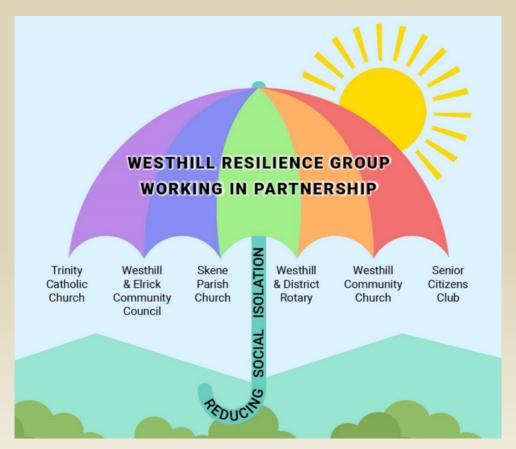
Westhill Bulletin

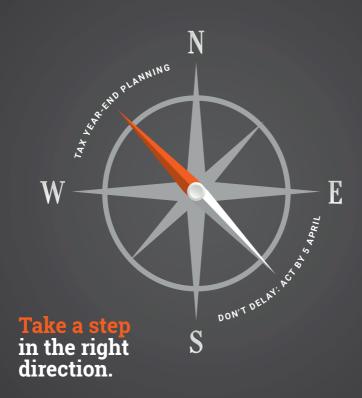
Spring 2021
Issue 165





See Westhill Resilience Group article on page 7 including details of help available with transport to the Vaccination Centres

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



Long-term financial security for you and your loved ones is your priority, and it's ours too. Navigating the savings allowances and exemptions available to you at tax year-end can have a big impact on achieving your goals. It's our job to guide you and provide expert advice. Contact us before 5 April, and together we can plan the route to your future.

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Disclaimer: The inclusion of adverts in the Bulletin does not imply that WECC promotes or endorses any particular business or service.

SUBMITTING ITEMS FOR THE BULLETIN

We distribute over 5000 copies of the Westhill Bulletin quarterly to houses and businesses in Westhill and surrounding villages. We offer good advertising rates and are keen to support local businesses and services.

Adverts and articles for the summer issue should be sent in by Friday 7th May. The Bulletin will be distributed from 29th May.

> 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.

2021 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 to replace retiring helpers and add to the pool of relief 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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Kate Lumsden

Alan McCue

Kenneth Stewart

Raymond Swaffield

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

Due to the Covid-19 pandemic the meetings are currently being held using Zoom. Residents are welcome to join the Zoom meetings. Contact the secretary at weccsecretx@gmail.com to get the call details.



CHAIRPERSON'S REPORT

Welcome to the Spring Bulletin of 2021, that got off to an extended snowy and frosty start.

Most of us will be very glad to have seen the back of 2020, particularly with the potentially deadly Covid Virus and through its lockdown, impacts on income

and employment, family and social life. The pressures of ongoing lock down and the sense of isolation that can be engendered by it has led to WECC forming a Health and Wellbeing Group, to help promote both physical and mental health, and indeed we have an article on mental health in this edition (see page 30).

But in all of this disruption there have been upsides – less commuting, working from home for those who can; more time for family and physical pursuits, particularly walking and cycling. We are actively progressing completion of the Westhill Orbital Trail, a 12km route around the town which we hope to formally open late spring, ready for those long summer days (see page 63).

One of the most significant upsides that we have seen is the upsurge in community spirit that's been shown in many different and practical ways, from street-based Whats App groups, to food banks and food parcel deliveries; to formation of assistance groups, to name a few. One of the most recent and best examples occurred in the early days of that frosty and snowy start to the year, when a local resident Dave Cowie set up the Westhill Winter Resilience Group (WWRG) whose volunteer numbers have risen from zero to over 1700 members in just a matter of a few weeks (see page 8).

The formation of WWRG was partly in response to the council's prioritisation of salting/gritting activities, which may be followed by a reduction in other areas such as landscape services. WECC are currently considering ways that we can help connect those who may like to volunteer with those groups and organisations that need some volunteer support.

Thankfully, with the February freeze behind us, we now have plenty of things to look forward to.

Most importantly of all, if everything goes according to plan, most of those at higher risk will have been vaccinated against Covid by mid-summer. This should allow a substantial return to some degree of normality, or at least a "new" normality. What this will look like can only be speculated on e.g. to what extent will commuting and working patterns return; are shopping habits changed towards online forever, if so what will happen to shopping centres? The good news for Westhill is that as part of our recent Phoenix campaign, run in conjunction with town centre management, we calculated that in 2020, despite the direct impact of the lockdown, very close to one million cars, and thousands more on foot, visited Westhill to shop and socialise, so on the face of it, our town centre looks secure for the future.

Finally, our next monthly meeting in March 2021 will be the first anniversary of the reestablishment of WECC. In that year we have enjoyed the benefit of an enthusiastic and hardworking membership, who along with local councillors and very supportive volunteers, have made good progress on various fronts, e.g. among other things establishing a Covid Relief Fund to support local community organisations; securing funding for three significant projects, two of which have been completed with the remaining one making good progress, and of course continuing with Xmas celebrations and litter picks. On behalf of WECC our sincere thanks to all those who have helped us in any way and we look forward to another year of continuing successes.

Mervyn Barr Chairperson WECC

THE FESTIVE WESTIE HAS BEEN FOUND!





Santa was reunited with his missing dog in time for Christmas. The prizes for the Find the Festive Westie competition were awarded by Jeff and Lauren from Northsound1 at the Shopping Centre on 21st December.

The winner of the 1st prize hamper worth £600 was Jody Anderson from Fyvie.

The two runner-ups getting hampers worth £300 each were Aileen Swaffield from Westhill and Rachael Macadie from Aberdeen.

On behalf of Westhill Shopping Centre and Westhill and Elrick Community Council we would like to thank everyone for all your support and participation. Huge thanks to extremely talented Claire Notarangelo for fixing up the hampers and her creative support throughout the competition and



the following wonderful shops for contributing to the prizes: Costa Coffee, Lloyds Pharmacy, Home Bargains, Town And Country Vet, JK Fine Foods, Co-op, Daisychain Childrenswear, Foxlane Garden Centre, Abercrombie Smile Design, Tesco Westhill, Lows Traditional Fish & Chips, Low And Co Hair Design, Card Factory, Betfred, Cones & Candy, Storie Cruden and Simpson, Barber's pole, Specsavers, Marks and Spencer, Greggs, Westhill Carpets, Broadshade Beauty, Domino's Pizza, BestWishes, Beaux Boutique

The purpose of this competition was to raise footfall in Westhill and showcase all that our wonderful town has to offer.

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

We hope to be able to restart sales on 3rd April or 1st May See article on page 58

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

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

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MOBILE BANKS

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withdrawals. Cheque deposits can be made
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Saturday 9am-1pm

ATMs IN WESTHILL

- Inside Co-op store
- Outside Tesco store
- Inside Costco store
- Westhill Service Station shop in Elrick



Westhill Resilience Group

The winter Bulletin (page 7) reported on the two phases of delivering afternoon teas to elderly residents. The Resilience Group wanted to say **Thank You** to these individuals for helping the NHS, by keeping themselves and the community safe. As well as this, the project hoped to reduce the isolation experienced by some through social contact and increase the wellbeing of the individuals by having a doorstep chat and making sure they felt supported.

The above logo has been developed to show the 6 community groups that are in the umbrella of the Resilience Group. The Resilience Group can be contacted on 07851 613892.

In December Christmas gift bags were delivered to around 300 residents, including some who had not received an afternoon tea but were nominated to get a gift bag by people who had read the last Bulletin article.

Next Steps

In late February community wellbeing cards were posted to the 300 residents along with a signposting leaflet containing lots of useful contact information for support groups, etc.

The group is now going to plan an event to be held after the lockdown restrictions are lifted.

A major activity that the group members are volunteering for is to drive residents to the Covid Vaccination centres. See details below.





HELP WITH TRANSPORT TO VACCINATION CENTRES

Residents in the Westhill area are getting appointment letters to go mainly to the P&J Live Covid Vaccination Centre.

A member of the Westhill Resilience Group can take you in their car free of charge if you don't have your own transport or a friend/relative who can take you. You don't have to use public transport or take a taxi.

David Ritchie is the local co-ordinator for transport requests. Please phone or text him on 07989 637461 to arrange transport. Requests at short notice can be accommodated. We can also help with other medical transport, like to ARI.

BEWARE: Any phone calls relating to any aspect of the Vaccination programme that request a payment will be a scam. Do not provide any financial details.

Westhill Winter Resilience Group - PASS IT ON

My name is David Cowie and I am 46 years old. I live in Westhill with my wife Nicola and our two sons Adam and Callum.

We have lived in the same house for around 20 years and really enjoy living in this area. We have great neighbours and friends. We know people from the top to the bottom of the street and there is an excellent sense of community spirit.

I have always wanted to give something back to the Westhill community to say thanks for their generosity and kindness as one of my immediate family is Type 1 diabetic.

I have organised a couple of events with huge support from the community, friends and family which has seen us raise over £55,000 for JDRF over a 6 year period.

Over the Christmas period I was on holiday and bored sitting about the house being lazy. I was becoming increasingly frustrated with negative social media comments being directed towards council workers amongst others so decided to take some action and create a Facebook page.

