picks in 2019 are:

14th September, 19th October, 16th November.

Please come along. We would love to see you!

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

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Westhill Tennis Club

As the summer draws to a close, it's been encouraging to see how busy the tennis courts at Denman Park have been over the last few months.

It was fantastic to see players of all ages and ability turn out for our open day. It is important to note that the club is as open to those who want to try the sport for the first as it is to players with years of experience.

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 club social nights are likely to continue for a few weeks yet.

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 everyone.

Benefits of membership include:

- Free court time for members with online booking sheet
- Social tennis evenings for adults on Mondays and Thursdays from 7pm and 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

If 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.

Contact

Email: westhilltennisclub@outlook.com

Facebook: www.facebook.com/westhilltennisclub

Website: www.clubspark.lta.org.uk/WesthillLawnTennisClub

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

Coaching: Vikki Paterson
vikkipaterson@hotmail.com



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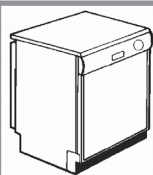
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Events

We are a small group of crafters bringing new and talented makers to the heart of Westhill. Please follow us on

**Facebook @
rightonyourdoorstepevents**
for future craft shopping events.

Dates for your diary....

Saturday 28th September 10am-3pm

Saturday 14th November
evening shopping event 6.30-9pm

Saturday 30th November 10am-3pm

Westhill Community Church,
Old Skene Road, Westhill

Hope to see you there!



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Girlguiding Westhill District

On 2nd June, Rainbows, Brownies, Guides and Rangers (formerly Senior Section) all participated in a District Treasure Hunt, organised by the Rangers as part of their Chief Guide's Challenge award. It was a lovely sunny day and all sections enjoyed hunting for clues around Westhill, setting off from the Ashdale Hall. The afternoon finished with a snack and indoor campfire. Girls were invited to make a donation to take part which raised £234.19 for the Fyvie Guide House refurbishment fund. Thank you to Rangers, Leaders and parents for giving up their Sunday afternoon for this fun activity.



You may have seen in the national media that Girlguiding UK have launched an updated programme for our girls. During this past year, many units have been dipping their toes in the many and varied activities it has to offer, under the themes: Be Well, Know Myself, Express Myself, Have Adventures, Take Action & Skills for my Future. From 15th July, all units will follow this programme and girls of all ages can work towards interest badges, unit meeting activities, skills builders, theme awards and ultimately Gold Awards.

Units enjoyed many end of term activities including cook-outs, Highland games, litter picking, Jump-In and magician visits to name just a few. We look forward to starting off the new term in August/September.

During the last term, we have shared in the successes of the following girls being presented with awards. A huge well done for all the hard work the girls have put in to achieving these awards:

Chief Guide's Challenge: Zoe Reid, 1st Westhill Rangers

Baden Powell Award: Kirsten Hay, Julia Coney, Hannah Dent, Sarah Laing & Evie McCabe, 1st Westhill Guides



The Rangers also organised a pet food and toy collection from units in the District for Mrs Murray's Cat & Dog Home and the SSPCA Drumoak, as part of their Heather Bisset Challenge.

Thanks to our very active 'Friends of Guiding' group and especially outgoing chairperson, Alison Hannah, for all their hard work and generous donations to each unit this summer, following successful fundraising this year so far.

Thanks to Tracey Davidson who has been elected as the new chairperson.

Caroline Gray & Alison Smith, Girlguiding Westhill District Commissioners
westhilldc@gmail.com

Westhill District Amateur Swimming Club

Once again it's been a busy few months for Westhill District ASC. A number of our swimmers have qualified for National events during the season which is a fantastic achievement with many medals awarded. Our higher squad swimmers attended taster sessions for Open Water swimming at Knockburn Loch, much fun was had by all. The club has two swimmers who regularly compete during the Open Water season.

As part of the Westhill Gala Week the club hosted 'Take the Plunge' for local primary school children. It's a fun event for Primary 7 children to be involved in. Thanks to all the parent helpers, supporters and a big well done to all the swimmers that took part. We also held the traditional WDASC Chocolate Stall on Gala Day which is a great fund raiser for the club, however unfortunately this year the weather was not kind to us and we needed to close the stall early.

We have come to the end of another successful swimming season for WDASC and hope that all our swimmers enjoy their well-deserved break.

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

Skene Committee of Macmillan Cancer Support

The Macmillan Walk on Sunday, 26th May raised £360. Thank you to those who braved the very wet afternoon to take part.

A team of 9 people (and two dogs), including committee members and friends took part in the Aberdeen Kiltwalk on Sunday 2nd June. Members walked either 26 mile or 13 mile and raised a total of over £4,600, which will be topped up by the Hunter Foundation money. It was a fabulous day and the team was thrilled to raise so much. Thank you, very much to those who took part and to their sponsors.

The "Fizzy Fly Cup", Prosecco Afternoon Tea held on Saturday 15th June, in Dunecht Village hall, raised £1,873 and was a lovely enjoyable afternoon, likely to be repeated in the future.

The stall at Echt Show on Saturday 14th July raised £400.

Diary dates:

M&S Westhill collection over the weekends in September. Volunteers are required to help with this national collection at M&S stores. If you would like to help, please contact a committee member, or message via our Facebook page.

Coffee Morning Saturday 28th 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. This is part of the "Largest Coffee morning in the world". If you would like to hold your own coffee morning at home, work, etc., please remember the option of sending the money to the local committee. We can then ensure that the money is put to help local cancer patients and their families. Our committee members can give you further information, if you wish.

M&Co Fashion Show on Wednesday 30th October at the Inverurie store. Tickets will be available, nearer the time, from committee members.

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

Kath MacBeath, tel. 01330 860226

Westhill and Elrick Community Council Environment Group

We would like to thank the many residents for their support with the dog fouling initiative.

If you have an ongoing problem we have our "glow in the dark" posters that we can attach to a garden fence in your problem area, please contact email address below if you need help with dog fouling or litter pollution.

We have had meetings with Aberdeenshire Council with a view to the upkeep of the ponds and Arnhall Moss area of Denman Park. Our aim is to make this area as welcoming to children and visitors as we can. I was delighted to meet a family today, grand parents and children with bandy nets having such fun catching all sorts of pond life; it makes the work clearing the dipping area so worthwhile. The children said they had been introduced to nature projects by Allison the Ranger, good work all round.



Thanks to Cllr. Iris Walker and Steve from Aberdeenshire Council for their interest and help.

Ken and Raymond

kennethstewart223@gmail.com

ASHDALE HALL **FUNDRAISING BINGO NIGHT**



Eyes down for

Friday 27th September 2019

7pm for 7:30pm Start

Entrance: £2.50 (includes Tea/Coffee)
Bingo Books £2/book (bought on the night)
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Health and Social Care Team

The Health & Social Care Team at Westhill are based at the Skene Health Centre. We're a team of practitioners working in disciplines that traditionally formed part of either the NHS or Social Work but now work as one team within the Aberdeenshire Health & Social Care Partnership.

Whilst we have always worked closely together, the Aberdeenshire Health & Social Care Partnership was officially formed in early 2017.

The Westhill core team consists of Community Nursing, Care Management, Care at Home, Occupational Therapy and Physiotherapy. We link with colleagues from a wide range of services, such as Community Psychiatric Nursing, Podiatry, Dietetics and Speech and Language Therapy.

We work closely with the medical practice and benefit from all working in the same building.

The Aberdeenshire Health & Social Care Partnership's vision is:

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

Our joint working improves outcomes for people in the Westhill and surrounding area in that we work closely to ensure that the right professional provides the right support at the right time.

We use eligibility criteria to determine who can access our services and, for instance, home visits from Community Nurses and Physiotherapists are only available for people who are unable to get to the surgery because of their health needs.

More information about services is available on the Aberdeenshire Council website under Health and Social Care or you can telephone the Aberdeenshire Council Contact Centre on 03456 08 12 06.

ATTENDANCE ALLOWANCE

Attendance Allowance is a benefit for people over state pension age who need help with personal care or supervision by day or someone to watch over them by night, because of illness or disability.

You could get:

£58.70 per week if you need help during the day or at night.

£87.65 per week if you need help during the day and at night, or you're terminally ill.

These rates apply from April 2019 to April 2020 and is usually paid every 4 weeks.

You can use it in any way you like to meet your needs and stay independent in your own home. The money doesn't have to be spent on a carer.

Claiming Attendance Allowance won't reduce any other income you receive. It's tax-free. If you're awarded Attendance Allowance you may become entitled to other benefits such as Pension Credit, Housing Benefit or Council Tax Reduction, or an increase in these benefits if you're already receiving them.

Attendance Allowance isn't means-tested so it doesn't matter how much income and savings you have.

