Westhill Bulletin

Winter 2019 Issue 160





Loch of Skene - Photo courtesy of Heather Wood

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



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SUBMITTING ITEMS FOR THE BULLETIN

The Westhill & Elrick Community Council distribute over 5000 copies of the Westhill Bulletin quarterly to houses and businesses in Westhill and surrounding villages. We offer good advertising rates and are keen to support local businesses and services. The Bulletin currently only has colour pages in a central block of colour adverts and the cover. The spring issue will be colour pages throughout, so we hope you will like the improvement.

Adverts and articles for the spring issue should be sent in by **Wednesday 20th January**, for distribution in the 3rd week in February.

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.

2020 advertising rates:

Eighth page £30, Quarter page £55, Half page £90, Full page £170 Inside covers £200, Back page £230

(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.

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	Santa Collection Adult Badminton Fun Boot Camp Scaffold Tower Hire Banking Services in Westhill Westdyke Leisure Centre Useful Numbers Advertisers Index

Westhill Library News

Over the winter months we thought the following topics and their subject numbers might be useful when you are browsing the non-fiction shelves:

Christmas cooking – 641.568

Christmas crafts - 745.5

Family history - 929.1

Garden planning - 635/712.6

Repair/restoring furniture - 749.1

Westhill Library Scrabble Club was re-launched recently. The Club meets weekly on Mondays from 10.30am to 12 noon, the sessions are free, and no booking is required. Beginner, novice or experienced Scrabble players you are all welcome!

The weekly Bookbug sessions held on Thursday mornings (during term time) have now changed to once a fortnight, the upcoming dates are 31st October, 14th November, 28th November and 12th December.

In the Autumn edition of the Bulletin we highlighted the Digital Library pages of our new website https://livelifeaberdeenshire.org.uk which include links to Press Reader (download local and world newspapers for free) and access to online databases. When you scroll down the 'Welcome to Libraries' you will see the 'New Books@Aberdeenshire Libraries' section followed by links to Aberdeenshire Libraries Clubs and Societies, (Aberdeenshire Libraries' Clubs Directory is a guide to local clubs and organisations. Here you can find out about a wide range of clubs including sports, hobbies and youth organisations in your area), Family Time, Housebound Service, Membership Information, Heritage, Visually Impaired Service and Reading Groups.

Libby is an app which allows you to borrow library e-books and e-audiobooks free of charge. To use Libby download the Libby app from either the Apple store or the Play store, find your library and enter your borrower details. You can then borrow up to 10 titles. Perfect for those colder days when you don't want to venture out to the library.

Our opening times will change over the festive period. For more details, contact us or pick up a flier at the library.

For information on all forthcoming events at Westhill Library please visit us at www. livelifeaberdeenshire.org.uk/libraries.

Like us on Facebook at https://www.facebook.com/WesthillLibrary.

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



CHAIRPERSON'S REPORT

Hello everyone. With temperatures continuing to drop, and the wintery showers turning to snowfall, it's beginning to look a lot like ... Christmas! Fellow Westhillians, welcome to the winter issue of the Westhill Bulletin. 2019 comes to an end after so many different events and challenges for WECC, but we are thankful for the privilege of witnessing yet another year and a great season to share with friends,

family, and community.

Another season of festivities is upon us, and we will once again be having our annual Christmas Tree Lights Switch-on event on Saturday 7th December at 4.30pm near M&S (see details below).

You may have noticed that there is not as many Christmas lights on lampposts this year. This is because there is now restrictions on the size of the lights we are allowed to use. This has mainly affected the large lights we used to erect at the Tesco roundabout.

Snowfalls are likely to block driveways and pathways, and for this reason a call is being made for members of the community to join the Snow Warden teams. Volunteers are trained and equipped by Aberdeenshire Council; they serve to support their elderly and vulnerable neighbours with clearing up their blocked driveways. Further details are available at: https://www.aberdeenshire.gov.uk/roads-and-travel/roads/maintenance/winter-maintenance/snow-wardens/.

Everyone will be aware of the upcoming parliamentary elections on 12th December. Please endeavour to make your voices heard. If you are not yet registered to vote, the deadline for registering to be able to vote on 12th December is 26th November.

See https://www.gov.uk/register-to-vote. We all have a civic responsibility in this regard, and I hope we all get to carry it out.

WECC continues to be in a supported status, and so remains unable to comment on any planning or development issues for the moment. However, I can confirm that despite the challenging situation, we have been engaging the services of professionals to help bring us to where we should be. For this reason we are hopeful that we will soon be able to function fully as we should.

I would like to use this opportunity to thank you all for your continued patience and understanding as we get through a necessary process for WECC.

Merry Christmas everyone... and a Happy New year when it comes.

Chika Edeh, WECC Chair Email weccchair@gmail.com

FESTIVE EVENTS ON SATURDAY 7th DECEMBER

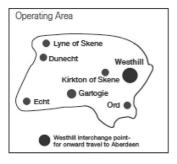
As per the last 5 years, the Community Council will put up a Christmas tree at the Westhill Shopping Centre near M&S.

Come along on **SATURDAY 7th DECEMBER** from **4.30pm to 5.15pm** for our short festive event which will include the switching on of the tree lights.

There will be music and singing, hot chocolate and nibbles! Please do come along and join in the fun

NATIVITY TRAIL – Skene Parish Church will be putting on a Nativity Trail on **Saturday 7th December**. Follow the clues to find the hidden characters from the nativity that will be distributed around Westhill. Please check out http://www.skeneparish.com/ or Facebook 'Skeneparish' for more details about how to get involved.





Westhill A2B

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

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

Westhill A2B is operated by Falcon Coach Hire on Mondays—Fridays from 9am—4.15pm using two large taxis, one of which is wheelchair accessible. Pick-ups and dropoffs can be anywhere in the service area.

Westhill Saturday Timetable

On Saturdays Stagecoach Bluebird operate a shopping service into Westhill. The indicative timetable may vary by up to 15 minutes depending on bookings made.

Echt	0945	Westhill Tesco	1140
Garlogie	0955	955 Westhill Shopping Centre 1150	
Kirkton of Skene	1005	Kirkton of Skene 1	
Westhill Shopping Centre	1020	Garlogie	1215
Westhill Tesco 1030		Echt	1230

Booking Trips

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

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

We can also take bookings and enquiries by email at a2bdialabus@aberdeenshire.gov.uk

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

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

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

Cost of Travel

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





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f: Munara Cycle Solutions E: nuvolari1953@hotmail.com

Tim Dean BSc MRICS Chartered Land Surveyor



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Westhill Household Waste & Recycling Centre

Westdyke Avenue, Westhill



Recycling facilities for:

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

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 am 1.00 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

CHARITY SALE OF BOOKS, DVDs, JIGSAWS & BOARD GAMES AT WESTHILL SHOPPING CENTRE 1ST SATURDAY EACH MONTH 9am to 12pm

NEXT 3 SALES ARE

7th December, 1st February, 7th March

All proceeds go to local good causes & Lions International Disasters Fund

Donations of books, etc., welcome on the day or freephone

0845 833 5963

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:

20th November – Chris Wardle from NTS gave a very interesting talk on future Garden & Landscape Projects and kindly judged the Members Annual Photographic Competition

11th December – Rena Cross from Aberdeen will be demonstrating our Festive Flower evening

15th January 2020 - Annual General Meeting

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

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

Westhill in Bloom Winners

Thanks to all the local gardeners who entered the 2019 Westhill in Bloom competition, organised by WECC.

The prizes were awarded at a ceremony in Ashdale Hall on 11th September as follows:

Best Front Garden: 1st – Ian & Freda Dickson, 2nd – Pat & George Low

Highly Commended: Ian McAllan, Alan Crane, Liz & Davie Young, Bill & Eddie Loudon

Best Back Garden: 1st – Alan Crane, 2nd – Stewart Stevenson

Highly Commended: Ian McAllan, Pat & George Low, Liz & Davie Young

Best Containers: 1st – Hazel Davidson, 2nd – Ian McAllan

Highly Commended: Ian & Freda Dickson

Best Communal Space/Street: 1st – Trinity Church, 2nd – Clover Meadows

Overall Winner: Ian & Freda Dickson

Each category winner received a trophy and a gift voucher and 2nd place received a gift voucher. Everyone received certificates.

