Westhill Bulletin

W E C C
Westhill & Elrick
Community Council

Spring 2023
Issue 173



Have you completed our survey which has now been extended to 31st March? It gives you the opportunity to identify any issues and needs within Westhill and Elrick



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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 12th May**. The Bulletin will be distributed from 2nd June.

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.

2023 advertising rates:

Eighth Page £33, Quarter Page £59, Half Page £96, Full Page £180 Inside Covers £210, Back Page £240

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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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Westhill & Elrick Community Council

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Elected Councillors

The four Aberdeenshire Council Ward 13 Councillors named below are exofficio members of the Community Council. They attend the monthly meetings when they can but do not have voting rights. They put articles in Bulletin about current topics (see pages 7 to 12). They are also ex-officio members of two other nearby Community Councils in Ward 13.

Councillor Fatima Joji | Councillor Ron McKail | Councillor Craig Miller | Councillor Iris Walker

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

The agenda is placed in the noticeboard outside Nisa a week before the meeting and posted on the Westhill website www.westhillelrick.org

If you would like to join the meeting remotely a Zoom link can be sent - contact weccsecretx@qmail.com

Ordinary Members

Malcolm Collie

Heather Cook

Donald Davidson

Audrey Findlay

Kate Lumsden

Elaine Manley

Rachid Meghezzi

Kenneth Stewart

Tim Yeomans



CHAIRPERSON'S REPORT

Welcome to the Spring Westhill Bulletin. Since our last edition WECC and MAPP, with the help of others too numerous to mention, organised a very popular Xmas Event on 3rd December. Our thanks to all who helped in any way to make it such a great success.

As the old saying goes "it's an ill wind that blows nobody any good" and what's currently happening at Carnie Woods may be a perfect example to illustrate the point. I mentioned in the previous Bulletin that following severe storm damage, WECC had applied for funding to restore and upgrade to an "accessible" standard, the 1.1k path through the woods and I'm delighted to report success. This is a brilliant achievement that will benefit all potential users especially those with mobility challenges. The other good news is that, to replace lost trees the City Council have undertaken planting a mix of thousands of native ones. See page 45 for more details. Massive thanks are due to Gordon Prentice our Project Team Leader and various agents and advisors from the City and Shire Councils and Paths For All, and the members of the public who responded to our User Survey. In large part the success of the Carnie project was due to this Survey as hundreds of supportive responses were received which certainly bolstered our case for Grant allocation.

The Carnie project aligns closely with the Shire Council's vision of helping people to create and sustain healthy lifestyles within our communities, and continuing on that theme WECC have now submitted applications for grants to create a fully circular path around Denman Park plus a path to create a direct link through the park between the Tesco roundabout and the town centre; and to undertake a feasibility study into establishing a Sports Centre in Westhill.

Elsewhere we are currently seeking comments and suggestions via our Community Action Plan (CAP) Survey. The CAP Survey is your opportunity to influence the development of Westhill and the response time has now been extended to 31st March. Please take a few minutes to share your views by going to https://engage.aberdeenshire.gov.uk/westhill-and-elrick-community-action-plan or use this QR code.

Paper copies of the survey can be picked up from the Library and Storie, Cruden & Simpson.

Could you help others learn from your experience? Did you know what career you wanted to take up when you were choosing subjects is your teenage school years? Despite there being a lot more advice available, many young people still struggle with this decision. If you feel you may be able to help them make better informed choices, through for example by giving a class talk or taking part in a mock interview, please have a conversation with the School Coordinator at Westhill Academy. See full details on page 74.

One of our longest serving members, Raymond Swaffield, is leaving WECC after some 17 years of active involvement. In his time Raymond has make significant contributions, most notably in cocoordinating litter picks and reviewing major Planning Applications. Raymond's strong community spirit and excellent teamwork will be very much missed and we thank him for all his efforts and wish him well in his future endeavours.

WECC Elections – see details on front cover and page 4. If you care about your community and want to make it a better place to live, this is the role for you!

Finally, our commemoration of the late Queen's Platinum Jubilee will soon be coming to a close with the signposting of "Jubilee Drive" and with the advent of spring, the planting of trees in Denman Park. Also during this time preparations will be underway for the Coronation of King Charles III. Have a great spring and a great time at the Coronation weekend.

Your Community Council – Getting Involved

The current Westhill and Elrick Community Council were elected in 2020. All Community Councils require to be re-elected every 3 years so an election is being held for Westhill and Elrick in May this year. There are 17 vacancies.

If you care about your community and want to make it a better place to live, this is the role for you!

The main role of the Community Council is to let Aberdeenshire Council and other public bodies know the view of their community. We also organise many community improvement activities, like litter picking, Xmas lights, Westhill Bulletin, Westhill Orbital Trail, hanging baskets and flower tubs.

The self-nomination form can be downloaded from: https://westhillelrick.org/2023/02/08/your-community-council-getting-involved/ or via this QR code or by emailing the WECC secretary at weccsecretx@gmail.com.

Paper copies can be picked up from Westhill Library or from Storie Cruden & Simpson at the Shopping Centre.

The form shows 3 options for eligibility criteria, tick the most appropriate one.

For most people it will be the first one (I am on the Electoral Register and I reside in the area of the Community Council). The form asks for your electoral number, but this can be left blank if not known.

Nomination forms need to be received by 18th May 2023. They should be emailed to <code>Garioch@aberdeenshire.gov.uk</code> or posted to Alison Cumming, Garioch Area Office, Gordon House, Inverurie, AB51 3WA.

If there are more than 17 nomination forms received, a public ballot will be held on Monday 29th May in Ashdale Hall, Westhill from 6pm to 8pm. The ballot will be advertised in the press and at www.westhillelrick.org.

If you would like to find out more about the role of a Community Councillor, please call Alison Cumming at the Garioch Area Office on 01467 530796. Alternatively email *Alison.cumming@aberdeenshire.gov.uk*.

WECC COMMUNITY SUPPORT FUND

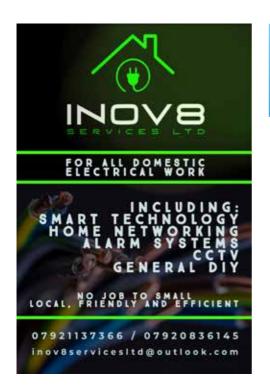
The current Westhill Bulletin business model has allowed WECC to generate surpluses from advertising revenues over production costs. Since 2011 WECC has chosen to make some of these surplus funds available as donations to local voluntary groups as finances allow, and around £40,000 has been donated to a wide range of groups over these last 12 years.

The next round of donations will be considered in May 2023. Closing date for applications is 5th May. See https://westhillelrick.org/people-make-a-place/donations/ for Guidance Notes and the Application form or contact treasurerwecc@gmail.com.

Here is a report from one of the 2022 recipient groups – 1st Westhill Rangers were grateful to receive a £350 grant from WECC which was used to pay for transport and evening meals

while away on their trip to Edinburgh in August 2022. The girls were involved with choosing and planning the trip and the activities, which included National Museum, Harry Potter Walking Tour, Go Ape, and Dynamic Earth. While at Dalkeith three of our Rangers were presented with their Bronze Ranger award. The girls and leaders enjoyed valuable time together and the opportunity to try new activities.





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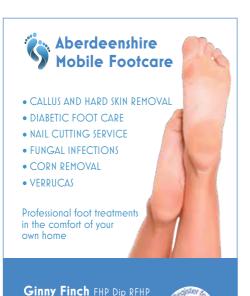
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Councillor Iris Walker (Westhill & District)

Toilet Provision in Garioch Schools

Over recent years, there has been a move by many councils in Scotland away from single-sex toilet provision in schools to unisex provision. In the current School Premises Regulations, it states there must be separate toilets for boys and girls. Accessible toilets are now a welcome, modern addition since the regulations were put in place. With more up to date legislation awaited, in our scrutiny role as local members, we asked for reports to be made available, followed by a workshop, to discuss facilities across all Garioch

schools. We felt that a clear policy across Aberdeenshire was required as well as a clear consultation process. Feedback on existing provision has been mixed, with most girls and boys preferring their own single-sex spaces and others being okay with unisex provision if there is alternative single-sex provision somewhere in the school building. I am very clear that equality does not mean everyone in the same space; but a space for everyone and that any change to provision in our schools must involve parents and pupils at an early stage. Our Garioch Area Committee scrutiny process has concluded, and it will now be up to the relevant policy committees to consider our recommendations.

Garden Waste Collection

I have reported previously on the Waste service being asked to progress a Business Case for the viability of a kerbside garden waste collection service. Two options were considered – a garden waste collection service to all households and a service to urban areas only. It was noted that the Service currently struggles to recruit drivers for existing recycling and waste collection services. With costs for either option ranging between £2.73-£3.7million in terms of capital and £1.94-£3.2million in terms of revenue, the proposed fee to residents would have been £65 annually, based on 40% household participation. Capacity at waste transfer stations was highlighted as a further potential issue. Neither option is being taken forward at this time due to the risks identified.