You can claim Attendance Allowance if you meet all the following criteria:

- Are over State Pension age (if you haven't reached it, you may be eligible for Personal Independent Payment instead)
- Could benefit from help with personal care, such as getting washed or dressed, or supervision, such as getting washed or dressed, or supervision to keep you safe during the day or night.
- Have any type of disability or illness, including sight or hearing impairments, or mental health issues such as dementia
- Have needed help for at least 6 months (if you're terminally ill you can make a claim straight away)

You can't claim Attendance Allowance if you're already getting Personal Independence Payment or Disability Living Allowance.

Get a claim form by calling the Attendance Allowance helpline on **0800 731 0122**.

Skene Parish Church

"The most terrible poverty is loneliness, and the feeling of being unloved."

Mother Teresa



Are you lonely?

We hear much today about the rising problem of loneliness. Despite us being more "connected" than ever before, social isolation is increasingly common. This is not just amongst those who are older. Loneliness can hit at any age. It is now seen to have such a dire impact on our health that it is being referred to as an epidemic.

But there is nothing new under the sun. Throughout the bible we discover an emphasis on relationships and building community. We are made to be in relationship with God, our creator, and with each other. There is a wonderful promise in the psalms – **God sets the lonely in families** – and Jesus commands us to love our neighbours as we love ourselves. God's desire is for us to thrive as human beings and loneliness can stop that happening.

But what can we do to tackle loneliness?

Perhaps one of the simplest things is take time with other people. To be family to those without.

How about:

- Stopping by a neighbour and chatting to them over a cup of tea. Engaging in a conversation with them as well as putting out their bins or taking them to medical appointments.
- Supporting a friend who has just had a baby. Whilst there is a lot for new parents to do in our community, it is very easy for a new mum or dad to feel cut off and overwhelmed by the challenges of family life.
- Encouraging our loved ones to try something different that gets them out of the house and into company like the Men's Shed or Jog Scotland or one of the local walking groups.



One of the greatest joys in the life of our church is our monthly Afternoon Tea Service. Held on the first Wednesday of the month (except August), it is amazing to see people come together to enjoy a time of worship. Old friendships have been rekindled and new friendships have formed. Over a cup of tea and a fine piece, there is much chat. People come alive in the warm and friendly atmosphere. Being an informal service, where you don't have to stand up during the hymns, we've seen folks come for lots reasons. And we are blessed by each person who sits at our tables. **Our next service is on Wednesday 4th September at 2pm at Trinity.**



During the other Wednesdays of the month, our teas run from 2-4pm at Trinity. This is another great opportunity to be amongst folk – catching up on the news, putting the world to rights and devouring delicious home baking. It is great to hear the buzz as you come into the church. **Wednesday Teas start back on 11th September.**

These are just some ways of tackling the poverty of loneliness. You'll no doubt be able to think of more. But can I take this opportunity to invite you to consider coming along on a Wednesday to Trinity and help us in our efforts to draw people together in our community.

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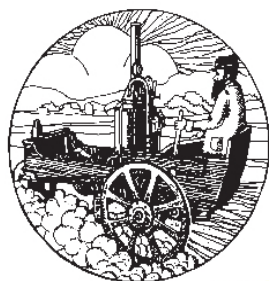
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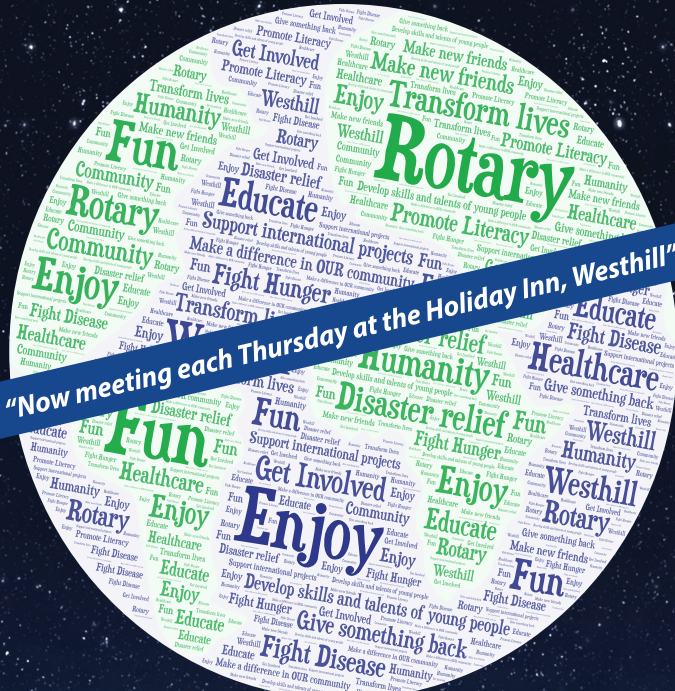
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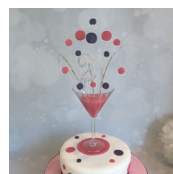


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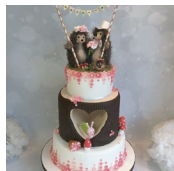
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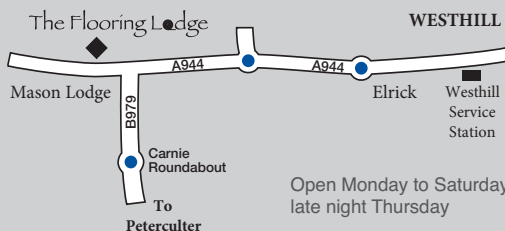
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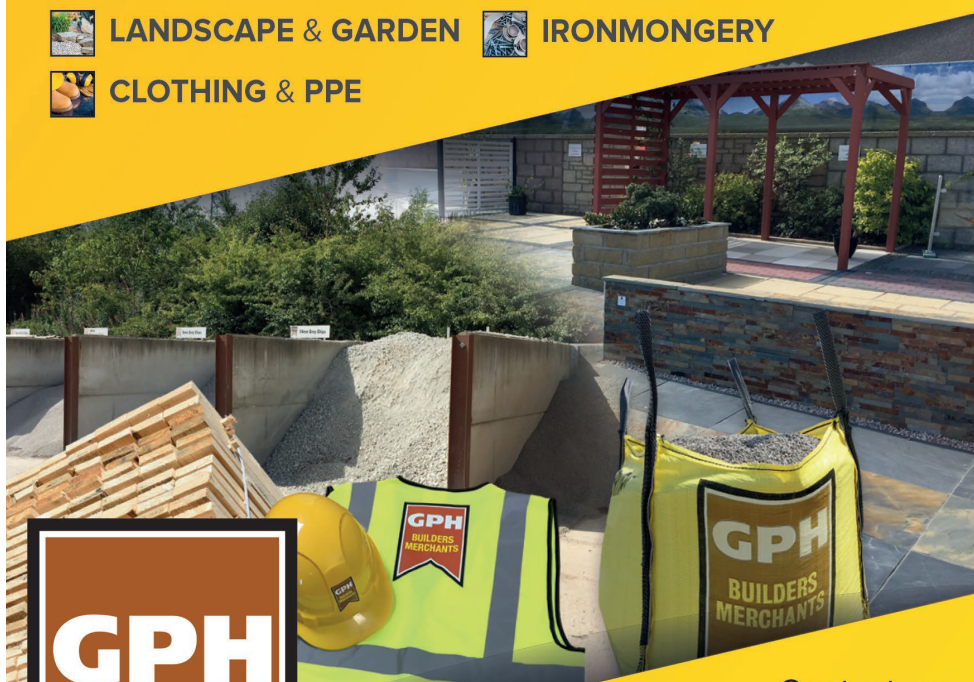
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Camphill Wellbeing Trust is a medical charity which aims to support an extended approach to health and wellbeing.

We offer therapeutic options to address illness, improve resilience and maintain wellbeing.