Councillor Iris Walker (Westhill & District)

Arnhall Moss Discovery Trail

I was delighted to join partners, staff and pupils of Elrick Primary School to officially open the Arnhall Moss Local Nature Reserve Discovery Trail in September. The wildlife discovery trail is a partnership project between the school, Aberdeenshire Council Ranger Service and Westhill-based



international energy company TAQA. The trail will help pupils and visitors to learn about the different plants and animals that inhabit this well-loved local reserve. TAQA have financially supported the discovery trail, bat walks and litter picking equipment for Elrick Primary School. Aberdeenshire Council ranger staff continue to do great work with schools and the general public to keep this special area in Westhill accessible and enjoyable for the whole community.

You can find out more about the discovery trail quiz on Elrick Primary School website http://elrick.aberdeenshire.sch.uk/important-links/arnhall-moss.

Have you got the bottle?

According to the Environmental Audit Committee of the UK government, consumption of bottled water has doubled over the last 15 years, with over 7 billion plastic water bottles used each year in the UK. If everyone in the UK refilled just once a week, we'd prevent more than 340 million plastic bottles at source every year (www.refull.org).

Across the UK, community-based Refill schemes have put thousands of Refill Stations on the map. On behalf of Refill Aberdeenshire, I was delighted to sign up local independent businesses, "The Village Store", Kirkton of Skene and "Cones & Candy" to the initiative. This means that customers can bring their refillable water bottles to these stores and be assured that they will get fresh, free water, cutting down on plastic use. Greggs and Costa Coffee are already part of the Refill scheme. Thanks also to Kian Welsh who signed up some of the businesses who occupy the Elevator Business Centre!



Jill & Steve from Village Store



Abbi & Nicky from Cones & Candy

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

Recently Passed Your Driving Test? Live in Westhill? Want to have your Pass Plus Course paid for in full?

Thanks to a grant from Westhill and Elrick Community Council topped up by Garioch and North Marr Community Safety Group, four Pass Plus awards are available for recently qualified young drivers from Westhill. The grant will meet the full cost of this 6 hour modular course which will improve driving standards and widen driving experience. The

expectation is that by having these additional hours of instruction the young driver will be more confident and hopefully a safer driver.

To apply for one of these four Pass Plus awards, the link to the web page is *aberdeenshire communitysafety.org.uk*. Include in the application form that this is for the WECC Pass Plus Grant.

Apply now as its first come first served and be aware this grant is only available for four applicants.

It's a Sobering Thought?

At a recent meeting of the Garioch and North Marr Community Safety Group we had a presentation on issues relating to alcohol awareness and the impact this is having on us in Scotland. I felt it may be of interest to share this information.

The statement that alcohol related deaths are rising at a faster rate than deaths related to drugs was a sobering statistic as most of what we get from various media sources implies the opposite. Alcohol related deaths are higher in Scotland than in England at 21 per100,000. Although dropping, alcohol related hospital admissions for males is 4 times higher than it was some 40 years ago, with deaths for men being highest in the 55 to 64 age group. In recent years the rate of alcohol related admissions for 15 year olds has increased. A quarter of adults drink alcohol above the low risk guide lines which is "14 units a week with these units being spread out over at least 3 days". Exceeding these unit limits does increase the risk of illnesses such as cancer and liver disease. Worth mentioning that 'Alcohol Focus Scotland' states in their guidelines 'there is no safe level of alcohol consumption.' If this item has been of interest more details can be found by googling 'Alcohol Focus Scotland'.'

What's this Permit Scheme at Westdyke Household Waste and Recycling?

From early in the new year householders who deliver items to Westdyke HWRC by a van, pick up, minibus or trailer will require a permit. There will be an announcement when the 24 permits (no cost) are available and an application form can be collected from Westdyke. One permit allows for one visit and permits are valid for 12 months from the date of issue. Only one set of permits per household which means for those with more than one vehicle will need to decide which vehicle to register. Vans, pick-ups, minibuses and trailers (up to 6 x 8 ft) will require a permit. For more information, visit www.aberdeenshire.gov.uk/recyclingcentrepermits.

With the festive season fast approaching my best wishes to you and yours for Christmas and the New Year.

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*.



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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









* Only available to residents of Aberdeenshire. Grant on offer only while funds last.

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Councillor Alistair McKelvie



I have requested our local Community Police to undertake new traffic monitoring measures on Westhill Drive, particularly the section between Hays Way and the Meadowlands area to the North of Westhill. Following residents' comments and my own personal observations whilst walking on the Drive, I have real concerns that the speeding and reckless driving that still prevails on the A944 and the AWPR roundabout, appears to have spilled over into our Community. I am informed that this has been in place for a few weeks now, so

hopefully the data will confirm the levels of speed, and whether this poses a risk to the public.

Comments have also been made that the flashing 20 mph signs on approaches to our schools are not being observed, i.e. notably Westhill Primary and Academy. I appeal to everyone to observe these signs when they are in 'operation'. It is a vital protection for our youngest to get to and depart from school safely, bearing in mind many young children/adults at the Academy, have to cross the Drive at least twice per school day.

I attended the Elrick Primary Parent Group meeting in early October, and was again impressed by the large turnout of parents supporting the School, and actively pursuing fundraising events. My congratulations to this group and the fantastic level of funds raised last year, and how those funds were distributed in support of both school improvements and pupil projects. Sadly, Head Teacher Mrs Drummond is leaving her post, and I wish her well after her successful term in the school, and also to Miss Jenny Anderson who is now acting as the Interim Head Teacher.

Councillor McKail and I will be assisting the Education Service Officers in the interview process to appoint a new Head of the school later this month.

Throughout October to December the City/Aberdeenshire Business Gateway is holding a variety of Workshops in Aberdeen and Inverurie. These are designed to help business startups, with one to one advisors, in areas of Financing, Marketing, Networking, and Bookkeeping, being among the many support services available. So if anyone in our Community has an idea, or wants to start up their own business, they should get in touch with the Gateway, initially using the email address: <code>aberdeenshire@bgateway.com</code>, for the programme of workshops, etc.

Part of the Health and Wellbeing issues we face in our Community has been the rise of the effects of Alcohol and Drug abuse in the home. We are developing further support in these areas, and have recently appointed a Health specialist at the Skene Medical Centre. If you are affected by any of these issues please seek help directly via the Doctors or Practitioners, or contact me, in confidence, and I will endeavour to direct the correct support to you: cllr.a.mckelvie@aberdeenshire.gov.uk.

Aberdeenshire Council has developed and published an Action Plan to mitigate any areas of risk that might develop as a result of the Brexit process. Enquiries from the public as well as other interested parties have requested guidance on this matter, for information on this you can access the Councils Plan and guidance at: https://www.aberdeenshire.gov.uk/featured-items/brexit/.

Finally, we have a number of elderly or less mobile residents who require assistance with leaf clearing on their premises. Much of this stems from trees outwith their own property, and often blocks access routes, and can prove impossible to remove where there is no transport available. If you do need this help, please contact me, by email; cllr.a.mckelvie@aberdeenshire. gov.uk, and if you would like to help by volunteering, please also get in touch. I will supply the bags!!, etc.

Alistair McKelvie Telephone 07850 329179



When changes in services are proposed the Council makes every effort to discuss and consult on these changes. This is done by contacting affected groups directly, by consulting with specific communities or for major proposals which are likely to affect most residents on an Aberdeenshire wide basis.

The council is currently carrying out a 'clean sheet' review of the local bus, and dial-a-bus, services that it financially supports, to assist the decision-making on how to prioritise spending.

A survey seeking the views of Aberdeenshire residents and communities to identify travel priorities and preferences has been launched. It is vital that the consultation survey attracts not just existing passenger transport service users but engages with as wide an audience as possible in order to help the Council understand the areas where provision of bus services is affecting people's ability to access key destinations and activities. The questionnaire also focuses on ascertaining views on how best to provide supported bus services and can be completed as individuals or on behalf of an organisation.

The questionnaire is now available online until December 9 2019 at https://www. surveymonkey.co.uk/r/SYRQ3QV.

Printed copies are available in local libraries and Aberdeenshire Council offices for those who cannot access the web site. The survey will also be discussed at Area Bus Forums.

This is clearly an important issue and I would encourage both individuals and any organisations with views on our bus services to contribute to the survey.