The Swaffields

I would like to add my grateful thanks to retiring WECC member, Raymond Swaffield. Over the years, Raymond has done a power of work in our community. As well as organising the monthly litter picks, Raymond has contributed to projects in the Denman Park and Arnhall Moss, engaged with local schools on litter initiatives as well as attending the area bus forums to campaign for improved local services. Never far behind him, his wife Aileen was also a regular contributor to local projects. I wish them both the very best for their next chapter.

I can be contacted by email, phone or Facebook.



Councillor Iris Walker – Westhill and District phone 07876 475272

email cllr.i.walker@aberdeenshire.gov.uk





Councillor Craig Miller

Landscaping

I have tried to champion cleaning up the greenery in Westhill since being elected and many of you have contacted me regarding this issue, either as a result of reading this Bulletin, or with a direct concern. Many of you will have noticed the significant improvements in the look around the town with tree felling, pruning, gully cleaning and general maintenance having

been undertaken during the winter off season and it is pleasing to see so many areas looking much improved recently. However, if you have specific issues of concern, I still want to hear about them and will do my best to get these addressed before the peak season kicks in and all efforts move to grass maintenance.

Littering

Whilst the town is generally kept tidy, a number of you have raised issues relating to overflowing bins and dog poo on the streets. The council provided litter bins are emptied on a regular basis but obviously at peak times there can be a build-up of rubbish, but attempts are made to keep on top of this as much as is practical. There is also a volunteer litter picking group in Westhill, and they are always looking for fresh faces to take on the challenge. Dog poo is a different issue, raised by a number of local residents, and really should not exist but for the carelessness of some owners – there are bins located all around the town for this purpose and every dog owner should avail themselves of this facility – remember it could be your child, (or other family member), who suffers from inadvertent contact.

Aberdeenshire Online

see what we do.

Aberdeenshire Council has a significant online presence on the usual social media outlets – Facebook, Instagram, Twitter to name but a few. In addition, the 'MyAberdeenshire' app is available for mobile devices which not only contains a mountain of useful information, but also includes a "reporting" section where you can report faults or complaints on a number of topics such as pot holes, grit bins, household waste collections and street lighting (to name but a few). I would encourage residents to use this functionality to report routine problems – you will be assigned a tracking number which can then be used on any follow up correspondence, if required. Obviously, all issues can be raised to the councillors directly, but routine queries should be more quickly resolved by using the online tools.

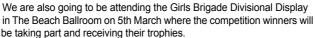
Surgeries

As mentioned previously, Councillor Ron McKail and myself are holding regular surgeries on a monthly basis and have had a number of residents with issues at our last few scheduled sessions. They are held at the library at Westhill Primary on the 2nd Saturday of each month from 10.00-11.00. Anyone with an issue is welcome, and whilst no appointment is necessary you can contact either of us to set a specific time if you want to be sure of getting your issue on the table. The next 2 surgeries are on March 11 and April 8, 2023.

Councillor Craig Miller Cllr.c.miller@aberdeenshire.gov.uk Tel. 07788 187521

1st Skene Girls' Brigade

Our girls are entering Divisional Competitions at the start of February and are practising hard for them with great excitement.

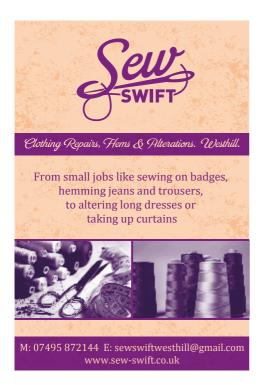


be taking part and receiving their trophies.

As a Company we will be holding our own Open Night on Monday 27th March at 7pm in Trinity Church where the girls will be showcasing the physical items they have been learning and they will also be receiving their badges and trophies for the session. Everyone is welcome to come along and

Any questions please do not hesitate to contact myself: Fiona Cumming (Captain) on 07792 471199 or email fionacumming26@icloud.com.









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Ron McKail, Councillor for Westhill and District

Items which Bulletin readers may find useful relating to transport advice for travelling to health and social care appointments and secondly the free bus travel scheme for those under 22 years of age:

Information on Transport to Health or Social Care Appointments?

Needing free advice on travelling for a health or social care appointment in the NHS Grampian area then THInC (Transport to Healthcare Information Centre) can provide

information on bus and train times, dial-a-bus services, taxi companies with wheel-chair accessible vehicles and community transport and can be contacted at 01467 536111.

Information on the Scottish Government's Free Bus Travel Scheme for Under 22s National Entitlement Card?

If you are between the ages of 5-21 years old and living in Scotland then you are eligible for free nationwide bus travel. The free bus travel card link is: https://freebus.scot.

What is Shire Council's Policy on Icy Roads and Pavements?

With over three thousand miles (10% of non-trunk road network in Scotland) of a road network to grit with salt and sand, prioritising which routes are treated first makes it impractical to treat all roads and streets in Aberdeenshire as soon as snow or icy conditions is forecast. The policy is determined by a primary treatment network of "A" routes which prioritises the roads and pavements to be treated first. Those not in priority 1 will possibly be treated after completion of these priority routes. Westhill (much to the regret of local councillors) does not have primary 1 status hence our roads and pavements fall into priorities 2, 3 and 4. A situation which is obviously a major concern and for Westhill councillors is an issue we will be raising with officers in the coming weeks. Hoping to have some movement in 'getting a better deal'.



Westhill Men's Shed 10th Anniversary

Arecent highlight was to attend the Westhill Men's Shed 10th Anniversary celebrations. Being the first Shed to be established in Scotland in 2013, it was a privilege to attend the celebratory lunch and hear from the founder and current chair Marty Kehoe of the successful achievements of the shedders during this period. These are many but which included in 2021 being awarded the Queens Award for Voluntary Services for their contribution during the pandemic and being recognised in the same year as Scotland's Men's Shed of the Year.

Councillor's Surgery

Along with Councillor Craig Miller we will be holding monthly surgeries on the 2nd Saturday of each month at Westhill Primary from 10am to 11am. The next 2 surgeries are on March 11 and April 8, 2023.

Councillor Ron McKail

Telephone 01224 742095 • email cllr.r.mckail@aberdeenshire.gov.uk



BILL'S GARDENING CORNER

Are you ready, are you really ready, well it's almost hear (so they say!) SPRING.

Looking round, daffodils are starting to pop up and tulips are usually the first bulbs to stick their heads up with the snowdrops.

Have you made up a plan of the garden as to what you would like in it? A new selection or leave the same with a few new plants dotted here and there? If you took some photos of the garden in full bloom last year you might get inspiration.

Water butts need to be emptied and scrubbed clean/rinsed out; check the garden hose for leaks and flush out; as the weather gets better, start cleaning the greenhouse and all your pots and utensils.

Spring is a new beginning so let's get started; its one of the busy periods for planting, pruning, re-potting, recycling. Just do your own thing, if you want to change your grass to gravel, it's your choice; at the end of the day its what you can manage and keep you happy, so on that note HAPPY EASTER AND GOOD GARDENING.



Councillor Fatima Joji

Dear Residents.

I hope you all had a lovely Christmas holiday and a Happy New Year. I was elected in May last year, and it has been an absolute honour and a privilege to continue meeting residents in my capacity as Councillor to discuss issues and concerns, and engage with various local organisations doing great work supporting and investing in our communities. As councillors, we want to do everything in our power to help. Therefore, please don't

hesitate to get in touch now or in future. Below are just a few points and issues I wish to highlight for this bulletin.

Westhill Pharmacy

As many of you would have seen, A&L Porter Limited withdrew its application for a new Pharmacy towards the end of last year. Instead, they have taken over the two existing Pharmacies. I would like to confirm that we would always welcome feedback from residents as we can continue to engage with services and business operating in and serving the residents of Westhill and Elrick.

Waste Collection

We have received a lot of correspondence regarding missed bin collections, and this has been raised with Aberdeenshire Council. We were advised that a combination of vehicle breakdowns, icy roads and adverse weather conditions overall have affected the efficiency of waste collection the past few months. We appreciate the frustration this has caused many. We continue to engage with the Council on the waste collection service, and measures in place to catch-up on missed collections when this service is affected by adverse weather conditions. Please don't hesitate to get in touch with us in future about this issue. I would also advise residents to download the myAberdeenshire app if you can, where information on bin collections is advertised. There is also an easy to use option to report a missed collection.

Cost of Living

There is a concerted effort by the local council to make sure people are aware of the support that is available during this cost-of-living crisis. With energy bills rising, and temperatures still low, Aberdeenshire Council established a Cost of Living Working Group which has brought services together to support residents and communities. This includes energy efficiency information, and a discussion on efforts to respond to the increasing number of referrals for mental health in Aberdeenshire. Please don't hesitate to reach out to your local councillors for any advice on support available. You can also visit the Aberdeenshire Website and search cost of living support.

As we emerge from winter, I hope we can all get the chance to enjoy more daylight, and possibly catch the wee bits of sunshine that will hopefully start to appear.