Our particular expertise includes:

- Learning disabilities, including autism, ADHD
- Children's health: 0-18 years
- Chronic conditions, e.g. ME, stress, allergies
- Mistletoe therapy



To find out more, contact us on: 01224 862008 or by email: admin@cwtf.scot

www.camphillwellbeing.org.uk

Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd
A limited company registered in Scotland No SC120539 Charity No. SC016291
Registered office: St John's, Murtle Estate, Bieldside, Aberdeen AB15 9EP



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If you can help, please get in touch:

Pamela Blue Door Manager: **01224 861830** or
Catherine CWT Administrator: **01224 862008**
admin@cwtf.scot

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



Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd
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CHILDREN'S ACTIVITIES

WESTHILL COMMUNITY CENTRE

Tel 01224 740089/472874 or email westhill.ccc@aberdeenshire.gov.uk

Hip Hop

The trendy, upbeat dance style that is hip-hop. The electronic, crazy style is sure to get you moving around the dance floor like you never have before! Cost £2.80 per session
Monday 6.00-6.45 pm and 6.45-7.30 pm

Badminton

The badminton coaches give children of P4 + the chance to learn an enjoyable lifelong skill playing Badminton. Cost £3.20 per session
Beginners Mondays 6.00-7.00 pm
Improvers Tuesdays 6.00-7.00 pm and Proficient Tuesdays 7.00-8.00 pm
Saturday (all levels) 10.00-11.30 am

P1 and 2/3 Football

Football coaching for boys and girls. If you enjoy football, then you will love this.
Wednesdays - P1 - 6.00-7.00 pm and P2/3 - 7.00-8.00 pm
Cost £3.20 per session

Dance

Boys and girls from P1 + Children learn different dance moves to great music. Each year the children get the opportunity to perform in front of an audience
Cost £2.80 per session
Wednesday - Beginners 6.15-7.00 pm, Intermediate/Advanced: 7.00-7.45 pm
Saturday - Beginners 9.15-10.00 am, Intermediate/Advanced: 10.00-10.45 am

Saturday Drawing and Painting

Fiona teaches P4+ to draw and paint animals and other subjects on a large scale using a variety of materials. Saturday mornings 10.00am-12.00 noon. Cost £6.35 per class

To enrol your child or for further details contact above

liveifeaberdeenshire.org.uk

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P1 Football and P2/3 Football

**Spaces are available at P1 and P2/3
football sessions starting in September**

**Brian provides football coaching for boys and
girls in P1 between 6-7 pm and P2/3
between 7-8 pm on Wednesday evenings.**

If your child enjoys football, they will love this!!

Cost for activities is £3.20 per session paid termly

For further information or to book a place
please contact

**Westhill Community Centre
Tel 01224 740089**

or

email kathleen.moir@aberdeenshire.gov.uk

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Adult Badminton

Venue – Westhill Community Centre

Everyone is catered for from beginners to the more advanced in these two different badminton sessions. Badminton is a great game for all ages, come along and make new friends while getting fitter in a fun relaxed manner.

Adult Badminton classes. This is a new class for beginners and for those just wanting to brush up on their techniques. Bill the coach will cater for everyone. Starting on the 5th September 2019.

Thursday evenings in the Westhill Academy games hall

Time: 6.00 – 7.30 pm

Cost – to be confirmed

For more information or to book a place in the class

Tel 01224 740089/472874 or email westhill.cec@aberdeenshire.gov.uk

Tuesday Adult Badminton Drop In Sessions.

Come along and stay for as little or long as you like, this is a friendly drop in session where all levels are welcome. Restarting 20th August 2019.

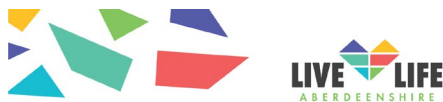
Time: 8.00 – 10.00 pm

Cost: £2.00 per session (promotional) no booking required.

For information Tel 01224 740089/472874 or email

westhill.cec@aberdeenshire.gov.uk

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Art of Paper Class

FREE TASTER SESSION ON TUESDAY 3RD SEPTEMBER 2019
LIMITED SPACES

with the option to sign up for further classes

Tuesday 10th September to 1st October 2019

Venue – Westhill Library

Time: - 1.00 – 3.00 pm

The art of paper will be explored with cutting and paper weaving using scalpels, cutting boards and a variety of different paper, to learn cutting techniques.

- Every week there will be new processes and techniques to try.
- There will be demonstrations including examples of the techniques.
- Participants will be encouraged to work at their own pace and can choose to focus on one particular technique if they wish.
- Participants will make and get to take home creations.
- Participants may set their own project or be guided by the tutor
- We will start with our own ideas before exploring other artist's methods

For further information or to book a place contact Westhill Community Centre

Tel 01224 740089 or email – westhill.cec@aberdeenshire.gov.uk

Full Cost £49.60, Concession £31.60, Benefit related concessions available for a complete guide please see the link below, proof of eligibility for concession rates on payment.

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Westhill Community Centre

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NEW Drawing & Painting Class Starting

AT

Westhill Community Centre

With Artist Nicole Porter



Learn drawing and painting skills as part of a friendly and supportive group. Experiment with materials and mark-making through guided exercises and develop your own creative drawing and painting projects. This new class is for all, from beginners to participants with more experience.

Starting Mon 2nd September 2019 for 6 weeks
7.30pm to 9.30pm

To book your place or for further information contact Tel 01224 740089 or email westhill.cec@aberdeenshire.gov.uk

Full Cost £74.40 Concession £47.40

Further Benefit related concession available please see the link below
<https://www.livelifeaberdeenshire.org.uk/sport-and-physical-activity/pricing-and-admissions/>

Proof of eligibility for concession rates on payment

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ASHDALE HALL (WESTHILL DRIVE)

The Ashdale Hall has been busy this summer, hosting the Annual Westhill Gala on 8th June, its Bingo Night on 5th June and a Comedy Night on 7th June. It also hosted the Bible Camp in the 1st week of the summer holidays.

SILVER JUBILEE

The Ashdale Hall celebrates its Silver Jubilee this year and events planned for the year include a Bingo night on 27th September at 7pm, culminating in a Ceilidh on 1st November to help raise funds towards hall refurbishment.

FUNDRAISING

A heartfelt thank you to everyone who attended and contributed to our Quiz fundraiser on 22nd June which was a great success and raised £1331.48 which is going towards hall renovation. Anyone interested in joining the fundraising committee should contact the hall.

DECORATION

We have had the toilets and meeting rooms decorated thanks to a very kind donation from Apache.

AVAILABLE FOR HIRE

We have various time slots available during the week for let, please email the Hall if you are interested in making a regular booking or for parties/events. Contact ashdalehall@hotmail.co.uk.

UPCOMING EVENTS

Bingo night 27th September at 7pm (more details on page 27), Nora charity fundraising dance 4th October, Hall Ceilidh 1st November, Pam Dignan Dance show 9th and 10th November.

WESTHILL MARKET (9am–1pm, 1st Saturday each month)

Our monthly market is held at the Hall and we have our stallholders selling bread, cakes, tarts, local meats, sausages, pies, jams, fudge, organic eggs, organic body products, bespoke cards, crafts, jewellery and others. We hope to have vegetables coming soon. We also have a monthly community stall which can be booked free of charge. **We really need the support of the local community for the Market to be able to continue and to expand as stalls will only come back if more local people come.** All the products at the Market are locally sourced and made, with little or no food miles involved! Come along to the Market and see for yourself the fantastic quality of the goods on offer.

HALL FACILITIES

The Hall hosts regular Dances, Family Ceilidhs, Dance Shows, Concerts, Gigs and Parties. The Hall is also frequently used by community groups and individuals for fundraising events. We also offer a wide programme of exercise classes, martial arts, children's dance classes and toddler/baby classes, for full details please see our online timetable: <http://ashdalehall.co.uk/current-timetable> and our upcoming events can be viewed on: <http://ashdalehall.co.uk/current-events> (these are also displayed on the Hall noticeboards).

ENQUIRIES

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

Scottish registered charity W.D.P.H.Scio. SCO49243



POLICE REPORT

I am pleased to report another positive period of engagement with the Westhill Community. I am delighted with the increasingly positive relationship held with Westhill Academy and this has been shown with recent interactions with them. I was invited to attend the Parent Council meeting to share and discuss recent pro-active and preventative work to enhance the pupil's safety both within the Westhill Community and at their recent successful prom and leavers events.

Further to this I was pleased to assist local Westhill officer Alan Denny on the evening of Friday 2 August. Following issues highlighted with youth disorder, PC Denny spoke with a number of youths and made good behaviour agreements with them all with an evening of Paintballing as a reward. With thanks to Battle Grounds Adventure Activities, Banchory, twelve youths along with six police officers who volunteered their own time attended on the Friday night to assist with litter picking before receiving free paintballing for the evening. It was thoroughly enjoyed by all and provided an opportunity for the youths to build trust and a positive relationship with the police.

Visits have also been carried out with members of the public who have raised concerns regarding matters including bogus callers and home security.

Bogus callers will visit a property claiming to be from perhaps a utility company or a charity to gain access and steal from within.

Rogue traders offer services typically of a poor standard at over inflated prices, and may use violence or threats to get payment or consent to carry out work – sometimes they will just take the money and do no work.

If required, I would be happy to help by taking the opportunity to speak with those residents within communities who may be vulnerable to this type of crime and highlight the dangers associated with bogus callers or rogue traders. If in any doubt, just say no thanks and hang up or close the door. Never give out personal details or banking information or agree to purchase items, no matter how convincing they are.