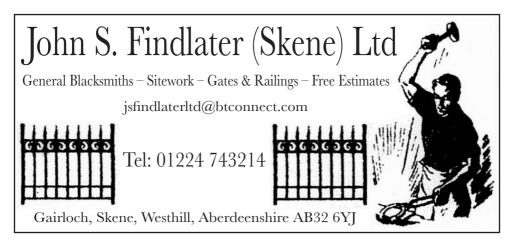
I can be consulted at any time by telephone or email on any issue and also hold surgeries at Westhill Library. My next surgery is on Wednesday 4th December at 5.30-6.00pm. Check www.aberdeenshire.gov.uk for a full list of dates.

Councillor David Aitchison

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

cllr.d.aitchison@aberdeenshire.gov.uk () @aitchisondavid









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Westhill Walkers

Open to all no matter what your age or ability

After a busy summer we are now looking forward to our winter walks and social events. In addition to our summer walks we have enjoyed a weekend away at the very attractive Inveraray Hostel. The walks varied from a 9 mile walk along the Crinan Canal (with obligatory visits to coffee shops on the way) to the bagging of several munros. We enjoyed an excellent communal meal in the hostel (thanks Pushp and other cooks) and another at the historic George Hotel.

Our next weekend away is our traditional early Christmas Dinner at Muir Cottage near Linn of Dee. The walking on this weekend is mainly aimed at working up an appetite and working off the subsequent calories!

Our walking committee is busy preparing the programme for next year and that should be available soon. The final walk of this year is our traditional walk along the prom from the Bridge of Don end to Fittie and back with a stop for refreshments. Everybody is more than welcome to join us for this festive walk.

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).

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.				
Sunday 24th Nov 08.30	Forest of Birse – Finzean An attractive walk with good track throughout. Good views to Carnferg and Peter Hill, both climbed on earlier walks this year. Handily finishing near the Finzean farm shop and tea room.			
Sunday 8th Dec 08.30	Bin of Cullen Walk from Cullen Square south past Cullen House and Garden House to Little Bin and Bin of Cullen. Return by Foulford Bridge and the Castle Hill Motte.			
Sunday 26th Dec 10.00	26th Dec Our traditional walk along the Prom. Meet at the north end, promenade south,			







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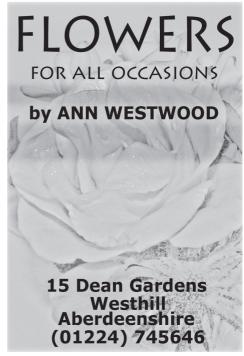
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WESTHILL AND DISTRICT MEN'S SHED

make friends, share interests and help our community

Shed Extension

Since the last Bulletin the portacabins have been delivered and we are hard at work fitting them out. They have been linked in to the old cabin and electrics, kitchen,



Cabins being craned in... thanks to Greenwell for supplying the cabins (ex-classroom in Oban) and Global Port Services for the crane

flooring and so on are being installed as fast as we can. This is a lot of work and we have grabbed all shedders willing to lend a hand to help. A consequence is that we have not been able to make reindeer this year and this has disappointed many Westhillians; we'll see what we can do for next year.

We need to install a fire detection and alarm system and this is proving very expensive so if anyone reading this can come in and give us advise on making a fully compliant system but at reduced cost please get in touch.

Photos below show the engineering section full to busting with repaired equipment, and the social area with workshop overflow.

On the bright side we are looking forward to the increased area, the majority for workshops and stores and some for the social area (the allocation will be a ratio of 2.3 to 1).





Business as (almost) usual...

We have had to lay off social events because of the crowding. Meanwhile we have kept everything else going as normal; music, bridge and railway model construction groups, the Sheshed, tea table banter and friendly atmosphere. So, if you have thought about coming along please do – we hope to give you a warm welcome.

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





Charity No. SC017801

Since the last Bulletin Westhill Scout Group has been very busy. During September we had a fantastic weekend at Lochter Activity Centre by Oldmeldrum for our annual group camp.

Around 65 Beavers, Cubs and Scouts, a small army of leaders and adult helpers plus terrific weather made for an unforgettable weekend. The youngsters enjoyed activities such as archery, segways, water zorbing, target shooting, fishing, 4×4 driving, zipline, assault course, go-karting, a 2km water/mud run, campfire, wood branding, digger operating and bouncy inflatables!

Many of the youngsters earned badges by being at the camp including "Nights Away", "Adventurous Activities" and "Team Challenge" badges. Well done to them. It all contributes to gaining #SkillsForLife.

At the start of October a bike ride was held to remember our former Cub Leader, Fiona Fraser, who sadly passed away this year.



The bike ride was along the Deeside Railway line from Duthie Park to Templars Scout Park (7 miles) or Cults to Templars (5 miles) as an alternative.

The weather was not on the riders' side with a torrential downpour just as they were about to start, but all who took part had a great time nevertheless.

A total of £600 was raised in her memory and was donated to Cancer Research, Roxburgh House and the ARI staff garden project, as per the wishes of Fiona's family.

Beavers, Cubs and Scouts also took part in Rotary Great Britain and Ireland's **Purple4Polio** initiative, which looks to raise funds and awareness of their efforts to eradicate polio across the world. Westhill Scout Group planted 8,000 bulbs in total. This included in a sloped area beside the scout hut which should bloom in the shape of the scouting fleur-de-lis emblem. Westwood Scouts assisted Rotarians with planting around the new sculpture by the A944 roundabout plus our youngsters assisted with planting by the Tim Baillie Paddle sculpture by Westhill Drive. We're looking forward to seeing the fruits of their efforts in the spring when the flowers bloom.

During October a public defibrillator installed on the outside wall of the Westhill Scout Hut became operational. The equipment is part of a wider project which has seen 16 public defibrillators installed across Westhill and Skene. The scheme has been organised by a dedicated public access defibrillator (PAD) group and as well as Westhill Scouts, it has been supported by other local groups such as Jog Scotland, Westhill Round Table, Westhill Bike Club and first aid charity St John Scotland.

Early defibrillation can significantly increase the chances of survival for anyone who develops sudden cardiac arrest and so we are delighted to support this project. We hope that the equipment proves lifesaving in the future.



Our new website is now up and running. For further information, news or to enquire about volunteering, waiting lists or hiring our hall please go to www.1stwesthillscouts.co.uk.



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 - very well done!:

Bronze Award: Lewis Gammie, Abigail Fraser, Elizabeth Leys, Aoife Henderson

Silver Award: Liam Macleod, Jenna Starkey, Hannah Lorimer, Amy Huntington, Craig McKenzie

Gold Award: Melissa McConnach



As we start our 13th year we are in unknown territory. Two of our founding volunteers from 2007 have retired. Janet and Richard Shaw have dedicated countless hours – let's think – 2 hours each Thursday say 30 times per year (30 x 2 = 60 hours) plus both a Bronze and a Silver training day (2 x 7 = 14 hours) then two 2-day Bronze Expedition

weekends (2 x 36 = 72 hours) plus two Silver Expedition 3-day weekends (2 x 60 = 120 hours). So, even if we don't include preparing and repairing session materials and expedition kit, leader planning meetings, leader training and updates, route checks – that's 12 years of dedicating 266 hours EACH – so 12 x 266 x 2 = 3172 hours or 132 days or, on average, more than 11 hours per month for 12 years. Clearly an underestimate. And with around 50 new participants each year, Janet and Richard have made a huge contribution to making the Duke of Edinburgh Award accessible to local young people. Many of you will also know them for volunteering with Scouts and Explorers. On behalf of all those participants and all the other volunteer leaders – THANK YOU – you have made an immeasurable impact which numbers alone cannot convey and you will be greatly missed.

We had our first international expedition this summer when Guy and Heather led a really enthusiastic and capable Gold team, Dukes Driving, out in Wales. Another team, Ally's Army, enjoyed their Borders expedition with Heather and Jonathan while Team Purple made their way from Blair Atholl to Glen Feshie with Calum. Team GOAT packed both their Gold Practice and Qualifying Expeditions into June with Guy and John. Paul, Martin and Simon were on hand to help the teams in their Angus Glens Practice Expeditions. Thank you to each and every volunteer leader and helper who make it possible for these Gold plus the 5 Silver and 8 Bronze teams to complete their Expedition section this summer.

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. We have 42 new Bronze participants starting so 6 teams of 7 members plus 4 Silver and 3 Gold Award teams. If we had more volunteer leaders we could take more Bronze participants as over 74 applied to take part. If you enjoy hill walking, please consider sharing your love and knowledge of the great outdoors with the next generation. Full training provided. Remember, if you have STARTED YOUR AWARD and need help to finish it, contact: *WesthillDoE@aol.co.uk*.