If you have any issues. I am eager to help and available to contact by phone 07787 955311 or by email cllr.f.joji@aberdeenshire.gov.uk.



We anticipate that you will enjoy a weekly home bake and coffee at this Kirkton of Skene destination, along the footpath from Westhill and Elrick.

Bothy 57's beverages, homemade soup, hot food, scrumptious

both from the door and inside, heated by the log burning stove on the colder days. Jill and Steve look forward to sharing a warm welcome.

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Ask for envelope for your bank. It is open:
Mon-Fri 9am-5.30pm | Sat 9am-1pm

ATMs IN WESTHILL

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



Out & About

The latter part of 2022 and the first part of 2023 have been very busy for us at Rotary.

Our annual Senior Citizens Christmas party was held in December. Entertainment was supplied by the Rock Choir, Dark Island Ceilidh band, Pam Dignan's Dancers and our own inimitable compère Ian Duncan – plus a visit from Santa!! Lots of hard work by our Rotarians and partners but well worth it to see the smiles on the faces of the large crowd!

The Charlie House car raffle sales continued right up until Christmas Eve. Jenny Kemp from Alford was named winner of the Suzuki Vitara SZ-T Mild Hybrid car, donated by C&M McDonald.





Our Shoebox collection contributed to the thousands of shoe boxes sent in humanitarian aid to the Ukraine. The total number of shoe boxes collected by Rotary in Westhill and District was 242; 64 from the community and 178 from Westhill, Crombie, Elrick and Skene primary schools combined. A great effort from all involved!

If you've been anywhere near the Westhill Library you may have noticed the brightly painted fence beside the Primary School and Library. The work was carried out by Rotakids at Westhill Primary School. The aim was twofold; to create a brighter play space for our pupils and also to create a more colourful entrance to the Westhill Public Library. The children worked well together as a team in bringing this about and are justifiably proud of their handiwork!

Our local Primary Schools recently took part in our annual Primary School Quizzes. The teams collected money for charities and Rotary in Westhill & District doubled their donations to the chosen charities. The winners were:

P4 team, The Sapphire Girls, from Westhill Primary | P5 team from Dunecht Primary, the Pizza Hutters | P6 team The Eggheads from Dunecht Primary | P7 team The Fab Four from Westhill Primary.

Thanks to all the pupils who participated and the teachers and parents who attended these evenings.

Photos of these events and more can be seen on our Facebook page facebook.com/westhillrotary.

Rotary is just a group of ordinary people doing extraordinary things in our community and worldwide. In the months between September and December 2022 our own Rotarians gave over 600 hours of support to our local community projects!

If you would like to find out more about Rotary and give something back to the community either by becoming a Rotary member or simply to lend a hand with some of our projects, then please get in touch — Secretary@Westhill.rotary1010.org or take a look at our Facebook page facebook.com/westhillrotary.



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- ↑ Outdoor work: gardening, woodland maintenance, composting, bee-keeping
- - e.g. dry stone walling sessions
- Join us: Wed PM / Thu AM / Monthly Sat
- Find out more & get involved:

www.camphillwellbeing.org.uk/compass

Follow us: @CWTCompass



Craigton Rd, Cults

Compass is a project of local charity, Camphill Wellbeing Trust. The Trust provides medical and therapeutic services to help patients and their families address illness, build resilience and maintain wellbeing.



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



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Check the website or our Facebook page for the latest updates.



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.



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MAGICAL MAURITIUS

With a 25th wedding anniversary to celebrate last year and in need of some rest and relaxation, we headed off to Mauritius in October

An ideal destination for a romantic honeymoon, wedding or, like us, to celebrate an anniversary, Mauritius is equally family friendly. Children and teenagers are well catered for in many of the hotels and family accommodation is well thought out. We were there over Halloween and the kids at our hotel were having a great time!

This tiny island nation in the Indian Ocean has idyllic, palm fringed, white beaches with sparkling azure water. Home to a multitude of colourful, tropical fish, snorkelling and diving is popular here. Water sports enthusiasts are well catered for, with a huge variety to choose from.

If staying on dry land is more appealing, golf, hiking the many waterfalls and exploring the national parks are easy to arrange. Explore Port Louis, the island's colourful capital, for a trip to the market and sample some delicious street food, try the Puri's and Roti and Gauteau Piment, bitesize chilli dhal fritters. Get up close to the sharks and feed the sting rays at Odysseo Oceanarium. Visit the botanical gardens, the guides are entertaining and knowledgeable.

Beachcomber Trou Aux Biches has everything you need for a comfortable holiday, on a magnificent stretch of beach, offering the most spectacular sunsets. The rooms are dotted around peaceful, spacious gardens, leading onto the beach. Each group of rooms shares a small pool, with the large, main pool overlooking the Indian Ocean. We had access to several restaurants, a couple of bars, a well-equipped gym, golf course, a water sports centre and an inviting spa.

A melting pot of cultures, makes for a varied cuisine, influenced by French, Indian, African, Chinese and British. The hotel restaurants were exceptionally good and the service, outstanding. My favourite restaurant was on the beach, sand between my toes, listening to the waves gently lapping the shore, perfect for a romantic dinner or a relaxed lunch.

The staff at the hotel went out of their way to make our stay memorable, genuinely, nothing was too much trouble. Similarly, out and about exploring the island, the locals are friendly and engaging.

We had an incredible trip and returned feeling relaxed and rejuvenated.

If you would like my help with you travel plans, please see my advert on page 10 for contact details.

Heather Reynolds, Travel Counsellors











Westhill Senior Citizens Group

I hope that you are well and that winter hasn't been too harsh for you. When I write this article at the end of January we haven't had too many bad spells of weather and we have had many sunny and dry days – long may this continue!

We enjoyed our Christmas party at the Holiday Inn on Thursday 8th December. On the morning we had snow and icy conditions but we still had a great turn out with 61 people enjoying a Christmas meal and entertainment provided by Jim & Marisha Addison.

We started back on Thursday 12th January with some warm up chair exercises, Bingo, and a sing-along to the Sound of Music. On 26th January we were pleased to welcome back the Glee Club from Inverurie – as we hadn't seen them for a couple of years! We'll also have had All at 'C' club (Guitars and singing Elvis songs, etc.); Donald Grassie (Scottish Music).

Our programme:

Thursday 9th March - Tara Leiper & Banchory Singers

Thursday 23rd March – to be confirmed

Thursday 6th April – Roy Rhodes (Singer with backing music)

Other dates are the 20th April; 4th and 18th May – Entertainment to be confirmed

For many people the hardest thing to do is to get yourself out the house and come and try something new. Please come along and see how you enjoy our meetings. Our Senior Citizens are part of the "Warm spaces" initiative here in Westhill.

We have been so grateful to volunteers. Thanks to Mika, Wendy, Jane, Moira, Shona, Nancy, Wilma and Jen for the help. It's so much easier when you have so many great helpers.

We have been in dialogue with dial-a-bus and (so far) we have managed to book it for about 8 persons for our fortnightly meetings – which is great news.

We meet in the Hall at the back of Trinity Church from 2 until approximately 3.30pm. We have entertainment for an hour then refreshments which are individually packaged. We have sanitizer and wipes on the tables.

If you need any further information please get in touch.

Contact: Heather Cook - 01224 741194; Email - heathercook@tiscali.co.uk or Mika McKenzie - 01224 742004

Westhill and District Gardening Club

The Westhill & District Gardening Club meet on the third Wednesday from September through to May in the Lounge at Trinity Church, Westhill Drive, starting at 7.30pm and visitors are very welcome.

Future Dates and Topics for your diary are:

March 15th – Following on from Neil Cameron's excellent presentation last year, his talk will be on 'The Wider Role of the CWGC'. He will also judge the member's Annual Bulb Competition.

April 19th – Due to the inclement weather the decision was made, at the last minute, to cancel our December meeting so we missed seeing the usual Festive Floral Arrangements by Ann Westwood. To make up for this she will instead give us a demonstration this month using 'Spring Flowers'

May 17th – Stuart Ellis will be telling us about the Westhill Men's Shed, its organisation and role in the community

Will members please note that the annual subscriptions were due at last month's AGM. Anyone wishing to pay but unable to get to a meeting please get in contact through our email.

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

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Milne Hall, Kirkton of Skene

The first Hogmanay Ceilidh was held in many years. This was well attended, as in past years. Many people commented that it was the best they had attended and enjoyed working on. People were glad to be back enjoying the first Ceilidh since Covid stopped this. Thanks to all who were there.

The hall is busy most evenings but we have a large hall, small hall and meeting room available for hire mostly during the day. These are suitable for exercise classes, baby and toddler groups, craft groups, etc. Please see our Facebook Page. Our hall can also be booked for children's parties, funeral teas, etc. To enquire about hiring, please email the booking secretary – milnehallbookings@gmail.com.

Future Events: See Facebook page for up to date details.