I started Westhill Winter Resilience Facebook page and am amazed to see over 1700 people have now joined. There are some helpful community minded people in Westhill, and I want to thank everyone who has got involved, young and old in these testing times to support each other.

Local businesses have been extremely generous with donations of gritting salt and Aberdeenshire Council have been supportive with filling grit bins. If your closest bin requires filled please go to https://aberdeenshire.gov.uk/roads-and-travel/roads/maintenance/winter-maintenance/grit-bin/.

I have also volunteered with three other people from my street to be a Snow Warden. For more details see https://aberdeenshire.gov.uk/roads-and-travel/roads/maintenance/winter-maintenance/snow-wardens/.

I was nominated for the Northsound1 local hero campaign and was chosen. I have received £650 of Tesco vouchers which are being distributed through the group.

Looking forward to seeing where we go with Westhill Winter Resilience next!

Take care

Dave Cowie



WECC COMMUNITY SUPPORT FUND

Westhill & Elrick Community Council has 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 around £36,000 has been donated to a wide range of groups. See https://westhillelrick.org/people-make-a-place/donations/ for Guidance Notes and the Application form or contact treasurerwecc@gmail.com.

At the February 2021 round, donations were made to Westhill & District Men's Shed and Girlguiding Westhill District. A donation has also been made to Westhill Resilience Group from the WECC Covid Fund for helping with the wellbeing of elderly residents.

The next round of donations will be made in May 2021. Closing date for applications is 7th May.

Here is a report from Westhill Tennis Club on the impact of the donation they received at the October 2020 round.

Westhill Tennis Club is extremely grateful for our donation of £695 towards the deep clean and re-painting of the courts at Denman Park. Last year was extremely popular and it was great to see the facilities utilised throughout the summer by both new and long-time members. Due to this, we needed to invest in some essential maintenance which will go a long way to extending the life of the courts before a complete resurface in years to come. This was welcome boost for what was a tough year for the community.

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Ron McKail, Councillor for Westhill and District

Yellow Winter Weather Forecast

For Aberdeenshire Council's Roads Maintenance teams it is a major challenge for them to keep our vast road network open which extends to some 3,400 miles. It is also understandable that the main traffic routes in our towns and villages and also our footpaths which have the highest footfall are prioritised for treatment.

It was during the January cold spell that I received emails and phone calls expressing concern from constituents that their street and pavements outside their house were icy, slippy and dangerous. Why they had not been salted and what were the council doing about it was the message. These complaints were followed up with the council's roads teams and the explanation is that throughout the Shire there are agreed priority categories of roads and pavements. The roads carrying the most traffic and the pavements with the heaviest footfall are in the highest priority. The remainder will be treated if possible but that is not guaranteed. While many of the main roads in Westhill and many of the footpaths were treated it is logistically a difficult task for council staff to be able to salt all of the side roads whenever a cold spell is forecast. If consideration is also given to the same icy roads and streets throughout Aberdeenshire the enormity of the task facing the council work force is put into perspective.

A further difficulty facing the council is the effect the pandemic is having on front-line service delivery. Staff have been affected by Covid 19 resulting in health absences and also 'shielding'. Roads team members who in 'normal times' would have been involved in the winter maintenance programme have been retrained or re-deployed to support the weekly waste collection, to help out in the council's cemeteries or to carry out road repairs.

A2B Dial a Bus Service Scaled Back to Three Days Per Week

Westhill's A2B dial a bus service has witnessed a dramatic reduction in passenger numbers from the previous five day midweek service is now operating only on Monday, Wednesday and Friday. Understandably in this Covid 19 climate there are currently fewer passenger bookings using the A2B dial a bus for doctor's appointment and shopping trips. The service however will continue to monitor demand and undertake a review in March.

For booking and for emergency requests outwith the current bus timetable the contact phone number is 01467 535333 (see more A2B bus details on page 76).

Trailer Advert (A944) for Bathrooms

Several concerns were expressed to me regarding the trailer advertising Bathrooms located in the field just up from the B9119 traffic lights. The latest information is that the owner of the business has been contacted by the Council's Enforcement team and it has been agreed the trailer will be removed once the current lockdown restrictions are relaxed.



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





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Councillor Alistair McKelvie



Covid Vaccination Programme

As I write this mid Feb we are amidst the countrywide vaccination programme, with the cohorts 3 and 4 for over 75-79 and 70-74 being vaccinated, and this will prevail for some months to come as the remaining cohorts 5-9 follow.

Given the number of contacts I have had over the lack of a Vax Centre in Westhill, it is apparent that many people shared my views that this was a flawed strategy. Our very successful flu vax programme in late autumn last year, and

during this pandemic, could have provided the same facilities, if positive action had been taken by our Education and Community Services, preventing unnecessary travel outwith our locality.

Allowing for the over 80's vaccinated by our GP Practice, and the many under 16's in our community, I estimate that from a population of over 13,000 in our district, some 8-9,000 people would have had to make the journey twice to Inverurie, which was the NHS preferred Vax Centre for Westhill residents. This would have required unnecessary risks, and was opposite to the travel restrictions in place at the time, albeit guidance was announced that it was acceptable to travel if it was for a vaccination. This seemed a tad perverse to me, but I have no doubt it is well intentioned.

However, logic has prevailed in a sense, as the Local NHS control of appointments/venues were hastily removed in favour of a centrally controlled programme, to direct people to mass vaccination centres, and many of our community will have been or will be travelling to the P&J Live TECA and not Inverurie, which may be of benefit given the weather conditions that prevail.

I hope that all goes well, and those individuals that are volunteering can keep safe and have fully assessed the risks, (distancing, sterilisation of cars, etc.) in taking their passengers to and from their designated Vax Centre. The Westhill Resilience group are volunteering to get those with travel issues to their vaccinations – well done to all involved (see page 7).

Education and our Schools

It has been a very difficult time for our schools and teachers, trying to deliver distance learning. Many of them of course have children of their own at home, and are coping with that, as they try to deliver that same learning to their students. Indeed, as we now have P1-3 at school, teachers will still require to support the P4-7 pupils at home. Not an easy task.

Our Education Service requires schools to self-evaluate annually, and our schools cluster have assessed their performance level as being 80% or more, and the Service classifies this as good or better. This is very good news for our Community, as it reassures us that against a set of prescribed criteria and measurements, we have a good level of education being delivered in our schools. Congratulations to Westhill, Crombie, Elrick, and Skene Primaries and our Academy Teachers, Management and their Staff.

Secondary schools have a complex return to school for SQA assessments, as the S4-S6 pupils will return part time and in small groups, with a maximum of 5-8% of total pupils allowed in the building at any one time, to complete practical work they have not been able to access, e.g. metal/wood work.

Lateral flow Covid testing kits to allow for asymptomatic testing to take place were delivered to all schools in Scotland in February. This will allow all consenting school-based staff and senior phase students to undertake twice weekly testing and upload their results onto a web-based system.

Leisure Activity

The downside to the weather conditions that prevail, has been the impact on the reducing numbers of people out walking, as the snow affecting our pathways have not been treated as often as we would prefer. I am informed that the priority to maintain the main roads is impacting on resources, and the routes to the Vax Centres is paramount to the safety of our communities.

However, on the upside has been the sledging activity at the Academy playing fields and Golf Course, as the dozens of sledges carry the large number of our children (and some mums and



dads) downhill 'to the screams of delight'. It is fantastic to see this, given the restricted lives we have led for so long.

However, I appeal to those travelling here by cars, to be much more cognisant of the road safety and distancing rules. I witnessed vehicles parking on Hays Way, blocking bus and vehicle access, and I have included a photograph of the mayhem at Westhill Heights. Vehicles were parked with no care for local traffic access, and with no thoughts to the safety aspects.

In addition I received comments on the lack of compliance with distancing rules on the slopes, so whilst I appreciate the benefits to all in terms of health and wellbeing and fun this can bring, it is important that we observe these rules, they are there to protect us all!

> Alistair McKelvie Telephone 07850 329179



Councillor David Aitchison

My last three contributions to the Bulletin have all commented on the Covid-19 pandemic. As I re-read them before writing this article I noted how each one gives an indication of where we were in the course of the pandemic which has altered our lives. There was however one message which I conveyed in them all, the need to follow guidance and remain vigilant in the face of the extremely transmissible virus.

As I write, the process of vaccination is now well under way. As you read this the rollout of the vaccination should be progressing beyond the most vulnerable groups and to an increasing number of age groups. While the vaccination is undoubtedly going to help us return to a much more normal way of life it is important that we continue to follow the guidance provided at any particular time which applies to our own local area and community. Progress will continue because as a community we are following the guidance.

During the Covid-19 crisis Aberdeenshire Council has made every effort to continue providing the essential services which we all rely on. This has been visible recently through a period of bad weather which stretched resources even further and placed more pressure on staff. When I was approached about specific issues around roads and pavement winter maintenance the level of understanding among the community about the pressures experienced by the council and its workforce was very apparent. It is good to know that as a community we appreciate the services which the council provides.

Now as we deal with the consequences of the pandemic the pressures on the council, its staff and services, will continue. There are likely to be changes to council services and the way they are delivered so please take any opportunity to respond to consultations which the council undertakes about its services and make your views known.

I can be consulted at any time by telephone or email on any issue and also hold surgeries at Westhill Library. My next surgery will be advertised when public health guidance permits these to resume. Check www.aberdeenshire.gov.uk for a full list of dates.