Rotary Out and About

World Polio Day this year took place on October 24th and we were delighted to celebrate the announcement that the second of the 3 strains of the poliovirus has been eradicated. This huge achievement has been driven by a dedicated commitment by Rotary International, supported by the Bill and Melinda Gates Foundation, to fund the \$50 million per year required to enable the ongoing global immunisation programme. The final strain of the virus remains in circulation in just two countries, Afghanistan and Pakistan, where the work on immunisation and eradication continues. Only three decades ago polio infected more than 350,000 children a year with devastating impact of paralysis and even death for sufferers. This number has been reduced to a mere 88 cases during the current year and we hope we are in the last stages of eradicating this disease for good.

In Westhill as part of our support for the End Polio Now campaign, we have again been planting crocus bulbs that will go Purple4Polio. When a child receives their life saving polio drops on mass polio immunisation days in many countries their little finger is painted with a purple dye, so it is clear they have received their life saving vaccine. With help from the Westhill Scout Group 8,000 bulbs were planted this year in areas beside the Scout Hut, around the new Sculpture by the A944 roundabout and around the Tim Baillie Paddle sculpture by Westhill Drive. Look out for these and our other crocus displays in the spring giving a splash of purple around the town and celebrating the progress to End Polio.

In a recent initiative we have helped to establish a RotaKids club based in Westhill Primary School. RotaKids is a fun and exciting way for children aged 7-12 to make friends and get involved with important activities in the community, all while having a great time in the process. It also brings an exciting and practical approach to supporting the citizenship element of the national curriculum. In their first project and with the help of help of Mrs Karen Daglish (the teacher mentoring the RotatKids program), Westhill RotaKids are leading an initiative to fill 90 shoe boxes with Christmas treats for families in need in Eastern Europe. Westhill Academy and Elrick Primary school are also involved in filling another 120 shoe boxes, together with a further 30 boxes each from the rural schools of Skene and Echt Primaries. All these boxes have been supplied by Westhill Rotary who also uplift the boxes to the courier for distribution to families in Bulgaria, Romania, Moldova and Ukraine.



A final reminder that one of our major community events, the Senior Citizens Christmas Party, is fast approaching so there is just time to get your application in if you have not yet done so.

Pictured above is the RotaKids Team – Naomi Gilmore, Tegan Forbes, Evie Gordon, Isla Coull, Katie Lorimer and Chloe Paterson

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Girlguiding Westhill District

Many girls have moved up to the next section this term; Rainbows to Brownies, Brownies to Guides and Guides to Rangers, as well as welcoming as many girls as possible from our waiting lists.

Rainbow units have been really busy this term, working on lots of programme activities from 'Be Well' with a visit from Dinky Doctors to run First Aid training to 'Take Action' making cups of kindness, thinking about 'help' in their area, making bird feeders, learning to sew and holding a pyjama party and a Happiness Tea!!





Friends of Guiding have organised a Bag to School collection and Smartie tube collection to support Girlguiding Westhill.

Eight leaders attended Girlguiding Scotland's New Programme Roadshow at Queen's Cross Church in Aberdeen to get up to speed with the latest training and support available.

Lauren Davidson, Westhill Rangers and Brownie Leader, visited Our Chalet in Adelboden, Switzerland as a member of a Scottish team this summer and has returned to share her experiences and enthusiasm with fellow Rangers and other units. A number of Guides were also part of a Girlguiding Gordon County trip to the Haarlem Jamborette in the Netherlands.

Amy Kazmierczak, Annie Still, Erin Fraser, Lauren Davidson & Sammy Gordon from Westhill Rangers, were presented with their Chief Guide's Award by County Commissioner Joyce Petrie. The girls did a huge amount of work to attain the highest award available to them as 14-18 year old members. Well done!

Guides were involved in summer camp at Crathes. Some members were also involved in a sleepover at Jump-In with other Guides and Rangers from across the other Grampian counties.

Lots of promises have been made this term (girls and new leaders) and many more programme activities going on.

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

Westhill District Amateur Swimming Club

It has been a busy start of the season for Westhill District ASC as the club has launched a new squad. Junior Masters Squad is designed for swimmers who wish to continue to compete, challenge and develop their swimming but can no longer commit to a large number of hours in the pool. If you are interested in finding out more about this program or if you'd like to join the squad please email Clare on wdascjuniormasters@gmail.com.

Along with attending recent swim meets in Fraserburgh and Dundee, our Gold and Platinum swimmers are also busy fundraising for their trip to Club La Santa, Lanzarote for warm weather training in October 2020. They have held a very successful BBQ and Rag Bag collection and plans are underway for a bake sale before the Christmas holidays.

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

As part of Macmillan Greatest Coffee Morning in the World, the annual event was held on Saturday 28th September in the Lyne of Skene Hall. Teas, coffee, home bakes were served. There were the usual stalls, raffles etc. The total raised was £2,576.

Our annual raffle was drawn at the coffee morning:

1st prize (£100) - Duncan Davidson

2nd prize (£75) - Daisy Rodger

3rd prize (£50) - Shona McBain

Thank you to all the companies, businesses and individuals who contributed raffle prizes and who supported the event on the day.

The M & Co fashion show on Wednesday 30th October at the Inverurie store was a sell-out. The models all looked fabulous in their outfits. Thank you to all who supported this event.

The committee will have a stall at the "Christmas Shop and Sip" event at Kemnay Village Hall on Saturday 23rd November.

The Dunecht Burns Supper is on Friday 24th January in the Dunecht Hall. Tickets are on sale from committee members at £22.50/person. This includes the traditional Burns Supper, (with vegetarian option available), entertainment and a ceilidh with licensed bar until 12.30am. Dancing to the "Rob Roy Ceilidh Band".

If you are thinking of participating in a charity challenge in the New Year, please remember that any money which comes to the committee is used for the benefit of local cancer patients and their families. Our committee welcomes anyone who would like to help at our fun fund raising events and would be delighted to hear from you.

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

Kath MacBeath, tel. 01330 860226

Skene Parish Church

I realised recently that in a matter of weeks we will celebrate the end of a decade. It seems to have crept up on me. Although, perhaps it is because so much has happened in this year alone. It can be hard when you are in the middle of something to appreciate the bigger picture.



The last ten years have seen lots change in our world, and sadly not all of it has been for the better. Our world seems more fragile now and we are facing some big challenges. Conflict continues to rage across the continents and millions upon millions of people are living away from their homes – forced out by war, by discrimination, by natural disaster. We've witnessed painful moments and at times it has felt like everything that was once solid is now shaking.

Perhaps it is a good time to yearn for a new beginning – a fresh start.



In October Cardinal John Henry Newman was canonised. He was an inspiring theologian in the 19th century and he wrote of God, "He knows what He is about." I find those words comforting in the face of so much uncertainty. It reminds me that I believe in a creator God who is deeply involved in His creation and who is not simply a watchmaker, winding up the mechanism and letting it run. I believe in a God who is just and who

cares for every one of His children, no matter how marginalised they may be. I believe in a God who loved us so much, He gifted his only Son to us, in the most incredible of ways, in order that we might come to know Him. This gives me hope for the decade to come.

Cardinal Newman also wrote, "God has created me to do Him some definite service. He has committed some work to me which He has not committed to another." These words inspire me to consider what God has created me to do and what God is calling me to in the coming years. Words that cause me to stop and ponder and dream. Not only for myself, but for the church of which I am minster and for our community. How can we serve? What work has God prepared for us? What could our community become? How can we be light in the darkness?

As the pages of our diaries turn and we begin again, may I encourage you to put your trust in the one who knows

what he is about.
Ask yourself what
He has made you
for....and then go
to it.

Everyone at Skene Parish Church wishes you and your family a very Merry Christmas and a peaceful New Year. Here are some of our events to which you are warmly invited.

Date	Time/Place	Event		
7th Dec	Afternoon, Westhill	Nativity Characters Trail		
15 th Dec	6pm Skene	Carols by Candlelight		
23 rd Dec	2pm Trinity	Christmas Movie – <i>The Star</i> Families welcome		
24 th Dec	4pm Trinity	Christmas Eve service	Pop-up nativity "From God with Love"	
24 th Dec	11.15pm Skene Carols from 11pm	Watchnight service "A sign for us"		
25 th Dec	10am Skene	Joint Service of Celebration		

Blessings

Rev Stella

ASHDALE HALL (WESTHILL DRIVE)

The Ashdale Hall has been busy this Autumn and Winter and are gearing up for Christmas and the New Year

SILVER JUBILEE

The Ashdale Hall celebrated its Silver Jubilee this 2019 and events planned for the year included a Quiz night, a Bingo night and culminated in a Ceilidh on 1ST November to help raise funds towards hall refurbishment.