I would ask everybody to please:

- Keep front and back doors locked.
- Fit a door chain or bar – and use it.
- Only let callers in if they have an appointment and you have confirmed they are genuine.
- Always ask for ID.
- Look out for those in your community and report any suspicious activity immediately.
- Call 999 and ask for police if you feel threatened or scared.

www.scotland.police.uk • PC James Stewart



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 (with debit card or personalised pay-in slip) 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 Saturday 9am to 5.30pm

ATMs IN WESTHILL

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

Westhill Golf Club

With the rain and the hot temperatures the grass has grown and continues to grow rapidly, despite this our greens team have coped admirably. The feedback on the condition of the course from members, their guests and visitors has been very positive however we will not stop in our quest to improve the course further and to utilise its full potential. During late August we closed the course for three days, allowing us to carry out some course maintenance as per our course improvement plan. Projects such as hollow coring, top dressing and scarifying the greens were undertaken.

Our Men's Open held in early August attracted a record breaking 134 entrants, with groups both local and from as far as Shetland and Glasgow coming together to make the day an overwhelming success. Out of the 21 prize vouchers to be won 13 went to different clubs!! Top gross prize was won by Chris Porter of Newmachar GC who scored a one under par of 69, Class 1 by Westhill member Jonathan Walker with a nett 62 and Class 2 by Gavin Scott representing Craibstone GC with a nett 65. Well done to all!!

We held our "Junior Camp" during the first week of the school summer holidays with around 30 kids in attendance. The kids had a great time especially considering the wet weather. All the kids' achievements were celebrated at the end of week prize giving attended by proud family members. For the first time in many a year Westhill GC were represented in the Aberdeen District Junior Pennant League. All the boys enjoyed the experience and I'm sure will be looking forward to next year's participation.

Socially, our next event is our "Race Night" that will be held on Saturday 28th September. Members and their guests have the chance to own a horse and hopefully watch their horse crossing the finishing post 1st!! Our regular Fresh Fish Fridays continue as well as our monthly Sunday carveries. To enjoy our social calendar, social memberships are available at £5pp.

George Bruce, Club Manager

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For further details please contact our Club Manager, George Bruce

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1st SKENE BOYS' BRIGADE

The formal Friday evening meetings ended in May with our Parents Evenings during which six boys, Blair Burness, Ewan Harwick, Philip Moran, Manov Sankriti, Luke Mutch and Jared Teismann were awarded the Presidents Badge and have commenced working in the Queens Badge Programme. Thereafter our activities continued with the focus on outdoor activities. Some Junior boys attended an Adventure Weekend at Abernethy Outdoor Centre and 'Splash' sailing tuition on the Loch of Skene while the Company Section boys enjoyed several mountain bike outings.

Despite some dodgy weather our Hot Dog stall at the Westhill Gala proved to be very successful and a few weeks later, some of the senior boys supported the church BBQ by organising games and activities for the large group of younger children who attended.

Our session finished at Annual Camp from 5th–12th July at Badaguish Outdoor Centre near Aviemore where the boys all committed totally to a busy and demanding week of outdoor activities. This year the programme included a 40k cross country Mountain Bike outing and a lengthy two day expedition and overnight wilderness camp in Glen Feshie.



Going Mountain Biking



This was followed by professional tuition on the new indoor climbing wall at Glenmore lodge and canoeing on Loch Morlich, a coastal bike ride along the Moray Firth with a visit to an RAF museum in Kinloss and an ice-cream break in Hopeman. Then there were the ongoing highly competitive inter tent games and challenges at Badaguish. And of course lots more fun!!!



Lots of pictures of Camp and all our activities are regularly updated on our Facebook Page so please visit us there.

Then home for a rest and a relaxing summer before it all starts again soon.

Indeed our Enrolment Evening for the 2019 /2020 session was held on Friday 23rd August at Trinity Church. The following Friday the Anchor Boys meet in Trinity Church Hall with the other sections in Westhill Academy. **We do not have 'Waiting Lists'** and new boys will be made most welcome on any Friday evening.

The Boys' Brigade caters for a wide age-range and in 1st Skene Company, we participate in a numerous activities throughout the year. Specific information can always be obtained from any of the sections leaders as below.

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

Donald Struthers, Company Captain



SKENE MEDICAL GROUP PATIENT INFORMATION

Missed Appointments

With the increased pressure on GP and nurse appointments we would be grateful if you could call us to cancel any appointments which are no longer required. From May to July **701** appointments were lost due to non attendance of pre-booked appointments. Cancelling your unwanted appointment will allow us to offer it to another patient.



Appointments

An appointment is normally for 10 minutes and is for one person only. Generally only one problem is dealt with in a consultation. A longer appointment can be arranged for more complex problems. If you arrive more than 5 minutes late you will generally be asked to re-schedule.

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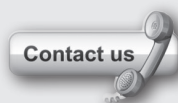
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offshore medicals and have appointments available to book. You do not need to be a registered patient at the practice, this is a competitively priced private service and will include a full examination and all other tests required. We are able to accept chip and pin payments from all major card providers. Appointments can be booked by phoning **01224 849400**. At present, appointments cannot yet be booked via the web service.

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Prescription requests should be made online or by calling our dedicated repeat line number on **01224 849393** which are both available 24 hours a day, then allow 2 working days to collect your prescription from your preferred local chemist.



Results and Communication from the Practice

Please allow 48 hours before contacting the surgery for results of any blood tests, urine tests, etc., which you have had done at the following times **only**:

11.00–12.30 or 1.30–4.00

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

Please make sure we have the correct contact number for you.



Westhill Walkers

Open to all no matter what your age or ability

A busy few months has seen members of Westhill Walkers scaling Munros, exploring our local hills and glens and watching the sun rise over Kerloch. A planned expedition up Devil's Point and Angel's Peak had to be cancelled due to the poor weather forecast but we hope to add it to the next programme.

Many congratulations to one of our senior walkers who completed the Camino del Santiago (463.7 miles). Bob Donald (78) raised £2750 for Maggie's Centre in the latest of his many charity ventures. Several members of the club were there to welcome him at the end of his trek. Well done Bob.



We meet on alternate Sundays throughout the year 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 not 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. Our annual membership fees are very modest £15 for an individual or £22 for a family. There are no restrictions on age or ability. Dogs are welcome with the proviso that the owner keeps them under control at all times.

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

<i>Some forthcoming walks – please join us and be sure of a very warm welcome. We meet at Westhill Primary School car park. More details on the web page.</i>	
Sunday 1st Sept 08.00	<p>A) Forest of Birse 18km 680m ascent 5-6hrs <i>From the car park at Birse Church follow The Fungie till it meets The Firmounth then follow this over Craigmahandle and return past the Hill of Duchery.</i></p> <p>B) Forest of Birse–St Colms Well 14km 600m ascent 4-5hrs <i>From the car park at Birse Church follow The Fungie till it meets The Firmounth then follow this over Craigmahandle and return past the Hill of Duchery.</i></p>
Sunday 15th Sept 08.00	<p>A) An Socach from Baddoch 16km 680m ascent 5-6hrs <i>An Socach is one of the lesser Munros of the area – a rounded whaleback hill with decent going underfoot though stony on the ridge.</i></p> <p>B) Creag nan Gabhar (Corbett) 10km 450m ascent 4.5hrs <i>Creag nan Gabhar from Auchallater. An easy ridge walk to this Corbett with a possible return to Baddoch.</i></p>
Sunday 13th Oct 08.30	<p>The Gordon Way 18.5km 710m ascent 4.5hrs <i>Follow a waymarked trail from Suie car park to the Bennachie Centre via Suie Hill, Knock Saul and Oxen Craig.</i></p>
Sunday 27th Oct 09.00	<p>Orienteering at Kirkhill Forest <i>Practise your navigation skills as you walk through the forest.</i></p>

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WESTHILL AND DISTRICT MEN'S SHED

make friends, share interests and help our community

Shed Extension

Walking past the Shed in recent weeks, you may have noticed that work has commenced on the extension of our building. The additional portacabin being installed will house our social area, a more spacious kitchen, and provide space for computing/3D printing as well as our model railway group, who continue to work on a layout for the Peterhead Prison Museum (pictured below). This means that the entirety of the original building can be converted into a larger workshop area, providing space for more members to work alongside each other on the many and varied woodworking and engineering projects we conduct for ourselves and local good causes.

Social Events

Social events are an important aspect of the Shed, bringing together members and their partners/families for an evening of good food, fun and games, and our famous raffle. Organising and providing catering for a large number of people is no small task, but thankfully one that our new chef Gordon (and all those who assisted him) is up to, as demonstrated by the success of our recent pizza night. A good night was had by all, and we look forward to many more in the future.



*Progress of the Peterhead Prison
Museum model railway*

*****She Shed*****

**Fortnightly sessions begin on Monday 26th August,
6.00pm–8.30pm, at the Shed**

Throughout this summer and into autumn, we will be running She Shed sessions where all women over the age of 18 can learn and practice DIY and woodworking skills. These sessions are entirely **free of charge**, and we aim for a **friendly, relaxed, and fun atmosphere**. All training is conducted by **experienced supervisors**, and is adjusted according to your previous experience, so whether you are looking to learn from scratch or polish up and apply your existing skills to various projects, the She Shed is for you. If you are interested in getting involved, you can simply attend a session, or get information by giving us a call or messaging our contact email address, the details of which are at the bottom of the page.