> Councillor David Aitchison Mobile 07876 475227

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





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COMPASS: Navigating healthy, sustainable living in Cults

Camphill Wellbeing Trust (CWT), are excited to announce the launch of **COMPASS**, a new project which aims to transform the former Waldorf School site into a centre demonstrating practical solutions for healthy, sustainable lifestyles.

The site on Craigton Road, Cults is owned by local charity Camphill Estates (www.camphillestates.org.uk) and has been unoccupied since the closure of the school in 2014. Keen not to lose the potential of this naturally beautiful and historic site, CWT has taken it on to host a new community-based project, COMPASS, with plans to create inclusive spaces that serve and engage the local and wider community of Aberdeen City/Shire.

COMPASS is envisaged as a place where the ethos and practices successfully pioneered for those with learning disabilities by the North East Camphill organisations will be translated **to benefit all** who want **to improve their health, maintain their wellbeing or explore a more sustainable lifestyle**.

It aims to showcase sustainable building practices, an integrated, creative health and education approach, sustainable social enterprise projects, organic/biodynamic land use and repair, reuse and recycle practices.

With an amazing **765+ volunteering hours** supporting the venture so far, the progress onsite has been incredible. During our 7 onsite volunteer days, we have **cleared the grounds of rubbish**, cut back **overgrown shrubbery**, **tidied the driveway** of leaves and unearthed the paths around each building. There are now **three no-dig beds** ready for planting in the spring with more to follow over the coming months. You can see these changes captured in before/after photos on our website in our volunteer gallery: **www.camphillwellbeing.org.uk/compass**.

Regular onsite visitors also include Grampian Police and Camphill Schools Aberdeen (CSA). PC Fairburn, pictured with PD (Police Dog) Zak, use both the outdoor space and buildings of the project for dog training while CSA have used the project to host an outdoor teambuilding day CSA students with learning disabilities and other support needs attend for weekly outdoor clear-up sessions. This creates an opportunity for them to go to a workplace and carry out a recognisable job, which is important for the development of their self-esteem.

The project, currently in its early planning stages, is eager to continue to foster strong links with the local community. We would love to hear from those interested in sharing their knowledge and skills to help develop Compass. **Get in touch** with offers of help, ideas for projects or support us via fundraising. Although our onsite days are currently postponed due to COVID guidelines, we may be able to facilitate socially distanced individual volunteers, so please don't hesitate to get in touch if you are interested. You can also register your interest for future events.



To find out more about COMPASS and sign up for volunteering or updates, visit: www. camphillwellbeing.org.uk/our-projects/compass or contact: 01224 862008, compass@cwt.scot.

About Camphill Wellbeing Trust: CWT is a medical charity providing an extended and integrative approach to health and wellbeing. It aims to address illness, build resilience and maintain wellbeing.



WESTHILL AND DISTRICT MEN'S SHED

make friends, share interests and help our community

Continuing through closure...

Fully locked down of course so not much going on in the Shed apart from checking the Shed is secure and to collect the mail.





Pictures show the new woodwork shop with wall-saw and extractor pipes; the prison area of the railway model for Peterhead prison; the new kitchen and tea table waiting for reopening.



We are running a series of Shed talks via Zoom on topics of interest – these are free and are open to the public. For Zoom access details please email *contact@westhillmenshed.co.uk*. The next one is a talk on the 1986 Sumburgh helicopter crash by a former pilot (on 10th March 7.15pm for 7.30pm start by Pushp Vaid, shed member). More to be arranged.

The majority of members should have their first Jab by end of March and we are looking forward to reopening of the Shed as soon as safe to do so. There are a number of outstanding woodwork projects which will be a priority once Shed opens and looking forward to being of service to the community with our regular sale of tools and gardening equipment.

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www.camphillwellbeing.org.uk/camphill-fish



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View items for sale from our shop window, listed on our Facebook page or our online gallery at www.camphillwellbeing.org.uk/the-blue-door

Reserve your item and collect when Covid restrictions allow. Check the website or our Facebook page for the latest updates.



Normal open times: Wed - Fri. 10am - 4pm (dependent on COVID restrictions)

Please do not leave donations outside the door when we are closed!

The Blue Door raises money for Camphill Wellbeing Trust a medical charity supporting an extended approach.

Wellbeing Trust

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Rotary in Lockdown

Spring is coming and we're beginning to see some of the lockdown restrictions easing but, as we write, Rotary is still restricted to holding our regular meetings online and we're unable to carry forward many of our normal activities. Nevertheless, we are still busy with a number of socially distanced

community projects

We recently became aware of the needs of a local young girl who suffers from a severely debilitating condition and immediately mobilised to help find a solution to the youngster's needs. Working with the ARCHIE Foundation we were able to secure the necessary funding to buy a specially designed car seat, adapted to her exact needs, which will allow her to travel in

safety to her necessary medical and other appointments.

President Roy Mitchell, pictured with the car seat said, "Our members have been severely restricted in their activities during lockdown but have pulled together to help support a number of local charities. I am delighted that one of the things we have been able to do is to provide this vital piece of equipment to a local young girl who needs this specialist support." At a total cost of £2,000 part of the funding for the car seat was provided by the local Rotary members providing donations in lieu of their normal custom of sending Christmas cards to each other. The ARCHIE Foundation also contributed to the cost of the seat



Towards the end of the year the School Chess Clubs completed each of their championship competitions but due to lockdown restrictions we were unable to hold a final playoff competition or get photos of the winners. Congratulations, however go to each of the school winners:

Skene – Alastair Pirie; Dunecht – Caitlin Smeaton; Elrick – Li Tiger McKay; Westhill – Max Johannson

In the current environment we have focussed our charitable donations in the local area and are pleased to have continued with regular monthly payments to support three local foodbanks. In addition to this 2 of our members are helping out as volunteers for one of these charities.

Whilst many of our projects have had to be put on hold, Rotary is still intending to run its week long leadership training courses for young adults. A girls' course and boys' course will each run during July at Abernethy's Outdoor Centre at Nethybridge. They are open to young people who are 16 and 17 years old and we will be looking for applications in the next few weeks.

We have been delighted to welcome three new members over the last few months to boost our numbers. Elaine Portelly, Alex Marjoribanks and Bob Wortley are all looking forward to contributing to our community and social activities. Even during the Covid restrictions Rotary keeps serving the local community and we are always keen to encourage others to participate in similar activities. If you feel that you would like to help either by joining Rotary or simply to lend a hand in some of our projects, then please get in touch — john.glascodine@gmail.com.



The Ashdale Hall was closed on 23rd December and still remains closed at time of writing. The staff are furloughed and the February Westhill Market was cancelled. Please access our website (www.ashdalehall.co.uk) which will be updated whenever things change.

Hopefully, when the summer Bulletin comes out in May we will be back to providing a service to the community, the website will provide details as and when.

Contact details are ashdalehall@hotmail.co.uk and 01224 740137 or 01224 741546.

In the meantime, please stay safe and keep well.



Girlguiding Westhill District

Despite our continued lockdown, girls have been moving on from Rainbows to Brownies, Brownies to Guides and Guides to Rangers. We wish them well in their new Sections. We also welcome new Rainbows into our three Rainbow units – we hope

you enjoy your time in Girlguiding.

Many thanks and a very warm welcome to the volunteers who have joined us over the past few months – although a virtual welcome is not quite the same as a face-to-face one, we'd like to thank you for stepping forward and hope you also enjoy your time in Girlguiding.

Please remember, if your daughter is on our waiting list and has not yet been offered a place, if you are able to give your time as a volunteer, she will be prioritised for the next available space. Please follow this link for more information. https://www.girlguidingscotland.org.uk/volunteer-for-

us

World Thinking Day is celebrated by Girl Guides & Girl Scouts around the world on 22nd February. Although we were not able to meet face-to-face for our annual Thinking Day event in the Ashdale Hall this year, members joined Girlguiding Scotland's largest ever virtual event on Sunday 21st February, hosted on Facebook. We enjoyed six hours of fun, with girls and young women participating in a variety of activities and live events throughout the day. This reminds us we are part of an awesome worldwide organisation and have Guiding sisters in many countries throughout the world.



Almost all units have returned to meeting virtually and we hope when restrictions allow, that we can finally get back to meeting face-to-face in 2021.

Well done to the girls below who have received the following levels of Section Awards:

2nd Rainbows - Bronze to Caitlin, Isabelle, Laya & Sophia

- Silver to Emily, Iona, Ruby & Zara

3rd Rainbows - Bronze to Abbie

Well done also to 3rd Rainbows who had their first outdoor meeting... a Hallowe'en Trail in the dark at Westhill Primary.

Caroline Gray and Alison Smith, District Commissioners westhilldc@gmail.com

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Walt's nephew has a point. When you know what is important to you, as a person or as an organisation, then determining your actions and making choices become easier. Values are like a trellis on which your life flourishes.

Back in 2019, our elders helped develop the statement below, as a way of enabling us to shape our present and future life as a church. These are the values that are important to us.

Our strong desire is to be:

- strongly and deeply rooted in our faith, with God's grace and the help of the Holy Spirit:
- · committed to caring for creation;
- reaching out and reflecting the love of God the Father in our community and to the wider world; and
- sharing the gospel of Jesus Christ with every generation.

We do this by seeking to listen to God and to encourage one another as we journey together.

That last part – about journeying together – has inspired us to explore the values statement as a church family in worship, in bible study and in our children's work. We want everyone to understand and own it.