FUNDRAISING

A heartfelt thanks to everyone who attended our Quiz on 22nd June which raised £1331.48 and our Bingo night on 27th September which raised £1361.17. Money is going towards hall renovation. Anyone interested in joining the fundraising committee should contact the hall.

RENOVATION

We have had the toilets and meeting rooms decorated and new infra-red heating fitted in the main hall. We have further plans for more renovations.

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

Wellbeing Event Sunday 24th November. Senior Citizens Christmas Party 1st December 2.00pm–4.30pm. Westhill Christmas Market 7th December 9.00am–1.00pm. Blackburn Dances 7th, 8th, 24th, 31st December. RSCDS Dance 13th December. Abricabeats Xmas Party 15th December.

WESTHILL MARKET (9am-1pm, 1st Saturday every month except January)

Our monthly market is held at the Hall and we have our stallholders selling fish, bread, cakes, tarts, local fresh meats, pies, vegetables, jams, fudge, organic eggs, organic body products, bespoke cards, crafts, jewellery and others. 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 and choice of the goods on offer

HALL FACILITIES

The Hall hosts Dances, Shows, Parties. The Hall is also 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

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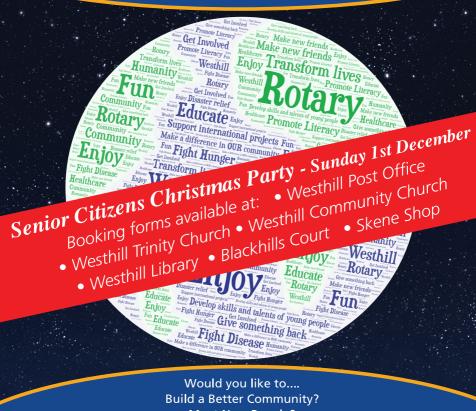
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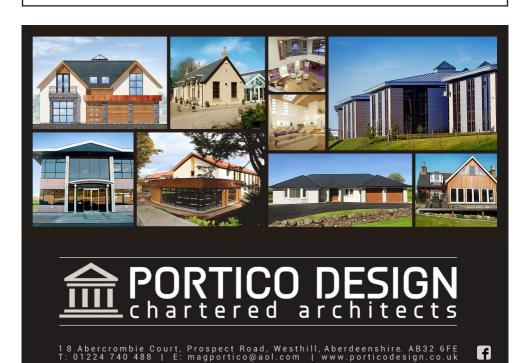
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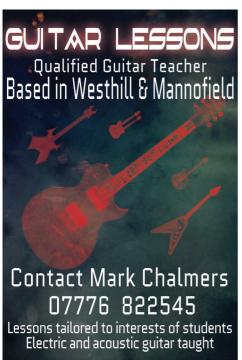








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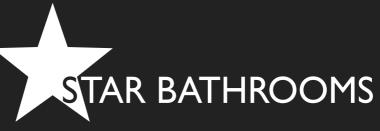
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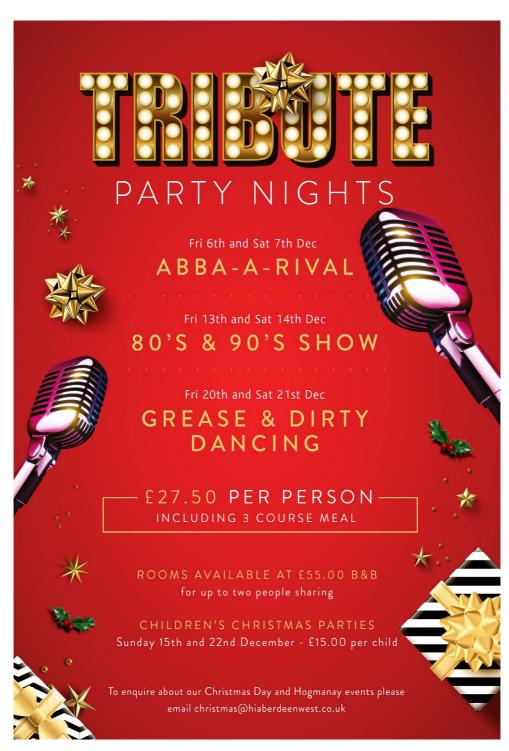
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Westhill Community Centre

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

Adult Badminton Classes

This is a new class in the Westhill Academy Games Hall for beginners or for those just wanting to improve their techniques. The coach will try to accommodate everyone.

Thursday Evenings - 6.15 - 7.15 pm

Cost - £5 per session paid in a 5 week block (booking required).

Tuesday Adult Badminton Drop In

Come along to this friendly drop in sessions where all levels are made welcome.

Time: - 8.00 - 10.00 pm

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WINTER UPDATE

We at SensationAll would like to extend our sincere thanks to the Westhill & Surrounding Community for their ongoing support, participation and generosity throughout the years. In particular these organisations who have been a constant friend to us and played a key part in our ongoing development;



Men's Shed Westhill
Westhill & District Round Table
Rotary Westhill
Westhill Lions
Holiday Inn Westhill
Tesco Westhill
Foxlane Garden Centre
Westhill Bulletin

We are so grateful and look forward to our ongoing relationship while integrating further with our community for years to come. If you'd like to be involved with us or even find out more about what we do please visit www.sensationall.org.uk or email us at info@sensationall.org.uk



CHRISTMAS FAYRE & SANTA'S GROTTO**

SATURDAY 7TH DECEMBER

11-3PM OLD SCHOOL HOUSE

Please join us again this year at our Christmas Fundraiser!
Stalls, refreshments and a visit from Santa.
Everyone welcome, all proceeds go back into running SensationALL's services for adults and children with support needs and complex disabilites.

POLICE SCOTLAND Keeping people safe

POLICE REPORT

I am pleased to report another positive period of engagement in the Westhill Community.

Important relationships continue to be strengthened with Westhill Academy and

primary schools in the area. I have been pleased to have

the opportunity to continue to visit the Academy as well as attending at local primary schools including Crombie and Skene where I have been to speak to the children about keeping safe, how police can help them and the general day to day life of a police officer on duty. All these visits have not only been fulfilling for myself but also very beneficial for the children to educate them, build positive relationships with them and ensure that they are aware that police are there for them should they require it.



Westhill Shopping Centre has recently been visited ahead of the forthcoming Christmas period to provide them with information packs to assist them in deterring shopliftings and what to do in the event of one. Although there are only a small number of shopliftings in the area it is important that we keep it that way and in the lead up to Christmas extra patrols will be put in place in the general area as a further preventative measure.

A number of concerns have been highlighted to me relating to speeding in the area including on Westhill Drive and the surrounding area. As a result I have put up speed survey equipment in the area, and whilst this may act as a deterrent it is a timely opportunity to remind everyone that road safety is a priority of Police Scotland and it is important that all members of the community feel safe whilst they commute to school, work or any other destination. There is clear room for improvement and I would ask all road users to drive in a safe and responsible manner in the area.

Further concerns regarding parking issues have also been raised to me in the general area. Whilst this might seem to be a relatively minor offence to some, parking in restricted areas, even for a couple of minutes can cause significant inconvenience for others and add to congestion during busy periods in an area which is already effected by heavy traffic. Please consider other road users and pedestrians when parking your vehicle.

I would also like to take this opportunity following recent sneak in thefts in neighbouring towns to remind local residents to ensure their homes, vehicles and all other property is locked and secure at all times, particularly as we are now at the time of year where the nights are darker and longer and opportunists may seek to take advantage of this.

If you would like to report anything to the Police please use either our nonemergency number 101 or via www.scotland.police.uk or if you wish to remain anonymous, then use Crimestoppers on 0800 555111.

Please follow us on Twitter @ShireSouthPol for local policing updates.



Westhill Golf Club

The 2019 fixture list has been completed and our winners' achievements were celebrated at

the annual prize presentation and dinner held in the Clubhouse at the beginning of November. Congratulations to all our winners this year with a special mention to Lady Champion Julie Lees who won the Ladies Scratch Division Championship for the 15th time and our new Gents Club Champion Ross Goodbrand.