Regular Activities:

- Jazzercise, every Wednesday 9.45-10.45am and 6.30-7.30pm.
- Westhill Sooyang Do martial art group hold classes for children and adults on Monday evenings. Phone Chief Instructor Dave Bremner: 07970 188825.
- Skene Youth Club for Primary 1-7, Thursday evenings 6-7pm, October to April.
- Alba Black Belt Academies age 3 to adult. Call 07818 200371 for details.
- · Baby Sensory Thursday mornings.
- Westhill Guitar Club every second Tuesday 6.30-8pm. See Westhill Guitar Club Facebook Page for more details.

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.



JogScotland Westhill - Another Year Begins

JogScotland Westhill is a friendly social running club with something for everyone. We have 5 different groups running

at a range of paces, so whether you're looking for some new running buddies or are training for springtime running events, come along and try it out.

Our beginner Green group run roughly 5K at a conversational pace while our fastest group of runners in Blue group regularly run 10K during a session. There are three other groups available,

running between 6K–8K and regular sessions offering a bit of variety with the likes of intervals and hill sprints (if you want to do them) so you'll always find a group that's right for you. With plenty of choice on offer in and around Westhill, our trained leaders can find a route to challenge and suit everyone and no-one ever gets left behind at JogScotland.

Sessions last roughly an hour (including a warm-up and cool-down) and we meet at the top car park at Westhill Academy on a Monday and Thursday at 6:30pm. We're always ready to welcome new members so if you'd like to know more, just get in touch — jogscotlandwesthill@gmail.com or http://facebook.com/jogscotlandwesthill.





ASHDALE HALL (WESTHILL DRIVE)

During the Tattie holidays we did work on our front car park with improved signage and thermoplastic car park space lines spaces and starting to preliminary mark the rear car park with the help of a £500 grant from the Westhill and Elrick Community Council Community

Support Fund. We also got a grant of nearly £5000 from the Garioch Energy Efficiency Fund to help with insulating the low parts of our roof.

In December the Cain Boxing club had a successful boxing evening in the Hall.

FUNDRAISING

We raised £951.70 to buy children's toys for our parties involving younger children and are looking at choices to purchase.

We are planning fundraising this year including a Ceilidh sometime and a Christmas Craft Fair in November and we hope to put on a couple of fundraisers at other times. Anyone interested in joining the fundraising committee should contact the hall as we plan to do fundraising for hall improvements. Possible ideas include a local cinema night, car boots, bingo, quizzes, talent nights, booze and burger tastings, ceilidh. But we need people to help organise.

MANAGEMENT COMMITTEE

We are always looking for extra local people for the Committee. Please contact the hall if you are interested.

AVAILABLE FOR HIRE

We have various time slots available during the week for let, please email the hall if you are interested in making a regular booking or for parties/events. Our event prices have not changed in four years. Contact ashdalehall@hotmail.co.uk.

Monthly Tea Dances are on the 2nd Friday of every month 1.30-3.30pm from March 10th.

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

Our monthly market is held at the hall and we have stallholders selling fish, bread, cakes, local fresh meat, pies, vegetables, jams, fudge, eggs, bespoke cards, crafts, jewellery and more.

We really need the support of the local community for the Market to be able to continue and to expand as stalls will only come back if more local people come.

Most of the products at the Market are locally sourced and made, with little or no food miles involved. Come along to see the fantastic quality and choice of the goods on offer and help the environment.

HALL CLASSES AND EVENTS

We offer a wide program of exercise classes, martial arts, children's dance classes, etc., for full details please see the next page or our online timetable at http://ashdalehall.co.uk/current-timetable – these are also displayed on the hall noticeboards.

ENQUIRIES

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

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



Are you local? Have great ideas? Interested in building community spirit?

Then join our well-established Management Committee Team or Fundraising Team.

For more information, please contact the office on *ashdalehall@hotmail.co.uk* or by calling **01224 740137**.

ASHDALE HALL MARCH TO JUNE CLASS TIMETABLE

Main Hall or meeting room bookable 0800 to 2200 Mon-Thur and 0800 to 1600 Fri for groups

Monday

0930 to 1015 - Matwork Pilates - Main Hall - Block booking required**

1030 to 1115 - Matwork Pilates - Main Hall - Block booking required**

1130 to 1815 - Free to book for classes or badminton

1830 to 1930 - Jazzercise - Main Hall - Online booking with Jazzercise

1945 to 2045 - Badminton (private term time) - Main Hall

Tuesday

0800 to 1400 - Free to book for classes or badminton

1420 to 1800 - Baby Ballet - Main Hall

1600 to 1700 - Kind Roots Children's Mindfulness Classes - MR1

1815 to 1915 - Choi Kwang Do - Main Hall - hello@westhillckd.org

1930 to 2045 - Badminton (private) - Main Hall

Wednesday

0800 to 1300 - Free to book for classes or badminton

1330 to 1430 - Badminton (private)

1600 to 1730 - Pre School and Tap/Ballroom/Latin - Main Hall

1745 to 1830 - Matwork Pilates - Main Hall - Block booking required**

1745 to 1945 - Winners Chapel Westhill (private booking) - MR1

1915 to 2045 – Line Dancing – Main Hall – (term time)

Thursday

0800 to 1000 - Free to book for classes or badminton

1000 to 1730 - Footstars - Main Hall - 10am-12pm, 1-3pm, 4-5.30pm -

http://www.footstars.co.uk

1700 to 1800 - Kind Roots Children's Mindfulness Classes - MR1

1800 to 1900 - Choi Kwang Do - Main Hall - hello@westhillckd.org

1915 to 2045 - Badminton (private) - Main Hall

Friday

0830 to 0915 - Matwork Pilates - Main Hall - Block booking required**

0930 to 1015 - Matwork Pilates - Main Hall - Block booking required**

1030 to 1115 - Matwork Pilates - Main Hall - Block booking required**

1030 to 1230 - Aberdeenshire Peer Support - MR1 - every 2 weeks

1130 to 1600 - Free to book classes, badminton or parties/events. Except the 2nd Friday of every month due to Monthly Tea Dance 1.30-3.30pm.

Saturday

0830 to 1130 - Free from 0800 to 1130 for classes until 1st November

1230 to 1530 - Script to Screen Drama Classes - Main Hall/MR1 - J. Ogilvie - 07989 484315

Free from 1600 for parties and events

Sunday

Free to book for parties and events after 1.30pm or all day months in advance

1000 to 1300 - Higher Ground Assembly

**All Matwork Pilates Classes marked with an asterisk need to be block booked in advance, contact Annette on annette.macpherson@ymail.com or 07817 736525, or website www.westhill. physiotherapy.co.uk

Hall Facilities Manager Tel. 01224 740137 or e-mail ashdalehall@hotmail.co.uk

The Physic Says....

With Spring (hopefully) round the corner we can start thinking about enjoying the outdoors again.

We've all heard of the 10,000 steps a day challenge, even our phones and watches send us regular reminders to "get up and move!" But why? Why is walking so important to our everyday health?

Simply put, walking is good for us, it promotes bone and muscle strength, reduces the risk of health conditions such as high blood pressure, obesity and diabetes and improves both balance and coordination. Walking can also have a positive effect on our mental health,



reducing anxiety and stress levels helping to improve our mood.

Most fitness trackers set a goal of achieving 10,000 steps per day, why? Well its origin is disputed, but most sources attribute it to a successful marketing campaign from the 1960's for a Japanese fitness device called Manpo-Kei which quite literally meant "10,000 step meter". In recent years research has disputed whether reaching 10,000 steps really does have a significant impact on cardiovascular health compared to any other number of steps and the general consensus is that actually any increase in physical activity is going to have a positive impact on your physical and mental health!

The Immediate Benefits

You can start to feel the benefits of exercise almost immediately following physical activity. Benefits include improved cognition, reduction in anxiety and with regular physical activity, improved sleep quality. Regular physical activity such as at least 150 minutes of walking per week can help to lower your blood pressure and cholesterol, and also reduce your risk of developing type 2 diabetes.

Quality of Life

Everyday activities such as getting in and out of the car, climbing the stairs, walking to the shops and carrying shopping, even playing with your children and grandchildren are all activities which contribute to your quality of life. Middle aged and older adults who engage in regular physical activity have an increased quality of life when compared to those who are inactive. For older adults, keeping yourself moving by walking will help to improve your physical function and decrease risk of injury

The key is to keep moving and small changes in habits make a big difference to our overall health.

So....whatever the weather throws at us remember there is no such thing as bad weather just the wrong clothes. So wrap up and get walking!!

If you have pain or injury that is stopping you then seek advice and treatment. You can book a Physiotherapy appointment directly at SPEAR without seeing a GP first by calling 01224 900102 or book online at www.spearphysiotherapy.co.uk.



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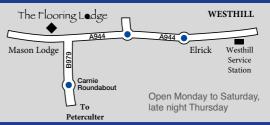
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Tax on Rental Properties

If you're renting out a property then it's important to make sure you are claiming all the legitimate expenses you can so as to minimise your tax bill each year. It is important to file accurately and on time to avoid any penalties and interest.