To begin with, we are exploring 'our faith'. What is it we believe? Why do we believe it? What difference does it make? We are using the Apostles' Creed as a map to help us navigate our faith, which in turn help us navigate life.

Lent and Easter are fantastic times to ask these questions. Our faith is centred on the God revealed in the life, death, and resurrection of Jesus. And we believe that Jesus' resurrection, which we celebrate at Easter, is the hinge on which our lives and history turn.

This pandemic has impacted all of us. Perhaps it leaves you with questions about God, the afterlife, forgiveness, suffering or the world around you. Why not join us as we seek to unpack faith and why it matters in the 21st century?

You will find more details at www.skeneparish.com including information about our Holy Week and Faster services

Helping us on our journey is our new Associate Minister, Rev Dr Ibidun Daramola who was ordained in December 2020. We are delighted to welcome her and her family. Please look out for her in the weeks and months to come as she settles into the ministry team.





GOD'S LOVE

Health and Wellbeing

I was delighted to be asked by Mervyn Barr, the WECC Chairperson, to write an article on mental health. My initial thoughts were this will be easy; I have worked in the field of mental health for over three decades. My initial work began within social care, whilst I've spent the latter twenty years specialising in occupational psychology. This meant that I predominantly focused on support of individuals and organisations, which included mental health, productivity, and effectiveness within work environments. I have to say, my initial thoughts were wrong, trying to squeeze in all the topics I would have liked to cover within this 600-word article has proven to be a nigh on impossible task! So, this will be the quickest whistle stop tour, including useful links, of how we can optimise our mental health in what has been an extremely challenging year.

To state the obvious, this is a normal psychological response to what has happened given all we have experienced recently. When we encounter conditions that we as human beings are not well suited to, and let's face it, this last year has been unlike any other that we have ever encountered, we tend to suffer in our health in one way or another.

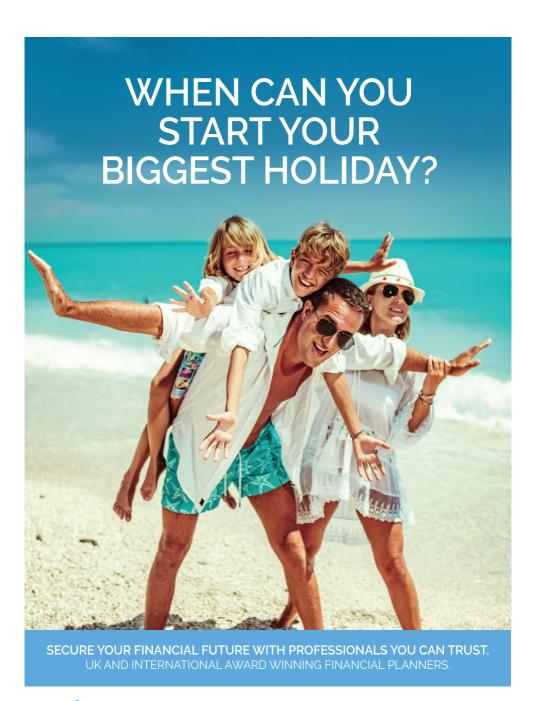
I believe that the most beneficial approach in supporting our mental health is to stop treating mental and physical health as two separate entities. They are wholly intertwined, and if we treat them as such, we stand a much better chance of optimizing our overall health. When we view these entities within their own brackets, it greatly limits our ability for progression. It does not matter what we are ultimately trying to achieve, whether that is to lose weight, or increase our wellbeing, to simply focus on one area, such as the mind or the body, can be counterproductive.

The science is clear, optimal mental health is reliant on four fundamental principles, including what we **eat**, the **exercise** we do, or don't do, the impact and management of **stress** in our lives, and how much, as well as the quality of our **sleep**. Although what is not as well known, is the vital interaction that each of these domains require which is essential for overall health. If we think of a jigsaw, with every additional piece that is put in place, results in being one step closer to the completed picture. The same is true of mental health, with every step that is taken, no matter how big or small (it could be practicing a 30 second breathing exercise twice a day, adding in a litre of good Scottish tap water, or dancing to a favourite song for 3 minutes, adding in one vegetable to a meal, doing something worthwhile for a neighbour), each action will bring you one step closer to optimising your mental health.

Most of us are already aware of the benefits that food and exercise have to our health. However, just as our basic physical needs should be met, so should our basic psychological needs. Psychologists over many decades have identified essential psychological needs that require fulfilling to maintain optimal mental health. These include the need for meaning and purpose in life, autonomy, a sense of control, security, connection, attention, achievement, and status. Unfortunately, given our latest experiences many of these basic psychological needs have not been met, creating a plethora of mental health issues. To gain a better understanding of psychological needs, a great place to start is www.hgi.org.uk useful-info > depression.

For free, practical, science-based tips on supporting, and optimising your mental health, please refer to Integrative Health Practice Ltd on Facebook.

Julie Anderson-Moffat, BSc. (Hons) MSc., CPsychol Occupational Psychologist





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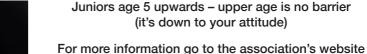
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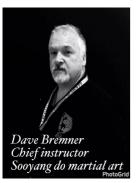
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Reverse Advent Calendar 2020

A group of Crombie School mums had the idea to teach their children the lesson that not everyone is as fortunate as they are and that to receive you have to give. Each day in November each child added an item to a box so by the end of November they all had 30 items to donate to a family in need. The boxes were given to the Community Church Food Bank who immediately knew the families that could be helped.

The kids loved it and the day after they completed the Reverse Advent Calendar their 'elf on the shelf' arrived with their Advent Calendars so the receiving went full circle.

Photos of the wee ones who participated: Freya, Elle, Riley Rose, Innes, Callie, Jamie, Cameron, Felix, Cash, Sophie.



Tesco Community Champion

Hello everyone, my name is Mo and I'm the Community Champion for Tesco Westhill. My role as a champion is to forge links with the local community, supporting and connecting with schools, groups and organisations.

This can include organising donations or raffle prizes for local fundraising events, dealing with request for fundraising bag packing, assisting vulnerable customers with their shopping, supporting the

Westhill Rotary and Community Council with monthly litter picks and promoting/supporting instore fundraising events for our three flagship programmes – Race for Life, Bags of Help and Community Food Connections.

Last year was like no other and unfortunately all collections and charity events were cancelled. However Tesco Westhill continued to support by handing out hampers to Key workers and frontline staff, holding emergency food donation weekends and turning pink in support of Race for Life.

Hopefully by the time you read this restrictions are being eased and we can start to begin fundraising and having in-store events. To keep up to date with Tesco Westhill and community news have a look at the notice board at the exit of the store.

Finally, if you think that Tesco Westhill could support your cause in anyway please get in touch by email: westhil.community@tesco.com or alternatively popping in by and asking for myself at the customer service desk.

Morag Bowers
Community Champion, Tesco Westhill



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Find happiness wherever you are, whatever you do!!





We are nearly at end of first quarter of 2021. A way through those long dark nights of winter with only the occasional hint of sun on a lucky day. The Covid19 pandemic continued to affect everyone's life. In such an uncertain time the Centre began to offer its main services online via Facebook, Zoom and YouTube. Daily talks in the evening, chanting and meditation have helped people locally, regionally, and nationally (and internationally).

This past year has hit us over the head with so many terrible surprises. Though things are a real challenge for most folks, we still saw some of the best in humanity; our bravery, perseverance, and kindness. At our Centre we seek to cultivate these qualities using mindfulness meditation.

If you are suffering from stress or mental health issues and want to try meditation to face the difficulties of modern life, we are here for you.

We are bringing this ancient wisdom to the modern world through **Facebook Live** and **YouTube**. Every Wednesday at 8am we also have a mindfulness support group via Facebook live:

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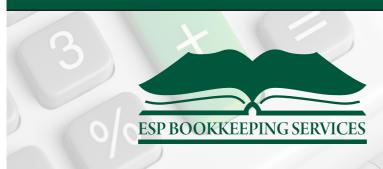
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Westhill Library News

December 31st 2020 was a significant date in the history of Westhill Library as Glenys Higginson, Library Assistant, retired after 30 years of dedicated library service. 30 years – an amazing achievement! In addition to working in our local community Glenys has also supported library teams across Garioch and Marr as a Relief Library Assistant. Glenys was always friendly and welcoming to new and returning visitors and, for both readers and staff, a very knowledgeable source of book and author recommendations.



During lockdown, while the library was closed, Glenys worked on the Live Life Aberdeenshire phone helpline, an unexpected end to her library career! As a founding member of our Knit and Natter group we very much look forward to seeing Glenys back knitting in the library when life returns to more normality. We wish her a very happy, relaxing retirement and happy reading times!

At time of writing Westhill Library, along with all Aberdeenshire Libraries, remains closed due to the current lockdown restrictions so the Click and Collect service is on hold. All library loans are regularly extended to ensure they do not become overdue. If you do have any questions or need help to access your Library account please call the customer helpline 01467 532929 between 9am and 5pm Monday to Friday and 10am to 2pm on Saturday and Sunday.

You may remember in the Winter issue of the Bulletin we highlighted the 'Cosy Bosie' Project. Donations of knitted and crocheted items such as hats, scarves and blankets were made via the Click and Collect service. More than a thousand Cosy Bosies were donated and then distributed by third sector partners to those in need of a bit of warmth and kindness this winter. Donated items not distributed before lockdown will be safely stored and given to third sector partners once restrictions are relaxed. As the project has been so successful Live Life Aberdeenshire and partners Aberdeenshire Community Planning are currently planning to run the project again next winter. Full details are available at https://www.livelifeaberdeenshire.org.uk/news-folder/cosy-bosie-wind-down/.