On a National level Julie also played her way through to the grand final of the Titleist How Did I Do Order of Merit held at Trump Turnberry, Ayrshire in October. Not only did Julie win the individual prize but she was also part of the victorious Scotland team!! Well done Julie!!



Julie collecting her trophy

Another successful Junior programme has been completed culminating in their own section prize giving which will be held in the Clubhouse on Sunday 1st December. For the first time in many a year we had a team that participated in the Aberdeen & District Junior Pennant League, a great experience for all involved.

The golf course is continuously improving and regularly receiving positive comments from both members and guests. With the mixture of heat and rain this year we have had to endure an amazing level of grass growth, however the greenkeeping team and helpers have coped admirably. During August the putting surfaces were hollow cored, scarified, verti-cut, top-dressed and over-seeded. This work is essential to improve them year on year.

Socially we have hosted a number of events including various landmark birthdays as well as anniversaries. In the next month or two we will be putting together the social calendar for season 2019/20. With this in mind and to take advantage of our social calendar, social memberships are available at a cost of £5pp!!

Currently we have an offer on golf for the remainder of this season. Join now for only £100 and have full playing rights through to 29th February 2020. Should you join the club in March 2020 the £100 will be deducted from your 2019/20 subscription charge.

Lastly may I take this opportunity to wish you all a Merry Christmas and a prosperous 2020!!

George Bruce, Club Manager



A "Winter Warmer" on the remainder of season 2019/20!!

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Arnhall Moss - the next 5 years

Arnhall Moss, just across the road from Tesco, was declared a Local Nature Reserve in 1992. It has a management plan which is reviewed every 5 years and the next 5 year plan is just in the process of being written. The plan sets all the things that could be done at the site over the next few years, so includes things like how to look after and improve the paths; how to manage the trees on the site and how the site could be used for community events.

We'd really like to know how you think the site should be managed in the next 5 years, so we've prepared an online consultation to gather your views. You can find the consultation here: http://survey.walking-the-talk.co.uk/arnhall-moss.

We'd really like your views on the future for Arnhall Moss, so please take the time to let us know your thoughts. The consultation closes on 2nd December. Alternatively, if you'd like to know more about the site, or would like to get involved in helping to manage Arnhall Moss, please email tamsin@walking-the-talk.co.uk.

Skene Singers

Our choir, with a wide-ranging repertoire, has been working towards three concerts for local groups in the community before Christmas.

We meet on Tuesday evenings in Trinity Church back hall at 7.30pm, evenings filled with music and a lot of fun.

We are looking for new members to come and join us. No music knowledge is required, just a love of singing which is really good for the mind and body and is also a great boost on dark winter nights.

The choir would like to give a huge thank-you to Christine Thomson who is now stepping down from her role as choir administrator. We all appreciate her hard work and commitment and hope that she will enjoy being an "ordinary" choir member.

All enquiries to Ann Imrie on 01224 740720.

Westhill Craft Group

Interested in craft? Fed up of sitting at home alone and fancy some company? Come along to our group! We are a small group of crafters who meet every Friday morning, 09.30-11.30 at the Hampton by Hilton hotel, Westhill. It's free to attend but we do buy a cuppa from the hotel bar.

We do a variety of crafts, including crochet, knitting, embroidery, cross stitch, tapestry and lace making. Really any portable, non-messy craft would be fine to take along. We mostly take our own project to do and sit and chat.

In September we were treated to a demonstration and 'have a go' session of lace making from Edna Euan of Bon Accord Bobbins. Edna brought along some lace kit and we all had a try. We were pleasantly surprised to discover it's not as terrifyingly complicated as it looks!

We always make new members very welcome, why not give it a try? What better way is there to cheer up a dreich Friday morning than creating something in good company?

Phone Nicola on 07900 376595 if you would like further details, or just come along one week.



We have had a very busy 2019 but we still have some great outings and speakers planned in the run up to Christmas. The club will be closed over the festive period closing on the12th of December and beginning back on the 9th of January 2020. Next years programme looks very busy again with guest speakers, day trips, studio workshops and weekend trips.

We recently had a very successful 3 day trip to the West Coast and visited some fantastic places around the Torridon area on the West Coast of Scotland and managed to capture some great images between the rain and snow showers

The club continues to support Charlie House Children's Charity by providing photographers and pictures for their organised events throughout the year on a voluntary basis. We are displaying our photographs at Charlie houses recharge café in the Bon Accord Centre; the pictures can be purchased for a donation to Charlie House.

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*.





1st Skene Girls' Brigade

Our session is well under way now with the girls already practising for Divisional Competitions and also working towards completing badgework for their awards.

We have a new Trainee Leader, Emma Harrington, who has settled into our weekly group along with her own two daughters.

We attended Trinity Church for our Annual Dedication and also Remembrance Sunday at Skene Church.

Our Brigaders are looking for donations for the Westhill Community Church Foodbank as part of their badgework this session. If anyone wishes to contribute there will be a box in Trinity Church until Monday 16th December.

The girls and Leaders are looking forward to our Panto trip to Inverurie again in December and also making some Christmas crafts during our session.

We have no waiting list and are looking for girls from P1 onwards to join our Company, we meet in Trinity Church on Monday nights from 6-7.30pm.

Any enquiries please call (Captain) Fiona Cumming on 07792 471199.

JOGSCOTLAND WESTHILL

The nights are fair drawing in...but you can still keep fit!

While it's all too easy to feel like hibernating now that the clocks have changed, at JogScotland Westhill we don't let the arrival of the dark nights stop us from getting outside and s



the arrival of the dark nights stop us from getting outside and staying active during the winter months. There may not be as many organised running events taking place during the winter, but it's still important to keep up with training. It can even be a good time to take up running, as you can build up your fitness so that you're ready for the Spring events once the weather improves, and don't forget – if you can keep running through winter, whatever the weather throws at you, you can keep running at any time of year.

This is where running as part of a group can make all the difference. Just knowing that there will always be people to run with can help motivate you, especially on those days when you don't feel like going out and staying on the sofa sounds so much more appealing. We meet every **Monday** and **Thursday** at **6.15pm** at **Westhill Swimming Pool** and there are groups to suit every ability of runner. We now have 5 groups led by our experienced Jog Leaders, ranging from the Green group for runners working their way towards running 5K without stopping, right through to the Blue group which includes several seasoned marathon runners. If you'd like to come along and give us a try, please register online with JogScotland first at https://jogscotland.org.uk/joggers/join-jogscotland/ then come to the swimming pool on a Monday or Thursday.



Looking ahead, we are also planning to run a Couch to 5K programme, starting in January. If you are completely new to running, or haven't run for a long time, our trained Jog Leaders will take you through a 10-week training programme. Starting with a mix of walking and running, the ultimate goal is to complete the Garioch 5K. We're still finalising dates, so check our Facebook page https://www.jogscotlandwesthill.org for updates.

It's been a busy year for the group. Our members are a well-travelled bunch and have enjoyed taking part in events both far and near. We regularly run all the local ParkRuns and two JSW runners have even continued this tradition on trips to Australia, complete with their bright yellow JSW T-shirts! A few of our Couch to 5K 2018 group completed the Inverness and Glasgow Half Marathons this year and we've also had members flying the Westhill flag in Salzburg, Berlin and Copenhagen, to name but a few. Closer to home, JSW has been well represented at Balmoral, the Baker Hughes 10K, and

the Great Aberdeen Run, while in June we participated in the Westhill 10K, either running or helping out as marshals. In the midst of all this, we also find time for less 'serious' activities. Our monthly Bun Runs (where we tuck into a selection of home baking at the end of a run) are always popular. And look out for us running around the streets of Westhill in our Santa suits on 16 December, singing Christmas songs.

As the old song says, "Keep on running".



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SKENE MEDICAL GROUP PATIENT INFORMATION

Seasonal Flu Vaccination Programme 2019/20

Flu vaccines are available to book for those:

- Over 65 years (defined as those aged 65 and over on 31 March 2020); or
- Those under 65 who have an under lying medical condition identified by Scottish Government which puts them in an "at risk" group. Those identified in an "at risk group" will receive a letter or text invitation.



In addition you may be eligible to receive a Pneumococcal and/or Shingles vaccine, please call the Practice if you are unsure.

Pneumococcal Vaccination Programme 2019/20

Pneumococcal vaccines are available to book for those:

· Over 65 and not previously been vaccinated.