Most of the time, when people do not fill out a tax return for a property, it is because they are making a financial loss and think a return doesn't need done. This unfortunately isn't the case and it may be that a taxable event still occurs. There are many common misunderstandings about what can be claimed Even in the case where no tax is due because of a loss a return should be filed so you are able to utilise or/and record those losses. Filing can also prevent an HMRC inspection as they will know a property is being let but don't know if it's profitable or not.

01224 748 298 info@grampianaccounting.co.uk grampianaccounting.co.uk

Grampian Accounting 3 Prospect Place Westhill Aberdeen AB32 6SY





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Ozone



Skene Parish Church

I will give you thanks, for you answered me; you have become my salvation.

Once more we are approaching Easter. Sometimes it feels like we no sooner clear the shelves of mince pies than mini eggs appear, alongside hot cross buns or variations on the theme. But of course, before Easter arrives, we journey through the season of Lent. And so, we are slowed down on our race to get to Resurrection Sunday. Six weeks of spring cleaning our hearts and minds by choosing to lay aside a distraction or two that get in the way of focusing ourselves upon God. What might you choose to give up this year?

One of the things that often strikes me about Lent is that when I am deliberate in abstaining from something, there is a temptation to replace it with something else. Give up chocolate – replace it with biscuits. Give up TV – replace it with social media scrolling. We are very quick to latch on to the things that distract us from our feelings and our circumstances. Things that make us feel better or that numb us for a time. Things that are not necessarily bad for us – unless we are addicted to them. Things that comfort us and become part of our coping mechanisms.

The psalmist writes – 'you have become my salvation'. He is speaking of God and giving praise to God. The psalmist was in a tight spot and realised that the only thing that was going to help him was to put his trust in the Lord. He decided to lean on God rather than on anything else. And faith in God didn't distract him from his problems. It wasn't an opiate than numbed him. Instead it helped him to face up to reality. Faith in God saved him.

This is the psalm that would have been sung in the procession to Jerusalem on Psalm Sunday. Little did the crowd know that the one who would become their salvation upon the cross was right there. And Jesus has become our salvation too, if we would but follow the psalmist's lead and put our trust in him.

Join us in Holy Week and Easter, as we explore Psalm 118 in more detail. You will find out more about our services at www.skeneparish.com.

We said goodbye to our Associate Minister, Rev Dr Ibidun Daramola in January 2023.

And from February we are following a new pattern of worship on a Sunday morning. You will find details of our services in the table below.



Joint Sunday Services – Time and Location
February 26th – Kingswells Church – 11am
March 5th – Skene Kirk – 11.15am
March 12th – Skene Kirk – 11.15am – Service of Holy Communion
March 19th – Skene Kirk – 11.15am
March 26th – Kingswells Church – 11am
April 2nd – Trinity Church – 10.30am – Palm Sunday
April 9th – Trinity Church – 10.30am – Easter Sunday
April 16th – Trinity Church – 10.30am
April 23rd – Trinity Church – 10.30am
April 30th – Kingswells Church – 11am

Westhill Library News

Opening Times/Contact Info

Tuesday 10am-7pm Wednesday 10am-7pm Thursday 10am-6pm Saturday 9am-1pm

T: 01224 472871

E: westhill.library@aberdeenshire.gov.uk
W: www.livelifeaberdeenshire.gov.uk/libraries

What's On?

Lots of activities coming soon for Climate Week, the Easter holidays and Wellbeing Week as well as our regular activities:

Lego Club for 5 to 12 year olds

Wednesdays 3.30pm-4.30pm *Please book a space*

Scrabble Club for adults

Wednesdays 10.30am-12pm Drop in, no booking required

Bookbug for pre-schoolers

Thursdays 10.30am-11am *Booking essential*

Alzheimer Scotland Coffee and Conversation

First Wednesday of each month A monthly social group for people living with dementia and their carers to catch up and have a blether.

Drop in, no booking required

To book and for details of all our activities please visit:

www.livelifeaberdeenshire.org.uk/libraries/

Do you know? You can pick up free food recycling bags, battery recycling bags, dog waste bags and hearing aid batteries (with proof of entitlement) at the library.

Tea and Technology Drop In Saturday 18th March 9am-Ipm

Would you like to learn how to access free newspapers, electronic books, electronic audiobooks and homework resources on your tablet, phone or laptop? Bring your device along, relax with a cuppa and we'll show you how.

Just drop in, we look forward to seeing you!

Cosy Bosie 2022

A **HUGE** thank you to everyone who has donated such lovely items to the Cosy Bosie project which has now ended. Libraries across the Shire received over 3500 items which have been donated to those in need of winter warmth.

Thank you so much to everyone.

Spotlight on: PRESS READER!

Press Reader is a fantastic resource which saves you money by giving you access to thousands of daily newspapers and magazines. No need to pop out on a rainy day to pick up your Press and Journal or Evening Express, just download it free to your device. As well as local papers, Press Reader contains more than 7,000 publications from over 120 countries in over 60 languages and it's free to library members.

There's also a comprehensive selection of free magazines covering a wide range of topics for adults and children such as Good Food, BBC Wildlife, Gardeners' World, Ideal Home and PC Gamer.

For a taste of everything we're up to, please follow us on Facebook.

We hope to see you in the library soon.



Public Access Defibrillator locations in the Westhill Area



Accessible 24 hours, 7 days a week

McDonald's Westhill (inside to left of counter)



The below are unlocked by a code which will be given to you by the ambulance call centre when making an emergency call (999)



- Westhill Dental Practice (on wall outside main entrance)
- Westhill Shopping Centre (on wall to left of Nisa)



- Westdyke Leisure Centre (on wall outside main entrance)
- Westhill Swimming Pool (on wall to left of main entrance, behind the bike racks)



 Elrick Service Station (on wall to left of side entrance)



 Trinity Church (on wall to left of front entrance)



Milne Hall in Skene (on wall to right of main entrance)



 Scout Hall (on side wall facing road, behind the bike racks)



 Westhill Community Church (on wall outside main entrance)



 Westhill Golf Club (on wall to left side of entrance)



 The Happy Barber Mason Lodge (on side wall facing car park

Accessible during opening hours only



 Abercrombie Smile Design (inside)



 Abercrombie Dental Practice (inside)



- Marks & Spencer (inside)
- Costco (inside)



- Tesco (inside)
- GPH (inside)

FREE CPR & DEFIBRILLATOR AWARENESS SESSIONS



YOU COULD SAVE A LIFE

Following the installation of public access defibrillators throughout the Westhill area, come and join Westhill & District Defib group along with other local organisations and learn some life saving skills. Everyone welcome, including children.





Saturday 4th March 2023 Drop in anytime between 10am - 2pm At Westhill Community Church

SCAFFOLD TOWER FOR HIRE

The Community Council has a scaffold tower which was bought to help with erecting the Christmas street 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/text David Ritchie on 07989 637461.



WESTHILL BOWLING CLUB

I'm writing this at the beginning of February and thinking the winter is almost over, and we can be grateful it has not been too severe, although there could still be a sting in the tail.

The grass in my garden already looks like it could do with a good cut, which leads me on to the bowling green and I'm thinking we will soon have to start cutting the green with a view to opening the season in April. All being well, Russell

Milne, our president for the 2023 season, will preside over the opening of the green for play on Saturday 15th April. Thereafter we are straight into a busy schedule of bowling.

Bon Accord, Bon Accord leagues and club competitions all get underway in April so there is not much time to get your hand in after the winter break.

Many of our members have continued to play bowls throughout the winter at the Aberdeen and Garioch Indoor bowling facilities. Although the game is essentially the same as the outdoor version, playing on an artificial indoor surface is completely different to playing on a natural grass surface. However it is a great way to pass a winter morning or evening until the better weather comes around.

Talking of indoor bowling, did you watch any of the World Indoor Bowling Championships during January? If you didn't I can tell you that a local lad, Jason Banks, from Inverurie won through to the final and was so unlucky not to lift the title, being pipped by the narrowest of margins. Well done Jason. Congratulations from Westhill Bowling Club on your achievements. You made the whole bowling community in the North East proud

But bowling is not just for the players interested in top competitions. It's a sport that appeals to different people for different reasons regardless of age or fitness levels. Outdoor exercise, company, friendship as well as competitive or not so competitive sport are only some of the reasons people play.

As per last year, early in the bowling season we will be holding a Try Bowls Day where you can come along and have a go yourself at no charge. We will provide everything you need including bowls, coaching as well as tea and coffee. Look out for details appearing around Westhill.

If you don't know where to find us, we are located beside the tennis courts, directly across the Old Skene Road from the shopping centre.

If you want to join us for the coming season we offer an introductory membership fee for 2023 of $\pounds 42.50$ for adults and $\pounds 7.50$ for juniors (under 18). We also have special rates for people in full time education.

If anyone would like to come and join us and be part of our ongoing story of bowling in the Westhill area please do not hesitate to get in touch by email *robert.mutch@btinternet.com* or telephone 07562 696193.



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Great News on the Restoration of Paths at Carnie Woods

Your Community Council is delighted to announce that, together with Aberdeen City Council [ACC] it has been awarded nearly £90,000 from Paths For All ** for a project to restore the main path through Carnie Woods, so badly damaged in last winter's storms. ACC will also contribute a significant tranche of matched funding and project management support.