Access to the Digital Library Service (magazines, newspapers via Press Reader and lots more) can be found at https://www.livelifeaberdeenshire.org.uk/live-life-at-home/digital-library/ and at https://www.livelifeaberdeenshire.org.uk/live-life-at-home/discovery-centre/ you will see links to Book Bug Sessions and Macduff Marine Aquarium.

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 pleased to say that with grant funding we have raised money for Phase 2 for the extension and upgrading of the kitchen. Our contractor will now be continuing with the work, as Covid-19 restrictions allow.

The hall is busy most evenings but we have a large hall, small hall and meeting room available for hire during the day. These are suitable for exercise classes, baby and toddler groups, craft groups, etc. Please see our Facebook page for prices but regular bookings do get discount. To enquire about hiring, please message us via Facebook or phone our booking secretary on 07791 683428.

Future Events: See Facebook page for further details.

Regular Activities:

- Jazzercise, 7.15-8.15pm every Thursday.
- 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 please use Facebook or phone our booking secretary on 07791 683428. See Facebook page for rates. Milne Hall Management Committee is registered as a charity (SC045034).

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

It's 2021!

Now 2020 is behind us and over the next several months and years, we will have the privilege of hindsight to appreciate the wisdom of God more and more, for that unique and interesting year.



This year however, by the grace of God, we have set our sights on chasing after the presence and the glory of Christ in every area of our lives. We learnt by His insight that this must be a year of deliberate, fervent, consistent, and relentless pursuit of the glory of God; to see Him revealed to us, in us, through us, and with us, in this generation.

In line with this theme, throughout this year, we will be exploring the wisdom of God on what and how we can effectively chase after and walk in the glory of Christ our Saviour. The glory of God can be overwhelmingly powerful, awesome; evening stunning to behold, to the point of trembling. Hence why presently, we are focusing of two key needs: Strength and Courage. For us to succeed in this pursuit of God's glory, we must be people of great courage and spiritual strength. The courage to believe God and to stand firm even when it seems ridiculous and far-fetched. As well as the strength of God's Spirit that comes though fellowship and by the Word of faith in the scriptures. In this way we are prepared for, and not alarmed by, the glory He has in store for us.

Recent world events, including the pandemic, lockdown and job losses, have led to great fear and discouragement in many hearts today. However, at Vinespring Church, we will remain an oasis of faith, encouragement, and positivity in Christ for all. For anyone who has resolved to settle down with a lively, Spirit led, bible believing church this year, know that we shall be at your graceful disposal, speaking His voice of healing and hope to every nation, beginning in Scotland and beyond, as He leads. So, take that step and commit to regular participation for regular encounters; towards an irrepressible transformation by the Holy Spirit.

Are you ready for a glory adventure? Then feel free to come along anytime during our meetings. For the moment, our meetings are via Zoom. You can find the meeting details or stay updated on our activities and events, including our Easter Service events, at www.vinespringchurch.co.uk or on social media at www.tinespringchurch.co.uk or on social media at <a href="https://www.tine

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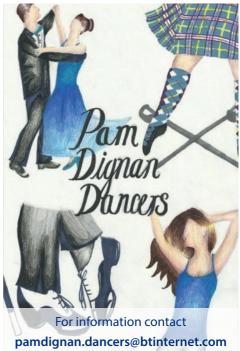


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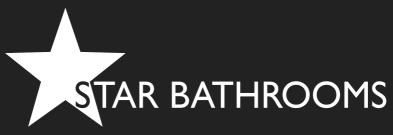


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HOMEOWNERS – IMPORTANT NOTICE

In February 2019 the Legislation relating to smoke detection in your home changed. All domestic properties in Westhill could be affected.

You need to have the following:

- One smoke alarm installed in the room most frequently used for general daytime living purposes.
- One smoke alarm in every circulation space on each storey, such as hallway and landing.
- One heat alarm installed in every kitchen.
- All fire alarms are to be ceiling mounted and must be **interlinked**.
- Carbon monoxide detectors are to be fitted where there are carbon fuelled appliances (such as boilers, fires, open fires, heaters, stoves or a flue).

The Regulations come into effect in February 2022.

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Environment and Litter Projects in Westhill

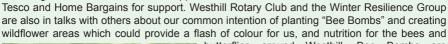
Our Organised Litter Picking events will not be able to resume until the COVID Restrictions are relaxed. The recent snow and ice events also force us to consider when it may be appropriate to resume. We intend to continue with our monthly Picks but have decided to change the day to the fourth Saturday of each month. This is to integrate better with the Westhill Rotary Club's Litter Picks, which are to be held on the second Saturday of the month. The Picks will restart as soon as it is safe to do so. Individuals are however still currently, generously continuing to do what they can.

Do you keep a bag of sand at your house for when it is icy, or do you feel someone else should clear the ice and snow or possibly sand your path etc.? Social media would suggest that a wide range of views exist on this subject. Common quotes imply that "we pay council tax; we pay car tax. Where is our money going?" "We are not getting what we have paid for!"

However, on the other side of the coin, there are residents who volunteer to help in these difficult situations. Could you consider volunteering even occasionally to support our community? The Community Council have considered such wintry challenges every year. This year, we must congratulate a group of socially minded volunteers who have stepped up. David Cowie has set up "Westhill Winter Resilience Group" (see page 8). They have offered practical help to many residents and motivated many other volunteers to join and assist. Very well done!

The environment group of WECC have concerns relating to certain pesticides which have now become licensed for used in the UK after leaving the EU. These pesticides are very harmful to our bees and butterfly pollinators. These pollinators are vital links in our food chain. There are general concerns that the bee population is dropping. 97% of natural bee and butterfly habitat has been lost in the UK since WW2. It is frightening and critical. The butterflies are a summer delight to see flitting around the plants whilst providing them with nectar and us with honey from bees.

We are keen to bring forward action to try to help encourage these insects. We have approached Westhill





butterflies around Westhill. Bee Bombs are wildflower seedballs packed with 1000s of seeds from native wildflower species. More information can be found at www.beebombs.com.

We are delighted with the support and enthusiasm shown so far. If you would like to help, even by donating a "Bee Bomb" packet of wildflowers, please contact kennethstewart@talktalk.net.

With sponsors, and a group of socially minded volunteers, we can make a difference.

Our dates for Litter Picks in 2021 are: 27th March, 24th April, 22nd May, 26th June, 24th July, 28th August, 25th September, 23rd October, 27th November

All our picks start at 10:00 at the Westhill Tennis Court Car Park.

For further information, or if your group may be interested in borrowing our Litter Picking Kit, please contact: Raymond Swaffield, email swaffies@talktalk.net or Ken Stewart, email kennethstewart@talktalk.net.



Westhill Senior Citizens Group

It is with great sadness that (yet again), due to COVID-19, we have been unable to operate since the middle of March 2020.

Our helpers – Mika, Wendy, Jane, Sallie, Janice, Wilma and I have been phoning all our senior citizens on a regular basis. We have offered any help and support needed and a friendly chat. We have found that most of our seniors have family or neighbours who are helping them out on a regular basis – which is very reassuring. We're very pleased to hear that many are keeping well and have been abiding by the rules. As we were unable to host our annual Christmas party we made up gift bags and took these, along with an afternoon tea very kindly donated by the Westhill Rotary Club, for all our seniors to enjoy. The afternoon tea was provided by Marshalls Farm Shop and went down well.

Hopefully by the end of February we will have a better idea of how and when more facilities will be opening up. We also hope that many of you will have received your first dose of vaccine. We don't anticipate being back at meetings until maybe Easter dependent on several factors.

Our Senior Citizens Group are part of the Westhill Community Resilience Group which is also working in partnership with The Rotary Club, Westhill Community Church, Trinity Catholic Church, Westhill & Elrick Community Council and Skene Parish Church – the aim is to try and reduce social isolation in these difficult COVID times. Through these Groups we have tried to contact as many of the older and vulnerable people in Westhill who have been shielding and don't have friends and family nearby. If you know of anyone in this position that would like some help then please let me know and I can pass this on.





During "normal times" our Group meets every alternate Thursday from 2pm to 4pm in the Hall at the back of Trinity Church and is open to those age 55 years and over.

Cost is £3 per session for refreshments along with a £6 annual subscription (paid in Aug/ Sept). Each fortnight we have entertainment for around an hour then tea/coffee with biscuits/cakes.

We will continue to keep in touch with our members on a regular basis and keep them informed as to our restart date.

I hope that you are able to have a little more freedom over the next few months and will be able to meet up (socially distancing) with your family, neighbours and friends. If the weather takes a turn for the worse and you are struggling in any way with shopping, path clearing, icy roads/pavements, getting to Doctor or hospital appointments please give me a call.

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



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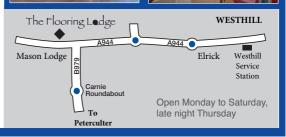
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SKENE MEDICAL GROUP - Patient Info

This ever-changing world...