Shingles vaccination programme 2019/20

Shingles vaccines are available to book for those:

- Over 70 years on 1st September 2019.
- Age 71-79 years on 1st September 2019 and have not previously been vaccinated.

To book any of the above vaccinations please call **01224 849400** to make an appointment. We have a high volume of patients requiring these vaccinations, please be understanding if we cannot offer you an immediate appointment.

Prescription Requests

Please be aware Skene Medical Group will be closed on Wednesday 25th December, Thursday 26th December, Wednesday 1st January and Thursday 2nd January.

We kindly ask patients to order their medication in plenty of time before the festive season.

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 3-4 working days to collect your prescription from your preferred local chemist.



All the staff at Skene Medical Group would like to wish all our patients and their families a very Merry Christmas and a Happy New Year



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.



Milne Hall, Kirkton of Skene

We are continuing to raise money for Phase 2 of 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 - What to do now?

As the weather gets a bit colder, now is the time to do all or most of the clearing you put off during the summer, also getting in the last of your spring labels, just to remind you where you put them (oops).

Getting a bit tired of digging and planting and sowing? Well, think of pots and other types of containers, check charity shops, jumble sales and even the recycling centre, they can look good and make a difference.

Embrace the weather, even at this time of year the work still goes on – weeding, dead heading flowers, clearing leaves, adding mulch to your pots and to some other plants, a bit of protection from frost. Always remember to feed our feathered friends (they need us). After all your work is done nip inside and have a nice hot cuppa. Enjoy the season.

Bill Loudon

CITIZENS ADVICE BUREAU

South West Aberdeenshire

The True Cost of Free Advice

The South West Aberdeenshire Citizens Advice Bureau is a local charity based in Westhill providing free support, information, advocacy and representation to hundreds of people through confidential advice provided by trained advisers and volunteers.

However, many consultations are being wasted because clients fail to show up to their appointments. Each hourly appointment costs us £97 and sometimes we experience nearly 50% "no-shows" in a day. When we have a "no-show" someone else who may have a serious problem misses out, as that slot can't be filled at short notice. Cancelling appointments in good time allows our advisers to see other clients who otherwise need to wait for up to three weeks to receive advice.

As an independent charity, we rely heavily on volunteers, grants and donations to keep our operation running and we are facing an unprecedented funding challenge. If we are to continue being able to provide critical services to the community, we urge clients to contact us by phone or email if they are unable to attend an appointment, with as much notice as possible.

Energy Advice

Are you worried about your energy bills, needing advice on how to save money and how to keep warm?

Whatever the energy issue you may have, we are here to offer free, impartial and confidential support and guidance. We can give you information and guidance on a range of energy issues, such as:

- How to get better energy deals and save money
- How to switch energy supplier or tariff
- · How to complain about your energy bill
- · Guidance on home energy efficiency
- Advice on grants and benefits available to help you pay your energy bills

Free Drop-in Sessions

From 1st November, the Westhill Bureau office in Westhill Shopping Centre has restarted drop-in sessions, where anyone can come in without the need to make an appointment. Sessions will run on Tuesdays, Wednesdays and Fridays initially from 10 am to 11.45 am, when the last client will be seen.

The Bureau office in Banchory will run similar sessions on Tuesdays at the same times at its Posties Walk location. Each interview is expected to take about half an hour. For those clients who prefer an appointment system, there are still appointments available to book by calling 01224 747714.

Any client intending to use the drop-in service should look at our website www.swacab.org. uk for information on what to bring to the session.

For more information, please call us at our bureau on 01224 747714 Suite 2, 1st Floor Offices, Westhill Shopping Centre, Old Skene Road, Westhill AB32 6RL

Westhill & Kingswells First Responders

We are a small group of dedicated individuals who work closely alongside the Scottish Ambulance Service in providing medical help to members of our community. Because we respond to calls from within our own community, we usually arrive



before the nearest ambulance. This means we are able to provide more immediate assistance to those in need and in turn increase the survival rates of out of hospital cardiac arrests.

One of our main priorities continues to be increasing public CPR and defibrillator awareness and we strongly believe it is a skill that everyone should know. We recently took part in the national Restart-a-Heart day campaign and continue to work hard to spread CPR awareness. We provide comprehensive CPR and defibrillator awareness sessions to groups within our community free of charge. Over the past few months we have been busy providing these sessions to the local Beavers, the residents of both Blackburn & Westhill and the Garlogie Woman's institute, along with many others. If you are interested in learning more about CPR and defibrillators or even the First Responders as a whole, then please drop us an email and we would be more than happy to come out and visit.



Members of the First Responder team participating in the national Restart-a-Heart day campaign

We are always looking for new volunteers to join our team. If you have a few hours to spare each week and love helping others, then we would love to hear from you! Full training is provided by the Scottish Ambulance Service with regular training meetings held throughout the year. Please get in touch with us to find out more and see how you could become a lifesaver.

We would like to thank the Westhill Holiday Inn for continuing to host our group meetings free of charge each month. We really appreciate the support as it allows us to channel our money back into the community.

We would also like to thank everyone for their continued support throughout 2019 and wish everyone a Merry Christmas and a Happy New Year.

Please feel free to contact us via email at westhillkingswellscfr@gmail.com, we look forward to hearing from you.

DONATIONS FROM THE COMMUNITY COUNCIL

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

WECC started to give donations in 2011 and since then a total of £29,000 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 have not made any donations in 2019 due to WECC being in Supported Status and not being allowed to make new financial decisions.

It is hoped that donations can re-start in early 2020. The requests received in 2019 will be considered then.

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!

By the time you read this, our small group of dedicated volunteers will have completed all our litter picks arranged for 2019. We should all feel grateful for the improvement they create to our environment. It is proved that poor local environmental quality has a negative impact on people, businesses and communities. Across Scotland more people are stepping up and volunteering to tackle the growing problem of litter impacting on our parks, streets, beaches and open spaces.

This year, Scottish litter pickers have collected 392 tons of litter. Why not make it a New Year resolution to join with us for some Litter Picking next year? Details of dates will be published in the Spring Bulletin, but we normally pick on the third Saturday of every month. You can also contribute by always discouraging others from dropping litter. On driving home from holiday recently, I was quite horrified at the amount of litter



deposited at the verge of the new AWPR, as we joined it at Stonehaven. This despite a notice stating how dangerous it is for collectors at such sites. It does not generate pride in our nation to see such an unnecessary blight on the landscape.

In the past, we have provided kit to local people who agreed to undertake regular litter picking on their own. If you are one of these people, who for any reason, are not now using the kit, could I ask that you return it to us, as we have limited funds and we will make use of it again.

In the meantime, please have a Happy Festive Season but please take your litter home or place it in a bin!

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

After a long summer season, play is winding down however play continues in the better winter weather at Denman Park

The children's coaching continues to be popular, with sessions continuing throughout the year. If your child is interested in getting involved, please contact us via our Facebook page or email our coach at: vikkipaterson@hotmail.com.

Our men's and ladies' teams have now concluded their NESLTA summer league seasons. Our Ladies A team finished fifth in Division 1 while our B team ended the season in fifth place in Division 4. The men's team finished also finished in fifth position in Division 2. A full breakdown of the results can be found at the NESLTA website.

If you are interested in playing in either competitive or social matches please get in contact (details below).

Our 2019/2020 membership runs until 31st March 2020 but we welcome membership applications at any time with discounted rates. Discounted membership fees are now available until March: Family: £75; Adult: £40; Student: £20; Juniors: £14 (11-17 years); Minis: £10 (10 or under on 31st March 2019).

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

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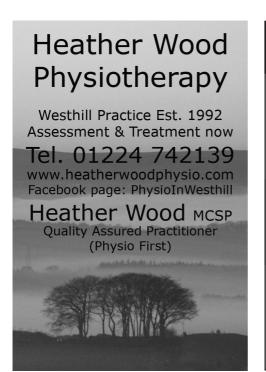
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Alison Donaldson BAcc CA

How is my business doing this month?