Work is planned to commence in April and take 8-10 weeks to complete. Keep an eye on our Facebook page for updates and completion date.

In the course of the project we aim to recreate the main through route between the B979 car park near Mason Lodge and the lay-by at Peregrine Road, with links to Carnie Crescent and to a rest and recreation area somewhere near the middle, with one or two benches in between.

The path itself will be constructed of compacted quarry material to a width of around 1.5m so that it is accessible for all users: buggies, wheelchairs, cyclists, joggers and walkers. All stretches of board-walk on the existing route will be removed as part of the contract. Other stretches to the south will hopefully be removed over time with the help of volunteers.

The project team would like to thank all 548 respondents who took the time to complete the User Survey last November ahead of our funding application, 110 of whom expressed an interest in volunteering. There is no doubt that this level of support and passion for Carnie Woods was a significant factor in the Westhill community being awarded this vote of confidence.

The award is perfectly timed, following the recent replanting work carried out by ACC's contractors who planted over 7,000 new plants to replace those felled by Storms Arwen and Malik last winter. The Council's Arboriculture Team has opted to restock the storm damaged sections with a mix of Norway spruce, Scots pine, larch, cherry, silver birch, rowan, hazel and oak; to create a mixed woodland [as pictured below]. The trees are so small that their immediate surroundings will need to be weeded for the first year or two, a task that the Countryside Rangers may ask volunteers to help with. We'll keep you posted.

Sections of replanting at Carnie Woods separated by brash bulldozed into piles [habitats] that will decompose over time

** Our bid was one of the largest from the first batch to be awarded from Paths For All's lan Findlay Path Fund, itself funded by Transport Scotland. The aim of the fund is to improve path networks that help reduce car use and improve connections with nature. Projects must demonstrate planned improvements to usability



and accessibility of paths, encouraging more people to use them.



Girlguiding Westhill District

It Our Spring Fayre is going to be held this year on Saturday 4th March between 2pm and 4pm at the Scout Hut. The funds raised at this event allow the Guiders to offer additional activities to the Guides, Brownies and Rainbows across Westhill. Please support us by making a donation for the stalls and coming along on the day.

WESTHILL FRIENDS OF GUIDING FUNDRAISING EVENT



SATURDAY 4th MARCH 2023 - 2pm till 4pm

It has been really great to welcome a lot of new girls into Westhill Girlguiding units this term! We have also had a large number of girls move up from Rainbows to Brownies and from Brownies to Guides. We have welcomed as many new girls from our waiting lists as possible.

The units have been up to lots of exciting activities over the winter period. There were lots of trips to various pantomimes and Christmas shows organised by the different units. Some units went to the Inverurie pantomime, some to see Matilda the Musical at the cinema, some to see Goldilocks and the 3 bears at the Tivoli and some to a crafting and classical music concert in Banchory.

3rd Brownies were delighted to be able to go to Pitcairn House to sing Christmas songs for the residents. 1st Rainbows made a food donation to Aldi that was very gratefully received.





3rd Rainbows had a fantastic time and were very honoured to go to the Westhill Men's Shed to build birdhouses. We think the birds will be very grateful too!

Girlguiding is run by unpaid volunteers. Without their time and effort the organisation would not exist. Thank you so much to all of our volunteers who give up so much of their time so that our girls can have these great opportunities. We are struggling to fill all of our volunteer spaces and have opportunities for leaders, unit helpers and Friends of Guides fundraising positions. If you are interested in being part of this great organisation we would love to hear from you!!

Carol Lee & Jane Robb, District Commissioners westhilldc@gmail.com

LUIGI'S MINESTRONE (vol - 3.95 Rich vegetable & tomato soup wil crusty bread

TEAR & SHARE GARLIC BREAD - 6.50 Add mozzarella £100

MEATBALLS MARINARA - 4.85

Luigi's delicious meetbells in a rich tomato and herb regu topped with mozzarella & char-grilled foceccia breed

BRUSCHETTA - 4.50

Toested garlic bread topped with chopped tomatoes, garlic, red onion, basil & olive oil

GAMBERONI - 8,95

King prewne sauteed with chilli, cherry atoes, white wine & clabetts bread

COLD CUTS PLATTER - 10.85

Ideal To Shore

Firey Nduja Sausage, prosclutto, mortadella. pestremi, breed sticks & sweet peppers

MAMAS CHICKEN WINGS - 4.95

Martnated chicken wings smothered In Kentucky BBG quuce

MOZZARELLA STICKS M - 4.85

Crispy sticks of melting mozzarells

ARANCINI M - 5.50

Smoked mozzarella & chilli risotto balls deep fried until orisp with a sun-dried tomato chutney

LOADED POTATO SKINS

Criepy potato skins, served with BBQ sauce & garlic mayonelee. Choose from Cheese & Chive (V) - 4.50 Chance & Bacon - ARS

CALAMARI FRITTI - 6.85

Garlic mayonnalee & lem

SHETLAND MUSSELS - 6.50

Served with crusty breed. Choose from Mariniere - White wine, onion, garlic. oresm & persitry Livornese - Tometo regu, onion,

gerlic & chilli

ALL 2.95

SEATONED FRIES (WI SWEET POTATO FRIES IVE CRISPY ONION RINGS W DATESC BREAD IN GARLIC BREAD & CHEESE IN DRESSED HOUSE SALAD SAUTÉED MUSHROOMS IN ROAST SEASONAL VEGETABLES IN BUTTEREN BABY POTATUES IN

tiliten free poeta monitable

SPAGHETTI BOLOGNAISE - 7.95 Luigi's rich beef, pork & tomato ragu

LASAGNE AL FORMO - 8.50

Blow cocked beef & pork ragu, crearry béchamel sauce & house green salad

TAGLIATELLE CARBONARA - 8.50

Crisp emoked bacon, gartic, fresh creem, cracked black pepper

SPICY ITALIAN SAUSAGE RIGATONI - 8.50

Tuscan & spicy nduje sousage, tomato ragu, chilli & garlio

TAGLIATELLE MEATBALLS MARINARA - 8.50

Luigi's delicious meathells in a rich tometo & herb regu

SPACHETTI GAMBERONI - 3.35

King prawns, cherry tometoes, chill, garlio, Nepoli sauce

LUIGIS MAC N CHEESE M - 7.85

Pecorino cheese & cracked black pepper sauce

TOPPINGS: 1-150 - 2-250 + 3-250 - 4-450

Luigi's farmous close looked soverdough pizzas.

Served classic Margarita etyle (vegan version available). choose from a range of toppings to build your dough your way

EXTRA MOZZARELLA CHEESE SMOKED HAM

TUSCAN SAUSAGE SPICY CHICKEN

SPICY BEEF PEPPERMA

BUFFALO MOZZABELLA SPICY NOUJA SAUSAGE

SMOKED BACON **ROAST PEPPERS** RED DISION MUSSIRSOMS

SWEETCORN OLIVES **JALAPENOS** PINEAPPLE

All served with your choice of sensored fries. crisps Maline potatoes or creamy much

BOX HOMEMADE ABERDEEN ANGUS BEEF BURGER - 8.50

Puccia bun, tomato, lettuce & Luigi's signature burger sauce

MILANESE CHICKEN BURGER - 9.50

Puccis bun, Napoli spuce, permedan, bruschetta mix, rocket

Add ektra toppings - chedder cheese. mozzarella cheese, jalapenos or caremelised onions - £1.00 each

BUT SIRLOIN STEAK - 18.95

Grilled tomato, portobello mushroom, crispy onlon rings

Add garllo butter or peppersorn esuce -£100 each

POLLO FUNCHI - 9.95

Butterflied chicken breast, creamy garlic & mushroom seuce

POLLO MILANESE - 9.95

Crisp fried chicken, lemon & garlic mayonnelse, rocket saled



1 SCOOP - 2.85 - 2 SCOOPS 4.25 - 3 SCOOPS - 5.85 Please visit our Galato Cart for today's selection

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CHOCOLATE FOUNTAIN M - 5.85

rawbernies, banana, marahmallow, waitle soldians, mini donuts

HOMEMADE TIRAMISU M - 4.35 HOMEMADE CHEESECAKE NI - 4.85 CHOCOLATE PROFITEROLES & CHOCOLATE SAUCE (v) - 3.95 NUTELLA AND STRAWBERRY CALZONE M - 4.95

V - Vegetarian VS - Vegen. If you have a food allergy, intolerance or cenetivity, please spess to your sener about ingredients in our darket before you order your man







Abercrombie operate two dental practices in Westhill with a great reputation for preventative and cosmetic dentistry treatments and aesthetic treatments such as Botox and fillers.











Principal dentist and clinic owner Dr. Naga Narra commented: 'At Abercrombie, we're all about combining the latest technology and advanced techniques with excellent patient care. As well as a full range of preventative and restorative dental treatments, such as dental implants, white fillings, crowns and flexi-dentures, we also offer cosmetic options like tooth whitening, veneers and Invisalign.'