First of all we would like to extend our gratitude to our patient population who have been extremely understanding of the numerous changes that have had to take place in the way we provide care since the start of the first national lockdown. Given the risks posed by covid-19 we have not been able to provide an open appointment service in the way that we used to. As a result NHS Grampian funded practices for the use of an electronic system called **eConsult** that you can access directly from the home page of the practice's website (*skenemedicalgroup.co.uk*). This provides a modern way to be able to get advice from a clinician which can be completed at any time that is convenient to the patient. These are all reviewed at the practice and responded to efficiently. For those who do not have access to the internet, or the ability to complete this, a telephone appointment will be scheduled instead. This means that we can triage our patients' problems and ensure those that clinically need to be seen face-to-face can be seen promptly and within the confines of the current health and safety guidance due to the pandemic.

In addition to the Practice changes there are also multiple changes going on at Health Board level to transform the way that care is being provided. The following details some of those changes.

Blood Hubs: These have been set up in the community for patients who would usually get bloods done at the request of hospital specialities. If you need blood tests taken at the request of one of the hospital clinics then you will be given the details of this for you to arrange a suitable appointment.

Covid Vaccinations: NHS Grampian has taken the decision to not let local GP practices supply the covid vaccinations. Before this decision was made we were at least able to vaccinate our over 80's and will be allowed to issue the second vaccine to the same individuals during the weekend of 27th/28th March. Those who came for their first vaccine will have received a slip of paper with their next appointment time on it. Please ensure you keep this appointment as a second vaccine will convey even better protection from covid-19. We had a fantastic turnout over our first weekend with just under 97% of our non-housebound over-80's population attending!

Flu Vaccines in Pharmacies: As GP Practices are no longer the source for providing the annual flu vaccines the Health Board set up local flu clinics which took place around October 2020. For those individuals who were not able to attend but are still eligible, local Pharmacies are helping to help provide a 'mop up' service.

First Contact Physiotherapy Service: We are delighted to have Jo Southam at the practice who is our First Contact Physiotherapist. This means that acute musculoskeletal problems can be dealt with quickly by a trained professional. If you are unfortunate enough to develop an acute musculoskeletal problem then you can submit an eConsult with this information which can be forwarded onto her to contact you if deemed appropriate.

WESTHILL BOWLING CLUB

Writing this during a really cold spell of weather, looking at snow falling, it is hard to think about the coming outdoor bowling season.

The winter has been particularly hard at the green with a thick covering of ice covering the playing surface and the surrounding paths since mid-December. If this is a sign of things to come we are strongly considering that next winter we will open for curling and skating, if there is enough interest from the local winter sports community.



Before we look to next winter our focus must be on the coming spring and the opening of the 2021 bowling season in April.

Normally by now we would have held our AGM but like other clubs and organisations this has not been possible, at least not in the normally accepted way where all members have the opportunity to attend a meeting to discuss the past year and the coming season, propose changes and nominate and elect officials. Novel electronic communication solutions have been adopted. Whilst not ideal, nothing beats face to face contact, they will allow us to complete the normal business and continue with the running of the club at this difficult time.

And so on to the 2021 bowling season that we have been looking forward to, but what can we expect? Will we be even be able to open in April? If we can open what level of restrictions will we have to deal with? Can we visit and play matches against other clubs? At this stage we simply don't know, but we are planning for a full and uninterrupted season. We will do everything necessary to comply with government regulations and advice we receive from Bowls Scotland to ensure the safety of all participants. We will have Covid19 Officers in place to ensure compliance with track and trace, distancing and hygiene procedures. We managed to get through last season, albeit in a restricted way, with everyone complying with the rules. For 2021 with a vaccination underway, awareness of infection controls and our existing cleaning and sanitising procedures we are hopeful of a full and uninterrupted season unhindered by the threat of corona virus

Right now we have plans in place to manage the virus. Getting rid of that ice on the green before April, now, that's a different matter. There is no vaccine for that.

We are always looking for new members. We have equipment available for new bowlers and plenty of members willing to offer free advice and coaching. I anticipate we will have a special introductory reduced price for new members for 2021. If interested please contact the club president by email *robert.mutch@btinternet.com* or telephone 07562 696193.

Westhill and Skene Lions Club Book Sales

The monthly Lions Club Book Sales at the shopping centre had to be suspended from April to September 2020. We ran small sales from October to December but will not be able to re-start in 2021 until the non-essential retail restrictions are lifted.

We have started an alternative way that you can still buy books. David Ritchie has set up a few tables with fiction and children's books in his garage at 11 Fare Park Drive (AB32 6WE) and you can come along there. Just phone or text David on 07989 637461 to advise when you would like to come. Books are £1 each, children's 50p. Jigsaws are also on sale. Non-fiction books are not on display but if you tell David what subject you are interested in he can look some out.

Advance notice of when the book sale is re-starting at shopping centre will be posted in the notice board beside Co-op. We should then be operating as normal on the first Saturday each month from 9am to 12pm.

Donations of books, CDs, DVDs and jigsaws can be accepted at any time by contacting David on 07989 637461. They can be delivered to 11 Fare Park Drive or David can collect.

All the proceeds from the book sales go to local and international charitable causes.

Westhill and Skene Lions Club has now been running for 17 years, after being formed as a branch club of Aberdeen Lions Club in 2003. The Lions motto is "WE SERVE" and we are a small part of the largest and most committed voluntary service organisation in the world. There are over 45,000 clubs and more than 1.3 million members worldwide.

https://www.lionsclubs.org/



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Westhill Orbital Trail - Project Update

Westhill Orbital Trail - are we nearly there yet?

Sharp-eyed readers will have noted the subtle change of project title since the Winter issue. We decided on the change from Path to Trail to convey that the terrain is pretty much as we found it, a varied mix of tarmac, woodland and green lanes, some of which can be stony or mucky at times, so possibly not suitable for all on the whole route. Much of the trail will be familiar to regular walkers, but we hope that its establishment together with the signage will encourage more of our community to explore the full extent of the countryside that surrounds the town.



Over the last couple of months the project team has been busy carving a path through the woods and shrubs at the north west corner of the golf course [from the 7th green to the west side of the 5th tee, for those who know it] ready to connect to the path on the north side of Broadshades. We are hoping our contractor will be able to bridge this gap by the time this issue is published, and we are grateful to Stewart Milne Homes and the Golf Club for consenting to this so willingly.

The team has also been busy clearing overhanging branches and some fallen trees at Lawsondale Woods, the section of the Trail that connects Westhill Road with the Gateway Sculpture and Westhill Drive heading clockwise in a south-westerly direction. If taking this route, you will find a rough path threaded through the trees round the perimeter of the playing fields, much of it alongside the Brodiach Burn. Note that at time of writing we have still to decide how to deal with a couple of short wet patches that show up after prolonged rainfall.

By the time you read this, we also hope that our contractor will be close to starting work at the western entrance/exit to Carnie Woods [where car park meets Mackie Place], repairing the collapsed wall, thus making access much easier for local residents and Trail users alike.

So the answer is, yes, we're nearly there. Signposts are due for delivery in February and we hope to have these installed and the route published by Easter, weather permitting.

Thanks again to all those who have stepped forward to offer help and support over the last few months.

A Gordon Prentice
WECC Treasurer & Project Lead
E: prenticeg.wecc@gmail.com





BILL'S GARDENING CORNER

At last spring is in the air, but as I am writing it is snowing. Once the snow has cleared check the area for the spring Bulbs, they will be popping up now.

Now is the time to start getting ready to sow seeds in trays and pots. Sprinkle some tomato and salad seeds on moist compost and put them in a light airy frost free place. When two main leaves are up transfer them to bigger pots to grow on and harden off.

If you are going to plant potatoes now is the time to put them in egg trays or boxes for chipping (sprouting), getting ready for planting out from St Patrick's Day 17th March.

Sweet peas can be planted into toilet roll or half kitchen roll tubs filled with moist compost about an inch deep. When they have three sets of leaves prick out the weakest one and leave the others until they are about 6 inches high, plant up to the bottom leaves and stake them with 6 foot canes.

There are so many new gadgets on the market now for disabled people to help them get back into the garden and some are a benefit for the elderly as well.

Found an interesting article on planting by the phases of the moon, it was how the old gardeners and farmers learned from our ancestors and religious orders; must check it out and try some of the information.

Keep safe, enjoy your gardens and containers.

Bill Loudon

Tax Planning

With the new tax year starting on 6 April 2021, now is the time to review your personal tax, to make sure all tax reliefs and allowances available have been utilised in the current tax year. It is also an ideal opportunity to take a wider review of your circumstances and plan for the year ahead. Tax never requires a one size fits all approach as each taxpayer and each year will be different. Planning properly going forward can have a dramatic effect on your personal finances.

Tax planning is the process of organising your finances so that you don't pay more tax than is necessary whereas tax avoidance on the other hand, typically involves reducing your tax bill via some form of investment scheme.

Common end of tax year planning includes but is not restricted to utilising capital gains tax allowances, ISA allowances, pension allowances, dividend allowances, transfer of marriage allowance, inheritance tax and charitable gifting to name but a few.