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I am a member of the Institute of Chartered Accountants of Scotland, with 15 years experience across a wide range of businesses and industries, and currently a director and trustee of a leading Scottish charity, specialising in the following areas:

- · Monthly management accounts
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- · Budgeting and forecasting
- Cashflow forecasting
- Business planning

If you feel your business could benefit from any of the above and wish an informal and, initially, free discussion about your business requirements, then please contact me on:

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

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The Physio says – out with the old, in with the new

The year is coming to an end, the decade is coming to an end! It's time for us to take stock of the past year, or ten, analyse what went well and what didn't, so that we can plan for the future. A lot of us reflect back when we write our Christmas letter to friends and family in far-flung places. Then when the New Year begins, we make those resolutions to lose weight, get fitter, drink less alcohol, and so on. Whether these are achieved or not, it's a great thing to have goals to work towards, especially specific ones. Make a list! I have a twenty-eight year old cherry tree in my garden, and this year for the first time I broke off dead branches from it, satisfyingly gathering three bin liners full of kindling which will be put to good use. Soon I'll have pruned the rest of it back as well, only to anticipate fresh new healthy growth next Spring. It's been a goal or plan of mine for years, now I've managed to achieve it, and it feels good.

Talking of trees coming back to life in the Spring, I'd like to draw your attention to a book called 'Back to Life', by David Rogers and Dr. Grahame Brown. The subtitle is 'How to unlock your pathway to recovery when back pain persists'. Back pain is one of the most common ailments I treat. Sometimes it's pain that the person has suffered for months or even years on and off. When this is the case, it can be difficult within a one hour treatment session to teach my patient what they need to know to take back control of their body and their health, with regard to spinal pain. Sometimes they're able to come for several sessions, but if not, then the lessons in this book go a long way towards achieving the goal of getting pain under control, and getting 'back to life'. The book is written in quite a lot of detail, based on the most up to date research as far as neuroscience is concerned, so rest assured that it's not just the latest money-making bestseller claiming to cure all. Although it speaks about dealing with back pain, the information about how we perceive pain applies to any kind of pain in any part of the body. Similarly, the advice given on keeping active and adopting a healthier lifestyle applies to everyone. How about getting a copy as a gift for someone who would benefit this Christmas?

My heading title this time refers not only to thoughts typical at this time of year, but to the stage in life that I have reached. After 28 years in my Westhill practice, and 42 years as a physio, I will be retiring at the end of this year. Thank you to all the patients who have put their faith in me as a clinician, as well as the local GPs who have referred clients to me over the years. Wishing you all the best for 2020, and the decades to come!

Heather Wood, Chartered Physiotherapist

Tel. 01224 742139

www.heatherwoodphysio.com





www.westhillcommuitychurch.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



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 Fairs 2019

30th November - 10am to 3pm

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.

SERVICES IN DECEMBER 2019

Sunday 22nd – All Age Nativity Service – 10.30am

Tuesday 24th – Family Christingle Service – 4.00pm

Tuesday 24th - Carols & Communion Service "Love for a Broken World" - 11.15pm

Wednesday 25th – Christmas Day All Age Nativity Service "Joy for the Whole World" – 10.30am

Sunday 29th – Healing and Renewal Service "New Beginnings" – 10.30am

NEW Service for EU Nationals to Settle in the UK

The South West Aberdeenshire Citizens Advice Bureau provides free, confidential, impartial and independent advice and information about debt, benefits, housing, utilities, employment problems, consumer issues, immigration and other personal matters.

Most recently, a new project provides a **specialist service** for EU/EEA Nationals **(EU, Iceland, Liechtenstein, Norway or Switzerland)** living in Scotland.

Funded by the UK Government, this service will help EU Nationals and their family members through the online application process for the Settlement Scheme, to secure their rights to continue living in the UK after Brexit. Further information can be found at: https://www.gov.uk/settled-status-eu-citizens-families.

South West Aberdeenshire Citizens Advice Bureau provides face -to-face support in Central Aberdeenshire, including Deeside, and by the national EU Citizens Support Service Helpline.

If you:

- · have difficulty accessing an Android mobile phone
- · have limited access to the internet
- find it difficult to get the evidence you need to apply
- · have specific immigration or residency issues

Please get in touch – For face to face appointments within South West Aberdeenshire area please contact: Telephone: 01224 747714 • e-mail: enquires@swacab.casonline.org.uk OR contact the EU Citizens Support Service Helpline directly on: 0800 916 9847. The helpline is open Monday to Friday, 9am to 5pm.

VINESPRING CHURCH

It's that season of the year once more. Autumn has faded into winter with biting cold and the arrival of wintery showers and snow. But these also remind us of the festive atmosphere that accompanies the climate at this time of the year; most notably, Christmas!

We have had an amazing year so far at Vinespring Church. Continuing on our theme for the year, "Running with the Horses", we have seen God do amazing miracles in our lives, and in sustaining us as an assembly of faith as we trust His grace and power more and more, and not our own. To God be all the glory for this! In that same spirit, this year at Vinespring Church, we are taking a journey through the Christmas story as part of our celebration of that great and eternal story.

Over 7 Sunday services, we are exploring some of the details of the story of Christmas; the birth of Jesus Christ in a manger at Bethlehem, over 2000 years ago. From her engagement to Joseph, through to the visit of the angel and her visit to Elizabeth; and on to the arrival of her heavenly baby at such an importune time and place; we will follow the young Mary to the manger and beyond, as we seek to experience this Christmas in a different way.

For anyone who is curious, searching or just needs a place and community to share the Christmas experience with, our doors at Vinespring Church are always open so you don't have to spend this Christmas by yourself. So, why not join us on any Sunday or every Sunday from the 10th of November through to the 22nd of December for our Christmas Series themed: "7 Sundays to the Manger". Venue is at the Aboyne and Banchory Suites, Holiday Inn Westhill. Time, 11am. This event is open to everyone in the Westhill and Elrick community and beyond. To everyone who is thirsty, we say, "Come".

Love and Blessings

Team Vinespring

Westhill & District Senior Citizens

We've had a varied programme since the beginning of September. Roy Rhodes (singer with backing music), dog display, 1 woman drama show, Kirkton Singers and the Melting Pot (a group of musicians), Vocal Moves and an Accordionist.

Programme 2019/2020

12th Dec – Xmas Party Holiday Inn (our last meeting for 2019)

In 2020 we have the following booked:

Thursday 15th January – Jim and Marisha Addison – Jazz

Thursday 30th January – Singer

Thursday 13th February – tbc

Thursday 27th February – Inverurie Glee Club

Thursday 12th March – Mike Hamer – Guitar

Thursday 26th March - Westhill Academy Musicians

We have entertainment for around an hour then tea/coffee with biscuits/cakes.

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.

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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

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.

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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 MEETING ROOMS AVAILABLE FOR HIRE DURING THE DAY AND IN THE EVENING GYM HALL AVAILABLE FOR PARTIES SATURDAY/SUNDAY

OUTSIDE LETS INCLUDE:

Westdyke Community Club, Pilates, Yoga, AFC, Sooyang Do Martial Art, GCRA, Brazilian Football, Men's Indoor Football

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	0045 0004000
All Enquiries	
Adult Education Classes	
Air Training Corps	
Ardene House Vets	01224 740700
Ashdale Hall	01224 740137
Boys' Brigade	
Childcare	
Breakfast Club; After Schoo	I
Club; Holiday Club	
Schools Out Club	01110 040120
(Old School House)	01224 465202
Church of Scotland Minister	
Citizens Advice Bureau	
Community Centre	
Community Education	
Community Mini-bus	01224 744058
Dentists' Surgery	
Abercrombie Dental Practice	9,
NHS - Abercrombie Court,	
Prospect Road	01224 745447
Business, Private –	
Ashdale Drive	01224 742513
Westhill Dental Practice,	
Old Skene Road	01224 741339
Arnhall Practice	
Doctors' Surgery	
Results	01224 049392
Repeat Prescriptions	
Electricity Emergency	
Gardening Club	
Gas Emergency	
Golf Club (Pro)	
Girls' Brigade, 1st Skene	07792 471199
Girl Guides	01224 747741
Lawsondale Pavilion	01224 742836
Library	
Nursery	
Bridges	01224 744741
Childcare Info	
Mother & Toddlers Groups	2000 2000000
Westdyke Leisure Centre	01224 743008
vvestuyne Leisure Cerille	01224 /43090

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)		
Post Office (Ind Est)		
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	472872
Tennis Club	07913	042446
Trinity Church	01224	742512
Veterinary, Town & Country	01224	741685
Water Authority	0845 6	018 855
Westdyke Leisure Centre	01224	743098
Westhill Bowling Club	01224	360706
Westhill Community Church	01224	740291
Westhill Men's Shed	01224	917345

Did we get your number right?

Are you missing from the list?



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

westhill.bulletin@gmail.com

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