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 are open Monday and Friday, 10am-4pm, and Wednesday, 3pm-8pm, and welcome all men over the age of 18.

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



May to July was a busy time for Westhill Scouts with two major camps. Highland Adventure Camp was held at the start of May and whilst it was hailstones and freezing temperatures in Westhill, the youngsters who camped at Brechin enjoyed warm sunshine and lots of fun activities including inflatables, zorbs, water activities, axe throwing, archery and carnival/circus skills. Those who went had a thoroughly great time and are hoping to go to 'Island Adventure camp' next year.

Later in May a great number of our young people enjoyed the Gordon Gathering which was held at BA Stores and saw around 750 people take part. The biennial camp is organised by The Gordon District Scouts for all groups in the local area. Our Beaver colonies enjoyed attending for the day on the Saturday and had great fun trying out a variety of activities. Cubs, Scouts and Explorers camped from the Friday until the Sunday and certainly enjoyed the activities, campfire and disco on offer.

Thanks to everyone who braved the weather and bought popcorn from our stall at the Westhill Gala. The money raised will help with group activities throughout the year.

The group is looking to hold a group camp at Lochter Activity Centre by Oldmeldrum in September. Those who come will get to have a go at all of the fun activities that the centre has to offer such as archery, fishing, canoeing, climbing and ziplining.



We are always on the lookout for new adults to help with the group be it on the committee or directly helping with the sections. If you are interested in becoming involved in Westhill Scout Group, please do get in touch.

Similarly, if you know of a young person who would like to join one of our sections then please email to have their details added to the waiting list. We have separate waiting lists for Beavers, Cubs and Scouts. The nights our groups meet are as follows:

Beaver Colonies (6-8 years)	Amazon Beavers	Mondays at 6.15pm
	Redwood Beavers	Thursdays at 6.30pm
	Lyne of Skene	Thursdays at 6.15pm
Cub packs (8-10 years)	Kaa Cubs	Tuesdays at 6.00pm
	Shere Khan Cubs	Wednesdays at 6.30pm
	Bagheera Cubs	Fridays at 6.45pm
	Lyne of Skene Cubs	Thursdays at 6.30pm
Scout Troops (10-14 years)	Beechwood Scouts	Mondays at 7.15pm
	Westwood Scouts	Tuesdays at 7.30pm
	Keir Scouts	Wednesdays at 7.30pm
Explorers (14-18 years)	Westhill Explorers	Mondays at 7.45pm

For further details about Westhill Scout Group –

Contact Us: Group Scout Leader, Chris on 01224 746773

Join Us: Waiting List enquiries – w1.westhillscouts@gmail.com

Scout Hall bookings: westhillscouts@hotmail.co.uk



We have a very busy and full programme planned from August 22nd through to December which will provide great opportunities for members to improve and try different skills and techniques.

We have several guest speakers lined up for the coming months which include several well-known local photographers and is always an interesting and entertaining evening. There are several internal and external competitions coming up and several day trips to places

around the North East and further afield.

We have organised a 3 day landscape workshop at the end of October to the Torridon area on the West Coast of Scotland and hope to cover some of the best known locations there.

The club also assists Charlie House Children's Charity by providing photographers and pictures for their organised events throughout the year on a voluntary basis.

If you are interested in joining the club why don't you come along for a few weeks and give it a try. 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.



Duke of Edinburgh's Award

WESTHILL OPEN AWARD GROUP

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

CONGRATULATIONS to our latest Award completions:

Bronze Award: Ella McGuckien, Adam Amer, Eve Shanaghey

Silver Award: Adam Scott

It was a great pleasure to see six of our Gold Award achievers collect their badges or brooches at Holyrood Palace in the company of their parents and Prince Edward, Earl of Wessex, early in July. He chatted with them for some time about their expedition experiences. Sports presenter, Alison Walker, congratulated the Aberdeenshire contingent and urged them to continue challenging themselves and getting the most out of life. Quite an experience for all and a special day for our Gold Award achievers.

Our 12th year of Expedition section activities is half-way through with one Gold team (Team GOAT) already completed both their Practice and Qualifying (Angus Glens) Expeditions. They were highly praised by their Assessor, Ron Clark, with thanks to their Supervisors Guy Bromby and John Kearns too. Three more Gold Award teams are heading out for their Qualifying Expeditions to the Scottish Borders, Glen Feshie-Glen Tilt and Snowdonia – our first outside Scotland. The five Silver teams are heading to Glenlivet and eight Bronze teams to Abernethy Forest during August and September.

Lots of information on all things DofE on our local website WesthillDoE.co.uk thanks to our webmaster, Dave Anderson, but always happy to add more resources if you can spot gaps. Thanks also to first aid trainer, Brian Harrison, who guided Bronze Award participants through an Outdoor First Aid certificate and updated Silver Award participants during a refresher session. So, another busy autumn ahead with 33 expeditions to be followed by the next round of enrolment late September/October – keep an eye on our website for details. **Remember, if you have STARTED YOUR AWARD and need help to finish it, contact: WesthillDoE@aol.co.uk.**

Rotary Out and About

It may not have been a perfect summer, weather-wise, but in Rotary we have had a great few months closing out our Rotary year and getting out and about to enjoy ourselves. Our calendar has been full of interesting meetings including educational talks ranging from Adele Dickson, Head Teacher at Crombie Primary School to Robert Harper, to a ghillie on the Dee with decades of experience to get us hooked.

Summer, however, is time for us to be out as much as possible and we have had some wonderful events to entertain us. A highlight was the visit to the new harbour being built at Nigg Bay, where we were able to get a fantastic view of the construction work in progress and ended the evening with an enjoyable traditional fish supper at the Ashvale. Together with our partners, around 70 of us enjoyed our summer BBQ, which was a superb social event making the best of our warm evening sunshine.

Two of our key community events also take place over the summer months and each had to contend with difficult weather. Despite a fairly dreich day, the 500+ children with additional support needs who we entertained on Kids Out day at Craibstone Rural College all had smiles on their faces. With many activities to participate in and a sandwich & ice cream lunch followed by a disco to burn off their excess energy, the boys and girls all had a great time and the Rotary helpers also left the day tired but very happy. Whilst the weather was also on the damp side for Gala Day this did not stop the event turning out to be another success with a good variety of stalls and the key attraction, the Drakes of Hazzard, providing 'quacking' great entertainment for the crowds who braved the afternoon showers – water off a duck's back, really.

With the Rotary year starting in July we welcomed a new leadership team, pictured below. We are proud to say that our fund raising efforts have enabled us to donate over £15,000 to various local and international charities over the last year. Some of these local donations have included Public Access Defibrillators; Westhill Breastfeeding Group; ARCHIE Foundation; Alzheimers Scotland; Sight Savers; Aberdeenshire Life Education Centre; Guide Dogs for the Blind and ARI Staff Garden. In addition we continue to work with local young people through sponsorship to Rotary Youth Leadership Awards and Adventure in Tourism as well as supporting international charities such as Africa Vision; Rotary Foundation, Mary's Meals, Mercy Ships and Little Drops. We would like to say a **HUGE THANK YOU** to the residents of Westhill & District for supporting our activities, enabling us to help these various charities.



As always, if you would like to learn more or get involved in the fun of Rotary then please talk to a local Rotarian or come along to one of our regular meetings on Thursday evening at the Holiday Inn, Westhill.

Our new President David Jackson, flanked by Vice Presidents Bob Anderson and Roy Mitchell

The Physio says – beware of the chair

Modern technology is amazing. Thank goodness for all the equipment that helps the medical professions diagnose ailments, and treat them too. CT scans, MRI scans, genetic testing, insulin, chemotherapy. New things are being developed all the time. Then there are all the gadgets for communication, giving us information in an instant. Not to mention all the things around the house. Can you imagine taking a rug outside and beating it with a woven piece of willow? Or lighting a fire to boil water in order to hand wash all your sheets and clothes? It's the stuff of reality TV now. Going back just 60 years, photographs show how empty of cars the streets were. You could park on Union Street and pop in to Watt & Grant's with no need for any traffic wardens. Most people walked, cycled or took a bus to where they were going. It was a different world.

Today, we rely on using our cars, we enjoy watching TV, and an awful lot of jobs involve sitting at a computer all day. Too sedentary a lifestyle can lead to all sorts of health problems. Sofas should come with a government health warning stating 'excessive use can damage your health'. One consequence of too much sitting can be weight gain. Get a measuring tape and check your waistline just above belly button level. It should measure less than half your height, i.e. if you're 5 feet 6 inches tall (168cm), your waist should measure 33 inches (84cm) or less, to be healthy. Carrying excess weight round your middle can mean your internal organs are encased in fat, and this is known to put you at risk of developing diabetes, heart disease, and cancer.