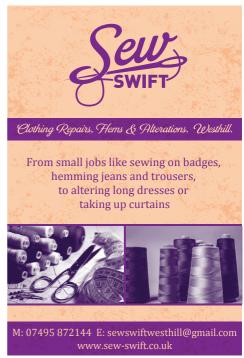
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Duke of Edinburgh's Award

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: Katy Bannister, Sarah Kay, Melana Louw, Charlie McLaren, Phoebe Menzies, Madison Taylor Certficate of Achievement: Ethan MacColl, Jack Mateus



Silver Award: Ceri Weaver Certficate of Achievement: Mollie Alexander, John Chambers, Natasha Lees, Aaron Reid, Beth Scott



Gold Award:
Ailsa Ritchie
Certficate of
Achievement:
Meg Berryman,
Grace Hopkins

Fantastic to see Ailsa achieve her Gold Award after leaders joined her on a Zoom from USA for an excellent aim of Expedition presentation. In addition to Award completions we are also celebrating Certificates of Achievement awarded to those who have completed their Volunteering, Skills and Physical sections at any level with 2020 Expeditions, and Residential at Gold Award level, deferred.

The volunteer group leaders are moving everything possible for the Expedition section training online. In a major revamp of *WesthillDoE.co.uk* you will see core training and extras for each level based on the Award Training Frameworks. There will also be suggestions for practical activities you can do at home such as how long does it take to boil water, creating a scale map of your route to school taking bearings on a compass app on your phone. We plan to run outdoor training sessions once we get the go ahead to meet. There will be preparatory activities for you to do at home then all the training will be put into practise at local venues. We are also making plans to enable all Award levels to tackle their Expeditions section this summer. With the relaxation of rules in place so that Silver Practice Expedition counts as a Bronze Qualifying Expedition and likewise Gold Practice as a Silver Qualifier, and few people jetting off on holiday, we think this is achievable. We will need to avoid popular places with so many people staying close to home. There is always the possibility of late call offs so we plan to let you know 3 sets of dates and hope that the first two can actually go ahead. The logistics will not be easy, especially if the no sharing of tents, stoves or lifts are still in place but we do like a challenge!

Meanwhile, keep adding evidence on **eDofE.org**, keep being creative in deciding your challenges for Volunteering, Physical and Skills sections, and please do submit your programme planners so we can help you meet all the Award requirements for the different sections.

We are keeping enrolment open at all Award levels so it's not too late to get started and with the fees halved to £30 we hope that makes it inclusive for all. Remember, if you have STARTED YOUR AWARD, even with another Award Group, and need help to finish it, contact: WesthillDoE@aol.co.uk

JOGSCOTLAND WESTHILL

Keeping active during trying times

When a group of our members took part in last year's Inverness Half Marathon on 8th March, none of us



imagined that it would be the last organised mass running event any of us would participate in for some time. It's been a strange 12 months, full of stops and starts but our members have carried on running throughout – solo, with one running buddy or in our small groups when that was permitted.

At the time of writing, we've had to call a halt to our group runs and don't expect to be able to start again before the end of February at the earliest. When we do re-start our sessions, we'll continue to meet in our small groups on a Monday and Thursday night at 6.30pm and we'll still have to limit numbers. As soon as we're able to restart, we'll advertise information via our Facebook page. If you do want to join the group, we'd ask you to contact us via email at <code>jogscotlandwesthill@gmail.com</code> first. Unfortunately, due to restrictions and safety requirements, we can't accept new members just turning up on the night.

The period between September and December last year saw the group restarting after a long enforced break and it was great to welcome back so many of our regular members. In addition, 11 new people joined us across our full range of groups, and everyone was enjoying being back out running together. We held our annual Santa Run where we all dress up in Santa suits or other Christmas costumes and run round the streets of Westhill. Usually, we would also do a bit of carol-singing en route but we had to leave that out this time. We did however keep up another JogScotland Westhill end-of-year tradition donating a sum of money to charity. We decided that the 2020 donation should go to The Resilience Project which was helping elderly people in our community who had been badly affected by the pandemic. We donated over £200 to this very valuable cause and it was a great way to round off the year.

Who knows what this year is going to bring, but hopefully the ongoing





vaccination programme will allow us to get back to some kind of normality. There's so much to be gained from taking regular exercise, and group exercise in particular can really help with motivation. The end of March will also see the return of lighter nights – a perfect time to put on your trainers and step out the door. Let's hope we can all enjoy that once again in 2021.

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We anticipate that you will enjoy a weekly ice cream and coffee at this Kirkton of Skene destination, along the footpath from Westhill and Elrick. So, if you have any suggestions or comments on the idea of an outside shelter, please email us at

bothy57skene@gmail.com



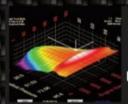
Bothy 57's beverages, home-made soup, hot food, scrumptious home bakes, groceries, soft drinks and ice cream are currently served from the door. Jill and Steve look forward to sharing a warm inside welcome, with table service, when the lockdown ends

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We appreciate it's hard to ask for help but please don't suffer in silence. If you need assistance just call. Your call will be treated in confidence with great love and care.

Please check our website for updates and opening hours once the lockdown eases.

westhillcommunitychurch.org

Youth Activities

Check on our website or get in touch with our Youth Pastor, Daniel.ferguson@westhillcommunitychurch.org to find out more!

Office Hours

The office is currently closed. Once open you can call our office on 01224 737380 or email office@westhillcommunitychurch.org

Services

Every Sunday at 10.30am – Morning Worship Our services are all shown online. After moving to physical services last year we have had to return to online only. Please check our website for more details of any future changes.

Please join us on YouTube. Search for Westhill Community Church and you can see all of our online services plus tune in on Sunday for the latest one! We'd love to see you there!

www.westhillcommunitychurch.org.



Our café closed at Christmas in line with the Government restrictions. Please keep an eye on the church website or Facebook pages for information on when we will re-open. Once we are open online bookings can also be made via our website www.westhillcommunitychurch.org

Room Hire – It may be possible to hire our rooms following reopening. Please check our website or email bookings@westhillcommunitychurch.org for more information.

At last, through the gloom, there seems to be some light ahead. For a start the days are getting longer, even though we have not yet experienced much additional warmth from the sun. And the roll-out of the Covid-19 vaccination programme has advanced significantly, raising real hopes that in the months ahead the tidal wave of serious infections might finally recede. Nevertheless, the flood is still with us, and sadly it is overwhelming many. As I write our nation is mourning the death of Sir Tom Moore. It has been interesting to read of some of the responses, and particularly the nationwide campaign for a memorial in his honour. Not all comments have been positive, however, as evidenced by the refusal of an eminent London cleric to participate in the 'national clap' in appreciation of Sir Tom. When I heard this, it struck me how readily we resort to stereotyping other people. This is particularly so when we perceive some deficiency in their views or behaviour, even though they may have many positive virtues. I was reminded of this recently when I recalled the novel "The Water Babies" by Charles Kingsley. As a child I loved reading this book, and although I failed to grasp many of Kingsley's more subtle allusions, I still appreciated the very pointed moral lessons he emphasised. I was therefore somewhat bemused by the comment in Wikipedia that this book is no longer particularly popular, in part because of perceived prejudice on the part of the author. I thought it ironical that a book giving such prominence to the two characters Mrs Doasyouwouldbedoneby and Mrs Bedonebyasyouwould could be so readily dismissed as lacking moral fibre. It seems Jesus Christ's words of advice two thousand years ago are as pertinent now as then: "Why do you focus so much on the speck in someone else's eye but at the same time ignore the massive chunk of wood in your own?" (Matthew 7:3). Good to remember whenever we are tempted to point out someone else's deficiencies. Steve Townsend, Elder

1st Skene Girls' Brigade

We have now managed to hand out all awards and trophies to the girls for last session and are pleased to say we have 15 girls enrolled for this session 2020-2021, although we are not doing face to face meetings until Guidelines allow.

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

Skene Committee of Macmillan Cancer Support

Macmillan Mammoth Quiz, Friday 26th February – The Macmillan Mammoth Quiz is a nationwide quiz which holds the Guinness World Record for the world's largest simultaneous quiz. This year the Macmillan Mammoth Quiz is virtual, making it a fun and easy way to connect online with friends and family and help raise vital funds for people living with cancer. The Skene Committee has an online link, which enables participants to give a donation and receive the quiz. Anyone wishing to take part, can find it at: https://macmillan-org.enthuse.com/cf/the-macmillan-mammoth-quiz-skene-committee or find it on our Facebook page: Skene Fund Raising Committee – Macmillan Cancer Support.

The official date of the quiz is Friday 26th February, however you can hold your own quiz after this date if it suits you better.

To host your own guiz and join in with the Macmillan Mammoth Quiz:

- 1. Make your donation by clicking on the Donate button (suggested donation of £5 per person)
- The Skene Committee will send you your Quiz pack for you to enjoy and host your own quiz with family and friends. Please note that the quiz won't be sent out until a few days before the official quiz date (26th February).

Please follow and share our Facebook post and help make this year's quiz a big success.

As always, all monies donated through the Skene Committee and this page will stay within the local area to help those people living with cancer and their families.

Kath MacBeath, Tel. 01330 860226



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Westhill A2B

Westhill A2B dial-a-bus is now operated by Aberdeenshire Council using a wheelchair accessible minibus. The service currently operates Wednesday to Friday 9am to 4pm. It will go back to a Monday to Friday service as soon as demand increases. It operates in Westhill, Kirkton of Skene, Lyne of Skene, Garlogie, Echt and Dunecht.

This is a door to door service and we can take you to the shops, supermarkets or for appointments in Westhill if time allows. We can also take you to the Interchange for onward travel into Aberdeen.

The service is open to those residents who have mobility issues or who cannot access a local service bus. This may be due to distance to walk to a bus stop or unavailability of a service bus at the time required. All service users must be registered with us to use the service and all trips must be pre-booked at least the

day before travel. The service is now free.