'We offer Cone Beam CT scans and OPG X-rays and our iTero system means we can offer 3D scans for dentures, crowns, bridges and orthodontic treatment rather than taking impressions.

We also have our own dental technician and lab on site, providing a fast turnaround on private dentures and denture repairs. We even offer dental plans and patient finance and are currently accepting new private and NHS patients.'

Dr. Narra continued: 'We know that some people feel a bit nervous about coming back to a dentist and may not have been for a couple of years given the pandemic. We are lucky to have a great and friendly team of receptionist and nurses, therefore we can offer as much support as possible. At our Smile clinic, we offer intravenous sedation on a private basis, which many patients find helpful, particularly when getting implants, multiple restorations or during an extraction.





Abercrombie Dental Practice 10 Abercrombie Court Prospect Road, Westhill Aberdeenshire AB32 6FE 01224 745447



Abercrombie Smile Design Unit 2/3 Ashdale Drive Westhill Aberdeenshire AB32 6LP 01224 742513

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Skene Fundraising Committee - Macmillan Cancer Support

We take this opportunity to thank all who have donated so generously to Skene Fundraising Macmillan Cancer Support.

We had a very successful Burns Supper at Echt Hall on Friday 27th January, the first since the pandemic. We thank everyone who came and donated so generously. Please check our Facebook for pictures of the night. Amount raised will be in the next Bulletin.

Our next event will be The Macmillan Quiz to be held in the Milne Hall Skene on Friday 24th February 2023 at 8pm, details can be found on our Facebook page.

On Sunday March 19th we will be supporting the Model Fest at Thainstone Inverurie, please come along and see us.

We are hoping to hold another Fizzy Flycup, details when arranged will be on our Facebook page and on posters.

You can follow us on Facebook – *Skene Fundraising Committee-Macmillan Cancer Support* to read about these events. In addition we do place posters around Westhill with the next up-coming event(s).

To donate to Macmillan Skene Fundraising Committee go to macmillan-org.enthuse.com.

The funds raised by the committee remain within this area.

If you would like to be a volunteer or join our committee please contact me at the number below

Fundraising for



Charity No SCO039907

Alison Troup - 07974 790765

Westhill Tennis Club

After the cold snap over winter, the courts will start to warm up with play ahead of the new season starting in spring.

At our AGM in November, the committee was appointed. The new committee is John Purcell as chair, John Kettle as secretary, Henry Lints as treasurer and Simon Dennis as welfare officer. Ordinary committee members are Karen Dennis, Fiona Glascodine, Vikki Paterson, Richard Crighton and Obinna Ugoala.

The men's captains are John Purcell and Richard Crighton with Mellany Hudson and Ginny Reid captaining the women's teams. Fiona Glascodine is staying on as social captain.

Our 2023/24 membership will start from 1st April, 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 2023).

From April 1st, annual membership fees will be: Family – £160; Senior – £80; Student – £40; Junior – £30 (11-17 years): Minis – £16 (10 or under on 31st March 2023).

Benefits of membership include:

- · Free court time for members with online booking sheet
- · Social tennis sessions 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

Email: westhilltennisclub@outlook.com

Facebook: www.facebook.com/westhilltennisclub

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



1st SKENE BOYS' BRIGADE



A big thank you to all who supported our Christmas card delivery service. The boys delivered over 700 cards around Westhill and Kirkton of Skene, raising nearly £300.

We are currently planning for our biggest fundraiser of the year: the Spring Fayre, which will take place on Saturday 25th March at Trinity church. This will be our first event since

2019 so please come and support us – entry is by ticket: which includes tea or coffee and biscuits.

We are now well into our new term of BBs, all sections are making good progress with their activities. The Anchors are applying their building skills using blocks and Lego to recreate some famous fairy tales and are looking forward to a trip to the Aberdeen Science centre. The Juniors are progressing towards their badge work targets with a focus on sports and games. Senior boys are working towards their President's badge and Queen's badge awards, with our two President's badge boys having just completed their 'Building your Skills' course at BB HQ. We have 3 boys heading off to Kincraig in April, for their Queen's badge completion course.

As the weather improves we look forward to having some cycles and hill walks added to our activity list. We have 10 Junior section boys heading up to Abernethy for an activity weekend and, of course, our annual summer camp – normally for company section boys, but this year open to Juniors too – and closer to home.

Anchor boys are now at capacity however there is still space for Juniors (P4-6) and Company section (P7 upwards). *Remember...The Adventure begins here!*

Niall MacBeath, Company Captain

Tel: 01330 860226 | niall.macbeath@btinternet.com

As you can imagine, everyone at Westhill Golf Club is looking forward to the spring weather so that we can get back out and enjoy our beloved games! If we compare this winter with last winter, it would be fair to say that nature has been kinder this time around. This has allowed us to work through our winter programme of course maintenance and an element of this was continued tree felling from the prior year's storms. We have also continued with planting of new saplings to replace the woodland areas lost and we must thank the Woodland Trust for a further donation of saplings to make this possible.



Our golfing season will 'tee off' at the end March and thereafter we will run multiple weekly Gents, Ladies and Junior competitions throughout the season so that we can all attempt to achieve the annual goal of improving our handicaps. The frequent competitions and friendly nature of our club makes it's a fantastic place for anyone thinking of joining. If you are interested please see our website www.westhillgolfclub.co.uk for details or email us at office@westhillgolfclub.co.uk.

Over the winter period our existing caterer retired. This has given us an exciting opportunity to enter into a partnership with 'The Feed Baron' who are already well known within the Westhill community for providing some delicious food! We are very excited to see them join us from March! Our social membership is only £5 and allows you and up to 5 guests to use the clubhouse for food and drink. So, whether you want a fine feed or a break from the Orbital Trail walk it's well worth the fiver!

JUNIOR GOLF is an important part of our club. In addition, to a full junior calendar of events and activities, we will be running our popular Beginners Junior Coaching Programme starting in April. It is open to all local Primary 5 children. Our coaches are all PGA trained. Clubs and balls are provided. For more info – westhilljuniorgolf@gmail.com.

Karen Templeton, Club Captain



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- 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 came into effect in February 2022.

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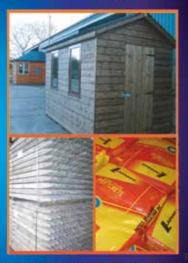
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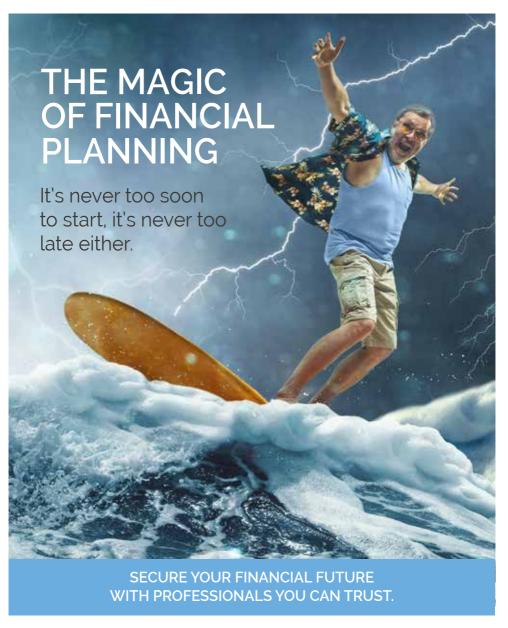
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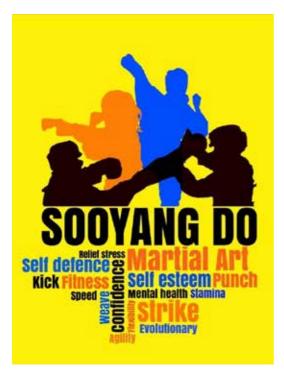
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Compass Directions

Local medical charity, Camphill Wellbeing Trust (CWT), launched Compass in September 2020 to transform the former Waldorf School site on Craigton Road into a centre demonstrating practical solutions for healthy and sustainable lifestyles. Thanks to the support of our **local community** and over **4384 hours** donated by **422 volunteers**, our project continues to grow.



In November, Compass welcomed Robert Gordon University (RGU) students onsite for a tour of its grounds and buildings. Identified as an exemplar local sustainability project for the university's Ethics and Sustainable Consumption module, students were invited to come and hear about the project's plans before pitching their own ideas for initiatives at Compass as part of their module assignment.



In October 22 we opened our **Volunteer Hub** – kitted out by **re-using** items from around the site. This dry and safe base for volunteers and school/corporate volunteering groups also provides space for **workshops** such as our wreath-making sessions in December!

Looking forward to 2023

There's plenty to do onsite each week to prepare our garden and grounds for the Spring using **gardening tools** funded by **Get Growing Scotland**. Join our volunteering sessions:

- ☑ Weekdays: Wednesday (1.30pm 4pm) or Thursday (9.30am 12noon)
- ☑ Saturdays: check our website for the next monthly volunteer day (9.30am 4pm).