Another reason to beware of sitting too much is that your heart and lungs don't get enough of a workout. Nor do your joints and muscles, which adapt, becoming respectively less flexible and weaker. But don't despair, as there are ways of making small but significant changes which can make all the difference. The chair is not our friend if we're on it too long, so get up and move about regularly. If you sit a lot at work, and you don't have an adjustable desk enabling you to sit or stand at it, suggest to your boss that he or she get you one. Stand up every time you have to talk on the phone. Conduct meetings whilst standing or actually walking. Take the stairs whenever you can. Drink lots of water so that you have to get up and go to the bathroom more often.

The muscle groups which can become shortened and tight if you sit too much are the deep neck muscles, the hip flexors at the front of the hips, and the hamstrings at the back of the thighs. You will benefit from giving them a good stretch regularly, which will improve your posture as well as prevent aches and pains. Joining a Yoga or Pilates class is a good place to learn what to do and get support and encouragement from others.

Whilst gadgets make our world more interesting and life easier in some ways, in others they're affecting our health, so make good choices in yours.

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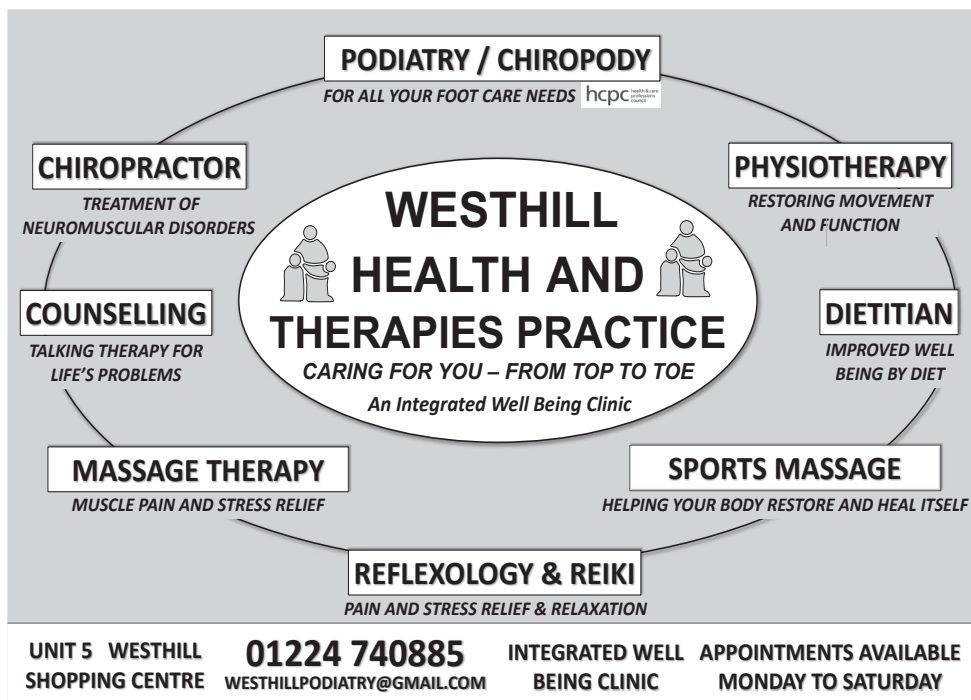
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Westhill Bowling Club

With the 2019 outdoor bowling season well underway, despite not quite having the same sunny conditions as last summer, the members of Westhill Bowling Club have been able to revel in another enjoyable and successful season.

The club has again been successful in external competitions this season, firstly with the club winning the Barclay Harvey trophy. On the 26th attempt, our men's team were successful with a one shot victory at Alford Bowling Club against Aboyne.

The club has also progressed to the final of the Bon Accord Top Ten competition which is due to take place at Balgownie Bowling Club on the 25th August. After victories against Balgownie, Northern and Seafield, the team will now take on Kittybrewster for a place in the national play-offs next season.

The club held the annual Invitational Fours competition, kindly sponsored by GI Cladding for the second year running, on Sunday 11th August with 24 teams competing for the title.

We again had representatives in the Scottish National Championships in Ayr in July. However, our Men's fours team, consisting of Andrew Reilly, Bill Baillie, David Cobban-Shaw and Alan McKay, unfortunately bowed out at the first round with a narrow defeat to Lilybank.



Craig Burnett, left, and partner Andy Fuyre with the Whitehall Pairs trophy

The club were also represented well by individuals contending in competitions around the North-East. Most notably, Craig Burnett, partnered by Andy Fuyre of Angus, won the Whitehall Invitational Pairs competition at the start of August. Craig will be back to defend his title next season. Andrew Reilly, and former Westhill club member Andrew Thomson, were successful in the Montrose pairs tournament in July as well.

End of season plans for the 2019 season will be drawn to prepare the green and club for the off-season where we will again open the club at the start of the 2020 season to encourage all ages to come and give bowling a try in a friendly environment. Should anyone wish to join the bowling club please contact club secretary, Bob Mutch on *Robert.mutch@btinternet.com*.

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**.

Westhill & District Senior Citizens

We've had a very quick year! We've enjoyed a varied programme this past year and ended with a bus trip to Turriff on 13th June (a very wet day!!), with some of the members having afternoon tea at the Holiday Inn Westhill.

We are looking forward to re-starting on Thursday 5th September, with meetings fortnightly thereafter.

Westhill & District Senior Citizens – Programme 2019

5th Sept – Roy Rhodes (Singer)

19th Sept – Dog display

3rd Oct – Cats in Pyjamas – 1 lady

17th Oct – Pam Dignan Dancers

31st Oct – The Melting Pot

14th Nov – Vocal Moves

28th Nov – Bob Dunlop Accordion

12th Dec – Xmas Party Holiday Inn

We have entertainment for around an hour then tea/coffee with biscuits/cakes. We are very grateful to the Co-op here in Westhill for donations to our group.

We are a friendly group and usually have approximately 36 persons per session. We have plenty space left for new members and warmly welcome any new members who find themselves lonely or isolated or just needing a chat.

Our group meets every 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 once off £6 annual subscription (paid in September).

Contact Heather Cook for further information – heathercook@tiscali.co.uk telephone 01224 741194 or Mika McKenzie on 01224 742004 or Yvonne Bedwell on 01224 749083.

WESTHILL BUDDIES GROUP

Westhill Buddies is a local peer support group for people suffering with mental health issues. We have been here for 13 years and aim to receive and give support to each other. There is a lot more awareness of mental health issues these days with pressures of living life. Some people find talking about this to like minded people is helpful. We hold buddies sessions where everyone can, if they are able to, discuss problems that they are having and often find someone else in the group that has experienced or is going through the same. We also have other activities that help with recovery and prevent social isolation. The group is held in Trinity Church hall every third Friday throughout the year. We have afternoon and evening meetings. Our programme is made up 6 monthly and the group contribute ideas on topics they would like covered.

Does this group sound like something you would benefit from? If so you can contact me Rhona Stewart on 01224 742351 or email me rhona.stewart@aol.com for further information.



WESTHILL CHOI KWANG DO

It has been an extremely busy first half of 2019 for Westhill Choi Kwang Do...

Mr Robert Watson moved down to London and handed over the running of the school to Mr Sean Boyd, Mr Keith Thomson, Mr David Skinner and Mrs Jenny McCue. We wish Bob well in his new life "down south".



Mr Makar Wood graded to IL Dan (1st Degree) Black Belt. Other students are well on their way to their first Black Belt.

We have updated the school website, www.westhillckd.org, and are increasing our social media presence.

One of the best changes has been the significant increase in student numbers, and in particular parents joining in with their children. A number of young students have joined following our Active Schools sessions at Westhill Academy. We also had a couple of taster session at Westhill Primary and Tough Primary Schools.

We are very grateful to the Westhill & District Community Sport and Leisure Hub for the grant we received to replace worn training equipment.

Looking forward to later in the year, we have a number of gradings and are sending two Instructors to the UK Choi Kwang Do Seminar being held in London.

Our classes are run at the Ashdale Hall on Tuesday and Thursday evenings and Saturday mornings. So, if you would like to join an informal and fun martial arts school come along. You work at your own pace and within your own physical capabilities. We cater for pretty much everyone, Adults and Children from 5 to 100+.

If you'd like to know more please email hello@westhillckd.org.

For more details please see our advert on page 44.



Aberdeen West Astronomy Group

Calling all star gazers! We are a small local astronomy group, and we meet to look at the night sky at the Garlogie Hall. Our primary aim is to show people the wonders of the night sky, as well as discussing aspects of astronomy and helping people to learn more about it. We meet once or twice a month between September and April, usually on Monday evenings at 7.30pm. Our first meeting of the new season will

be on Monday 23rd September at 7.30pm.