During the current Covid-19 pandemic, we can only carry a limited number of passengers due to social distancing on the bus and we kindly ask all passengers to wear face coverings and carry hand sanitiser when travelling.

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Westhill Tennis Club

After a difficult twelve months for everyone, our hope is that the new season will provide an interrupted spell of play on the courts at Denman Park.

After a busy summer in 2020, the decision was taken to go ahead with a deep clean and re-painting of the court surface. The first phase got underway in the autumn with the re-painting due to take place in the spring. This significant work will not only improve the quality of the court surface but also extend the overall life of the courts by several years. We are very thankful to Westhill & Elrick Community Council for its valuable donation towards this work.



At our AGM in November, the club was left with two crucial committee roles unfilled – Secretary and Chair. The club requires these roles to be filled to remain operational, so we are in the process of setting a date for an EGM. If you could support the club with these positions, or in any other way, please get in touch.

Our 2021/22 membership year will start from 1st April 2021 but we welcome membership applications at any time. The fees for the year ahead were set at the AGM:

Our early bird rate will be in place until the end of March and prices will be frozen from last year: Family - £150; Adult - £75; Student - £35; Juniors - £28 (11-17 years); Minis - £15 (10 or under on 31st March 2021).

From April 1, annual membership fees will be: Family – £160; Senior – £80; Student – £40; Junior – £30 (11-17 years); Minis – £16 (10 or under on 31st March 2021).

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

Throughout 2020, the courts were limited to members only due to COVID-19 and the administration of tracking court usage. It is expected that this will remain the policy in the early part of the season so our 'Pay and Play' function will be on hold. However, we will keep monitoring the situation. If you have any questions, please get in touch.

Contact –

Email: westhilltennisclub@outlook.com

Facebook: www.facebook.com/westhilltennisclub

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

SOUTH WEST ABERDEENSHIRE CITIZENS ADVICE BUREAU (SWACAB)

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Money Talk Team

If you are struggling to make your money last or worried about how you will pay your bills, you can get advice from the Money Talk Team to help ensure you are receiving all the money you are entitled to. It's really easy to speak to the Money Talk Team — call the helpline **0800 085 7145** or you can call us on **01224 747714** for a local phone appointment.

EU Settlement Scheme

If you are an EU, EEA or Swiss citizen, you and your family can apply to the EU Settlement Scheme to continue living in the UK after 30 June 2021. If you would like help with your application, call the Bureau on **01224 747714** or the EU National helpline on **0800 916 9847**.

Gambling Support Service

If you are worried about your gambling or someone else's, there are places you can go for support. For advice and support, please call the Bureau on **01224 747714** or email <code>gamblingsupport@cas.org.uk</code> to speak to our Gambling Support Officer who will advise on services suitable for your circumstances.

Energy Advice

This winter, we are once again encouraging people to apply for Warm Home Discount, switch supplier for a better deal on your fuel bills, and sign up to your provider's Priority Service Register. If you would like to find out what the benefits of the PRS are, or you have other energy concerns, call the bureau.

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Westhill and District Gardening Club

Unfortunately the Gardening Club meetings are still suspended for the foreseeable future, but we must all look forward to the time when we can resume our club activities with our friends and fellow gardeners.

If anyone would like more information about the club please email us at westhillgardenclub@gmail.com.

Westhill Golf Club

2020 was one of the most unusual and challenging years the club has ever experienced! However, there was a silver lining, possibly due to people being furloughed or working from home, we had a good uptake of new members! We are happy to confirm that membership fees will remain the same as last year. We have a very enthusiastic number of Gents, Seniors, Ladies and Juniors with weekly competitions



throughout the season, which weather permitting, starts at the end of March.

This time last year we welcomed the arrival of a new Greenkeeper/Club Manager – Phil Watson. The improvements to the course through-out the season was very evident, our visitors and members all said "the greens were the best they had seen for a long time".

Junior Golf is an important part of our club. We hope to run our popular 'Get Started in Golf' programme for 9-13 year olds in the Spring – date to be confirmed

Our ladies section organised a 100 Hole Challenge at the start of the season. It raised £350 which was donated, on behalf of the Club, to the Aberdeenshire North Food Bank and to Westhill Community Church to be used to provide food parcels to those in need.

As a result of the lockdown, a large number of people were enjoying being able to walk freely over the course. This was okay when we are not golfing, but we would ask you not to come on to the course during normal times – it is for your own safety. It is planned that the new Westhill orbital walking trail will pass close to the clubhouse. This is an opportunity for new and existing social members to drop-in and enjoy a snack or a coffee. Social membership is only £5/year.

If you need any information about 'Our Friendly Club', we have a new website that contains some great photographs and information about the club.

Westhill Golf Club www.westhillgolfclub.co.uk



Like many other social clubs, we are eagerly awaiting news of pandemic restrictions being lifted so we may return to our normal club cycling activities. At the time of writing, full lockdown still applies but hopefully new guidelines have now been issued, you are of ourse still allowed to cycle as part of your daily exercise. We really hope that by June we will be able to run the popular Westhill Bilke Ride as part of the Westhill Gala week activities.

As we approach Spring and the prospect of warmer weather and longer daylight hours many of us will be longing to get back into exploring our beautiful countryside using one of the most environmentally friendly methods of transport - the good old bicycle.

In my efforts to relieve lockdown boredom I've been looking at cycling history and you may be interested to know that the first cycle race occurred in Paris in 1868, and this event inspired cycling as a recreational activity. In its early days, cycling brought the sexes accessible owing to the invention of the Rover Safety bicycle. Public cries of alarm at the prospect of moral chaos arose from this and from the evolution of women's cycling attire, which gree progressively less enveloping and restrictive.

Many amateur cyclists use devices and apps such as Strava to record our every trip, set monthly and yearly goals for miles achieved, hills climbed and to compare ourselves to peers. If you're looking for a personal challenge, the Guinness World Records show that the longest distance cycled in a lifetime was achieved from 1922 to 1973 by Tommy that the longest distance cycled in a lifetime was achieved from 1922 to 1973 by Tommy Chambers of Glasgow, who rode a verified total of 1,286,517 km (799,405 miles). That's over 300 miles per week – better get started!

Today we see a resurgence of recreational cycling, charity rides and cycle commuting, charity rides and cycle commuting although in the UK the cyclist is still very much behind motorised vehicle road users when it comes to transport infrastructure and co



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4 WESTDYKE AVENUE, WESTHILL

TEL: 01224 743098

EMAIL: westdykeleisure@gmail.com

FACEBOOK: Westdyke Leisure Centre

Mini-Kindergym

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

Friday: 9.30-10.15am (crèche available) 10.45-11.30am

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: 1.30-2.15pm, Thursday: 9.30-10.15am, 10.45-11.30am & 1.30-2.15pm + crèche is available at 1.30pm 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: 10-10.45am, 1-1.45pm & 2-2.45pm

Indoor Bowling

For both beginners and experienced players. Monday 1.30-3pm

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

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Westdyke Community Club, Pilates, Yoga, GCRA, Sooyang Do, City of Aberdeen Gymnastics, Men's Indoor Football, Early Learning Football, Sew Swift, Lads Club Amateurs, Active Schools Netball and Football

DENMAN PLAYGROUP

Monday-Friday 8.30am-2pm 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

Class times may be subject to change once we re-open after lockdown

Due to limited opening hours the best way to contact us is by email

Where possible please like our Facebook page to keep up to date with latest info

USEFUL PHONE NUMBERS

Aberdeenshire Council	
All Enquiries	0345 6081208
Adult Education Classes	
Air Training Corps	
Ardene House Vets	
Ashdale Hall	
Boys' Brigade	
Childcare	.01224 142202
Breakfast Club; After School	al.
Club; Holiday Club	
Schools Out Club	
(Old School House)	.01224 465202
Church of Scotland Minister .	
Citizens Advice Bureau	
Community Centre	
Community Education	
Community Mini-bus	
Dentists' Surgery	
Abercrombie Dental Practic	e.
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	
Repeat Prescriptions	
Electricity Emergency	
Gardening Club	
Gas Emergency	
Golf Club	
Girls' Brigade, 1st Skene	
Girl Guides	
Health & Social Care Office	.01467 537745
Lawsondale Pavilion	.01224 742836
Library	
Nursery	
Bridges	.01224 744741
Childcare Info	

Mother & Toddlers Groups	
Westdyke Leisure Centre 01224	743098
Playgroups	
Scout Hall01224	742059
Denman01224	743098
Pharmacy, Lloyds - Shops 01224	742742
Pharmacy, Lloyds - Surgery01224	
Police (non emergency)	
Post Office (Shops) 01224	
Post Office (Ind Est) 01224	740010
Primary Schools	
Crombie01224	
Elrick01224	
Skene 01224	
Westhill01224	
Secondary School, Academy 01224	
Scouts01224	
Swimming Pool01224	
Tennis Club07913	
Trinity Church01224	
Veterinary, Town & Country 01224	
Water Authority 0845 6	
Westdyke Leisure Centre 01224	
Westhill Bowling Club 07562	
Westhill Community Church 01224	
Westhill Men's Shed01224	917345

Did we get your number right?

Are you missing from the list?



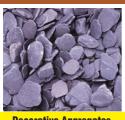
If you need any changes, why not get in touch by email?

westhill.bulletin@gmail.com

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