You can find more details on our website at www.aberdeenwestastronomy.co.uk.

All are welcome, no experience needed; we are an informal group, and cover all levels of experience. We have telescopes you can use, or if you have your own binoculars or telescope, bring it along!

If you have a question or need further info, just get in touch via the website. Come and enjoy the night sky with us!

Breastfeeding Support for Local Families

Did you know a recent survey showed 75% of Scottish mums who stopped breastfeeding their babies would have liked to have breastfed for longer? La Leche (pronounced Lay-chay) League is a charity that offers women information and support about breastfeeding. They have support groups all over the world, and our local one, La Leche League Aberdeen (LLL Aberdeen) has been running for almost 2 years now. We'd like to tell you a little bit about it!

When does the group meet?

The group meets twice a month, at the Deeside Christian Fellowship Church, 25 Bingham Drive, Milltimber. There is a general meeting on the 3rd Friday morning of every month, and a meeting for mums breastfeeding toddlers on the 1st Friday morning of the month. Meetings run all year round, even in school holidays, from 9.45-11.15am.

What to expect at a meeting

All pregnant, new and experienced mums are very welcome at our meetings. There are toys for the children and tea, coffee and biscuits for the mums. We all introduce ourselves, and there's usually a breastfeeding topic to talk about. There's lots of time to ask questions about any challenges you're having. Meetings are completely free. You can make a donation if you wish, but it's entirely voluntary and there is no suggested amount.

What makes the group different from all the other breastfeeding groups?

Our group has a really wonderful community feel. It's non-judgemental and based on the fact that mums know their own babies best. That means we don't offer advice, instead we offer support, and give you information so you can decide yourself what is best for your family. We're unique in having a topic for discussion and we also have a dedicated Facebook page, and closed discussion group. We have a number of breastfeeding and parenting books at our groups that we can loan out for free, and lots of free information leaflets are available.

Who runs the groups?

The group is led by an LLL leader, who is a breastfeeding counsellor. They've gone through training to be able to support mums at meetings, over the phone, online, and even sometimes on home visits.

What if I need support before the next meeting?

You can always get in touch through our Facebook page or email address, or post in the Facebook group for lots of mum to mum support. We'll aim to reply as quickly as possible, usually the same day. If your question is urgent, please contact our national helpline on: **0345 120 2918**.

What mums say about our meetings

Laura: Supportive and friendly groups where I can openly discuss any breastfeeding issues or concerns with other like-minded parents. Fabulous local resource for breastfeeding parents.

Kun: I didn't really know what to expect and had heard about LLL from a friend. I was in my third trimester and I'd rushed there from work. I wanted to meet some breastfeeding mothers to gain some insight. I found everyone to be so open and supportive. I was very impressed and felt welcomed. Since that first meeting I have attended frequently for my first year of breastfeeding and feel the group is wonderful. We are lucky to have such a resource.

How can I find out more?

Visit our Facebook page: www.facebook.com/LLLAberdeen

Email us: lalecheleagueaberdeen@gmail.com

Visit the website: www.laleche.org.uk



WESTHILL
COMMUNITY
CHURCH

WELCOME!



www.westhillcommunitychurch.org

Services

Sunday – 10.30am – Morning Worship

Crèche (*crèche room, downstairs*)

Mini Roar! (*age 3-5, downstairs*)

Roar! (*P1-7, upstairs*)

Alive! (*S1-S3, upstairs*)

6.30pm – Soul (*S1 and up*)

6.30pm – Café Church

(*every 2nd and 4th Sunday of the month*)

For further details please contact the Church Office (01224) 740291

or email: office@westhillcommunitychurch.org

For room hire call the Church Office

or email: bookings@westhillcommunitychurch.org



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.

Craft Fair

28th September – 10am to 3pm

14th November – 7pm to 9pm

30th November – 10am to 3pm

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

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.

My 40th Anniversary

On Sunday 23rd September 1979, at 11am, I stood before the Archbishop of Canterbury, Donald Coggan, taking my vows and promises as a priest in the Church of England. Now, forty years on I can testify to God's faithfulness and care over those years.

Canterbury Cathedral, the setting for my ordination, was packed for the occasion, the choir were in excellent voice and the worship was simply electrifying. It was rather special to be ordained in the Mother Church of the Anglican Communion. If I am being honest it was almost overwhelming. However, I knew that God had called me to be ordained and that God had promised to provide for me, help me and guide me as I sought to fulfil my vows to Him.

It has been an enormous joy to see God at work in so many people's lives, as they have heard the Gospel and received the transforming power of the Holy Spirit.

I spent my first years of ministry in the Canterbury Diocese before moving back to Scotland and to Aberdeen in 1982 to serve as minister of the Westhill Episcopal Congregation, and since 2014, when we moved into our new church building, now known as the Westhill Community Church.

I met my wife Heather in 1989, during the Billy Graham Aberdeen City Live Link which I led. We married in September 1990, our son Daniel was born in 1992 and in 2013 he married Becky Menzies. Now we are grandparents to our wonderful granddaughter Zoe, now 19 months!!

One of my favourite hymns is Great Is Thy Faithfulness. God has been faithful through the great times as well as the more challenging times.

So on Sunday September 22nd I will be celebrating my fortieth anniversary with my church family at Westhill Community Church. The day will be a Family Fun Day with lots of things to enjoy. After our Morning Service we will be having lunch as a church family followed by lots of games, bouncy castle and football cage for the more energetic!

As St Paul put it: *"God is faithful by whom you were called into the fellowship of his Son, Jesus Christ our Lord."* **1 Corinthians 1 v 9**

Rev Ian Ferguson



1st Skene Girls' Brigade

We held our Enrolment/Fun Night on Monday 26th August, but girls can join at any time in the year. All girls P1-S6 welcome to come along, we have no waiting list, see for yourself what we do and meet some of our members.

Any questions, please call me on 07792 471199.

Fiona Cumming, Captain

Westhill & District Community Sport and Leisure Hub



As many readers know the Westhill & District Community Sport and Leisure Hub has been on the go for a few years now. Back in 2014, a working group of interested parties was formed to make it easier for all people of all abilities in the Westhill area to get involved and engage in a more active/healthier lifestyle.

The Hub, a registered charity, has gone from strength to strength under the leadership of Grant Coull and other trustees and committee members. Recently Grant decided it was time for someone else to take up the chair's mantle. Sean Boyd from Westhill Choi Kwang Do and Les Linklater from jogscotland Westhill jointly agreed to co-chair the hub and build on the great foundations already in place.

Those foundations consist of both a grant and bursary scheme as well as the fantastic Westhill 10k event that continues to bring runners from far and wide to participate in this brilliant local event.

The hub, through its resources, can issue grants to local sports or leisure clubs of up to £750 for the training of coaches, specific equipment and other items that may help promote the hubs charitable aims of working together to support and create resources and facilities that engage people through sport and recreation and to inspire achievement and attainment. We also have the Ruth Boyd Bursary fund offering financial support directly to individuals in our community rather than groups or organisations. The bursary has no age limit and is focused on promoting or supporting Individual development and achievement. We are particularly keen to receive applications from those who are disadvantaged in any way, for example by disability or through personal circumstances.

If you are a local club or aspiring individual in need of funding, then please contact us for an application form at hello@wdcsh.org.

Involvement in sport was truly celebrated with the Westhill 10k Run on Sunday 23rd June which is organised by WDCSH as part of the mission to promote active participation in sporting events and well-being for all throughout Westhill. For the fourth year in a row we were blessed with great weather and saw hundreds of runners take part in the 10k, sponsored by CNOOC, as well as the children's races covering age ranges – P1 to P3, P4 to P7 and S1 to S4 which was sponsored by Apache. Thanks again to the support of our sponsors and all the runners who took part, as a result of the ongoing support we were able to make a financial donation to our local charity partner SensationALL.

Finally, thanks to all our amazing volunteers, pictured below. Nearly 70 volunteers from our community came out to ensure that we were able to run the event safely. There are too many to name here, but we just couldn't have done it without each and every one of them.



If you want to know more about the hub and what we are trying to achieve in our community, please check out our webpage at www.wdcsh.org or email us hello@wdcsh.org.

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Are you getting the best pension advice?

As a result of the 'pension freedoms' introduced in 2015, people now have a great deal of flexibility when it comes to their pensions. This flexibility, however, has also brought with it many new complicated rules and regulations meaning that knowing what you can and can't do when it comes to your pension can be confusing. The government has also introduced numerous tax changes which can have a significant impact on your tax bill depending on the amount you pay into your pension yearly or accumulate over your lifetime.

To ensure you are getting the best out of your pension scheme and that it is suited to your planned retirement needs, it is widely acknowledged that seeking impartial & independent advice from an expert is paramount.

Over the last few years, we have seen many local companies making substantial changes to their pension schemes, be they defined contribution or defined benefit schemes, so having a pension specialist in your corner is vital. As a result we have seen a significant increase in enquiries.

Not only are both of our Directors pension transfer specialists they are ISO22222 accredited planners and Forbes Lawson is British Standard certified and holds the Pension Transfer Gold Standard.

For more details they can be contacted on (01224) 747889 or email enquiries@forbeslawson.co.uk

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Mini-Kindergym

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

Friday: 9.45 (crèche available), 10.45

Kindergym

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

Wednesday: 1-1.45, 2-2.45 Thursday: 9.30-10.15, 10.30-11.15, 1-1.45, 2-2.45
+ crèche is available at 2pm on both days

Jumping Jacks

An exciting, imaginative, structured class for pre-school children who attend on their own.

Classes help to develop children's co-ordination, concentration, balance, basic gymnastic moves, etc. **Tuesday: 10-10.45, 1-1.45, 2-2.45**

Gymnastics

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

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

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

Toddlers

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

Monday morning from 9.30-11.30

2's Group

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

Indoor Bowling

For both beginners and experienced players.

Monday: 1.30-3.00

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

Monday-Friday: 9.15-12.25 Age 2.5-4 years

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

USEFUL PHONE NUMBERS

A2B dial-a-bus hotline 01467 535333

Aberdeenshire Council

All Enquiries 0345 6081208

50+ 01224 740089

Adult Education Classes..... 01224 740089

Air Training Corps..... 01224 708807

Ardene House Vets..... 01224 740700

Ashdale Hall 01224 740137

Boys' Brigade 01224 742262

Childcare

Breakfast Club..... 01224 740089

After School Club 01224 740089

Holiday Club 01224 740089

Schools Out Club

(Old School House)..... 01224 465202

Church of Scotland Minister .. 01224 745955

Citizens Advice Bureau..... 01224 747714

Community Centre..... 01224 740089

Community Education 01224 740089

Community Mini-bus..... 01224 744058

Dentists' Surgery

Abercrombie Dental Practice,

NHS – Abercrombie Court,

Prospect Road 01224 745447

Business, Private –

Ashdale Drive..... 01224 742513

Westhill Dental Practice,

Old Skene Road..... 01224 741339

Arnhall Practice 01224 849484

Doctors' Surgery 01224 849400

Results 01224 849392

Repeat Prescriptions..... 01224 849393

Electricity Emergency 0800 300999

Gardening Club 01224 742639

Gas Emergency.....0800 111999

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

Girls' Brigade, 1st Skene 07792 471199

Girl Guides..... 01224 747741

Lawsondale Pavilion..... 01224 742836

Library..... 01224 472871

Nursery

Bridges 01224 744741

Childcare Info 0800 2983330

Kindergym 01224 740089

Mother & Toddlers Groups

Community Wing..... 01224 740089

Westdyke Leisure Centre 01224 743098

Playgroups

Scout Hall..... 01224 742059

Skene 07789 871601

Denman..... 01224 743098

Pharmacy, Lloyds – Shops 01224 742742

Pharmacy, Lloyds – Surgery.. 01224 279489

Police (non emergency)..... 101

Post Office (Shops) 01224 740858

Post Office (Ind Est) 01224 740010

Primary Schools

Crombie..... 01224 740900

Elrick 01224 741900

Skene 01224 743242

Westhill..... 01224 740225

Secondary School, Academy.. 01224 740111

Scouts..... 01224 740795

Social Work Department..... 01224 849499

Squash & Fitness

Peter Nicol Centre..... 01224 742329

Swimming Pool 01224 744933

Tennis Club 07907 486255

Trinity Church 01224 742512

Veterinary, Town & Country ... 01224 741685

Water Authority 0845 6018 855

Westdyke Leisure Centre 01224 743098

Westhill Bowling Club..... 01224 360706

Westhill Community Church .. 01224 740291

Westhill Men's Shed 01224 917345

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number right?**

**Are you missing
from the list?**



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

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INDEX TO ADVERTISERS

Building Trades & Other Tradesmen

aandm Bathrooms	97
Abbey Masonry.....	6
Abby Birnie Plasterer.....	86
Ace of Trades	21
Aspect Building Design.....	58
B. Mackland Builders	87
Blue Flame Heating.....	22
Bob Deans painter & decorator	18
Bonnie Banks Gardening.....	60
Braemoral Joinery	17
Brand Electrical	39
Chris Western Heating, Plumbing & Servicing	95
City & Shire Domestics.....	21
CJ Maintenance & Removals.....	66
Cumming Fire & Security Ltd.....	62
David Massie Carpentry & Joinery	22
Dean, Chartered Land Surveyor.....	6
Docea Painting & Decorating	10
Duncan Bathrooms.....	51
Duncan Heating.....	32
Electro-Tek Electrical Contractor	31
Friendly Hills Roofing Services.....	18
GB Tiling Services	96
Groundwater Architectural Design.....	97
Handyman George Duncan.....	10
Hugh Will Property Maintenance.....	39
i-Protech (Electrical & Security).....	62
John Findlater (Skene) Ltd	16
John Mullen joinery.....	95
K. Milne Plumbing & Heating.....	96
Kevin Allan, Painter & Decorator	86
Kirkwood Homes	inside back
Lister Domestic Electrical	22
Little Plumber.....	18
Mark Mennie Glazier	41
Midmar Timber Centre.....	61
Only Heating.....	36
Oven U	24
Painting & Decorating.....	58
Perfectshine.....	43
Rae Brown & Co. Ltd.....	80
Smarten My Drive.....	31
Star Bathrooms.....	47
Steve Mackenzie Joinery.....	60
Stuart Grassick Builders	17
T&M Slating	79
The Kitchen Gallery	46
Voytex Plastering and Painting.....	54
Westhill Bathrooms.....	64
Westhill Electrical Services.....	38
Westhill Fencing & Decking.....	60
Westhill Joinery & Building Services	79
Westhill Slaters.....	29

Transport & Driving

Aberdeen Roof Box & Bar Hire.....	13
D.S.L. Taxi Westhill.....	6
DJ Autos	inside front
Duncan's Taxi	62
Excel Driver Training	23
PGM Taxi Service	54
Spectrum Driver Training.....	17
Westhill Cars	42
Westhill Community Minibus	18
Westhill Taxis.....	56

Health & Leisure

Abercrombie Dental.....	53
B-Naturals Chorus.....	58
Broadshade Beauty.....	68

Cambridge Weight Plan.....	30
Camphill Wellbeing Trust.....	64
Cineworld Cinemas	66
Dans Centre	50
Deeside Food Festival.....	back page
Dows Diets	10
Golf Club.....	75
Grampian Transport Museum.....	33
Happy Barber	52
Heather Wood Physiotherapy.....	87
Holiday Inn Tribute Nights	59
Lee Beaute	31
Low & Co Hair Design	41
Northern Arts Club	21
Pam Dignan Dancers	19
Pregnancy Yoga	24
ROC Private Clinic.....	45
SensationALL Dinner Dance	37
Serenity Nails	86
Sooyang Do Martial Arts.....	89
Sports Hub Grants.....	37
Trudi Deans Foot Health Care.....	87
Village Hotel	55
West with Style.....	67
Westhill Choi Kwang Do.....	44
Westhill Health & Therapies Practice	89
Westhill Rotary	34
Zen Beauty	80

Professional Services

Aberdein Considine	65
Acumen Financial Planning.....	63
Alison Donaldson Chartered Accountant.....	87
Alpha English Classes.....	24
Ashgrove Veterinary Centre.....	48
Bark n Bubbles	13
Barnardo's Fostering	56
Busy Days Dog Care.....	13
Certax Accounting	50
CW Property Leasing	88
Dim Bim Cakes.....	56
Doggy Dudes.....	43
ESP Book-keeping Services.....	50
Forbes Lawson – Pension Advice	96
Forbes Lawson Financial Planners	40
Grampian Accounting	35
Luke and Learn Guitar.....	62
Luke Gunn Guitarist.....	66
McCue Wealth Management.....	69
Oven Valet.....	95
Paws and Claws Day Care.....	22
PC Paul	80
Pet Services Westhill.....	88
Photos To DVD	21
Portico Design Architecture	35
Ride On Sports Maintenance	37
Saji Dress Design.....	86
Schools Out Club.....	37
The Cleaning Company.....	58
urcvabd.....	68
Westhill Marketing	23

Retail

Celebration Cake Shop	49
Florist Ann Westwood.....	80
Foxlane at Carnie	31
GPH Builders Merchants.....	57
Hearthwood Logs & Kindling	66
Right on Your Doorstep Events	23
The Blue Door Charity Shop.....	64
The Flooring Lodge	52

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