Compass is also offering a further **free drystone walling sessions** on **Thursday 2nd March 2023**. Join us to help restore the Compass site whilst learning a valuable heritage skill. Contact us to book a place. Spaces are on a first-come, first-served basis.

By Spring we will have bike stands available for staff and volunteers due to NESTRANS funding, enabling us to further **promote sustainable travel to Compass**.

Keeping warm: We still have large quantities (£100 per m³) and bags (£10/bag) of **firewood available** on a donation basis. Contact us for more information!

www.compassaberdeen.org.uk or email: compass@cwt.scot https://localgiving.org/charity/CWT/project/CWTCompass/ Facebook @CWTCompass

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

Funding Clarification

There have been groups and people getting in touch concerned that we may be closing because of newspaper articles saying that funding is being withdrawn from Scottish Men's Sheds! Not us...it is the Scottish Men's Shed Association that the government has said they can no longer fund. As all the Men's Sheds are independent charities this makes no difference to the sheds. As the first Men's Shed in Scotland, Westhill preceded the formation of the Association and the other Men's Sheds were modelled on the pioneering work at Westhill.

Our Clear Out

We held a roup at the shed at the end of the season to clear the decks of everything we did not expect to sell over the winter. This worked well, selling a lot of equipment and making a substantial amount for the shed.

10th Anniversary

On 4th February 2013 Westhill Men's Shed opened its doors for the first time following 2 years of work founding the charity, getting the first transfer of a building to a charity in Aberdeenshire under the new rules for Community Asset Transfers and then converting it from the old library into our workshops.

As the first shed in Scotland we wrote documents recording how we did this to help other sheds as they started up. Requests for these guides have gone all around the world!

Helping other sheds has translated into helping our community- where else can you get one off items made over such a wide range from a floating wind sock through several gazebos and garden benches to water walls for primary schools and also garden tools and machinery given a new lease of life. Electrical and mechanical repairs done too.

We also have given support to men and women who appreciate the improvement to their lives from social interaction at the shed. They all give their time freely to work in the shed and make us the successful community we are.

Opening Times

Monday 10am-4pm, Wednesday 2pm-8pm and Friday 10am-4pm.

Why not come along to the Shed to see what we do in more detail and consider joining us. *SheShed:* ladies only, is every 2 weeks on a Monday evening from 6pm to 8.30pm. Just drop in, no experience at DIY is necessary, we can teach woodwork from scratch.

contact@westhillmensshed.co.uk | Tel 01224 917345 during opening times www.westhillmensshed.co.uk | Registered charity SCIO number SC042663

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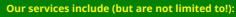
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Westhill District Swimming Club Celebrates 30th Anniversary

Westhill District Amateur Swimming club celebrates its 30th anniversary this month!

The club was founded in 1993 as a non-profit organisation dedicated to the improvement of local swimmers. For the last three decades the club has trained at Westhill Swimming pool, which also celebrates its 30th anniversary, opening with the considerable fundraising support of the

"Friends of Westhill Swimming Pool" who were also instrumental in the founding of the club, and some of whom were our first committee members.

The club has gone from strength-to-strength and has become one of the most successful clubs in the Scottish North District. We are run by a large group of volunteers consisting of Coaching Staff, Committee Members, Fundraising Group, Qualified Technical Officials and Parent Helpers. A huge debt of gratitude is owed to all past and present volunteers.

The club is committed to the promotion of excellence in swimming and the fostering of a sense of individual and team achievement within a competitive yet supportive, safe, and fair environment. As well as the competitive aspect of the sport, the club also prides itself in providing an environment for the swimmers to establish focus, discipline and hard work ethics which prepare them for the challenges they may face later in life.

We are always interested in new members. The club is structured into 5 training squads plus a Fitness Squad. Swimmers usually join the Westhill Entry Squad and move up progressively to our senior Platinum Westhill Squad. If you would like information relating to membership, then please do not hesitate to get in touch with the club secretary at secretary@westhilldistrictasc.org.uk.



Crombie Primary School

In 2022 two local girls Elle Baxter (P7) and Freya McCormack (P3) of Crombie Primary School decided to make reverse advent calendars. So for each day throughout November they put an item of food into a hamper, with these hampers then being donated to the local food bank to help families that might need it over the Christmas period.

The girls wanted to help as many families as possible, they worked hard by collecting food donations from friends and family and they also collected small gifts for children just in case Santa didn't make it to them.

The girls also held a fundraiser where they made up 100 tubes of reindeer food and sold them, making £200. This money bought a range of goods, allowing the girls to donate over 400 items of food, drinks and toiletries.

The girls also donated over 80 gifts for all age ranges with the help from friends and families generous contributions.

As you can see from the picture Elle and Freya's hard work has paid off with the fabulous amount of donations that they have been able to donate to the Westhill Community Church food bank. Elle and Freya are both delighted and thankful to everyone that's been able to help them achieve this and be able to help so many families in the community.

The girls handed in their donations to the food bank on 9th December.

David's Sahara Challenge in aid of Maggie's Aberdeen Cancer Support Centre

In 2021 I did a 100km trek in the Jordanian Desert in aid of Maggie's Aberdeen.

I've decided to take on another challenge to raise vital funds for Maggie's Aberdeen Cancer Care Centre.

In March I will be trekking 100km across the Sahara Desert in Morocco in memory of my beloved wife Moragh who sadly passed away in December 2019 after a long fight with cancer.

Each step I take will be nothing in comparison to what people that are impacted by a cancer diagnosis go through. However, I want to do my bit and help to raise funds to help these local people in Aberdeen and the Shire to get the support they need. Will you support me in my mission to do that?



Thank you for your kindness and generosity.

Please contact me if you have any questions.

David Christie | Mobile: 07731 333033





Westhill & District Ladies Tangent

A brief history behind the activities of the group (only one member in Tangent at the moment).

When I first joined Ladies Circle (Tangent is for the older members) our husbands had to be a member of Round Table and Circle helped and supported Table in the community. The Santa collection (Round Table organised) originally handed out food hampers to older needy people in the area whilst Circle held a Christmas party for needy families in the area – names provided by a third party. Following the introduction of the PVG and personal data protection the mere idea of a "stranger" visiting an elderly/vulnerable person or giving food with allergies was a definite NO NO. The money was instead handed out to various recognised groups – Circle did however get up and collected for Children in Need on the trains dressed in our working clothes (colours clashing, hair in curlers and dusters) courtesy of British Rail who called us the "Westhill Scrubbers" until once again legislation stepped in. However inter-Circle challenges and introducing Bingo to the Gala kept us busy.

Belonging to an organisation brings a wealth of experience from the past, insurance cover (needed for liability cover in the event of any incident) and the chance to share the load. A phrase that should NEVER EVER be heard "we always did it this way" – if that was the case Table and Circle would have closed long ago, these groups have embraced the new legislation and adapted their activities – unfortunately due to covid and lack of new members this is the position now. Having volunteered in a youth organisation and have constantly praised and spoken up for the younger generation I am disappointed, but understand the other demands on your time BUT sometimes a thank you and a smile from someone you have helped is worth more than any amount of money and more importantly gives you that warmest feeling ever.

Want to find out more - Ann Hudson 01224 740080.

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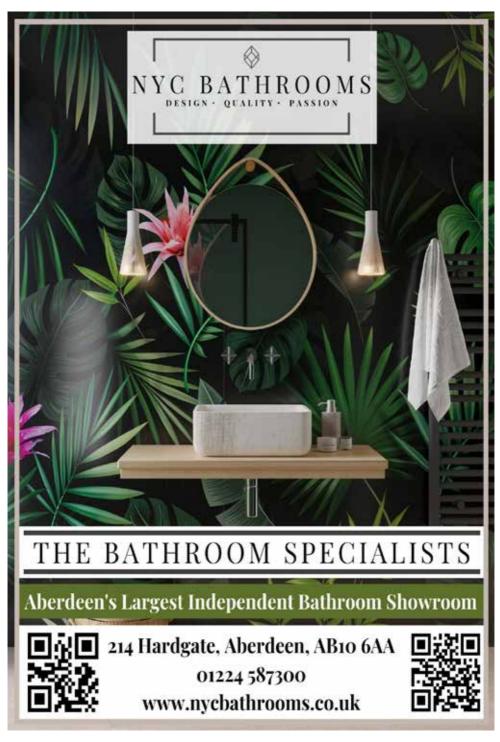
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PORTER PHARMACY

Porter Pharmacy have taken over both the Lloyds pharmacies in Westhill (see advert on back page).

The Arnhall branch was taken over on 1st December 2022 and the Westhill shopping centre branch was taken over on 15th December.

Andy and Lynne Porter are both local to Aberdeen and have 5 pharmacies in Aberdeen and now the 2 in Westhill.

They were looking to open a new pharmacy in Westhill but realised during the NHS consultation that the residents of Westhill would be happy with the current pharmacies if they were providing a good service. It was also looking like it would have taken longer than 2 years to get the permission for the pharmacy and build it, so they approached Lloyds and asked them if they could acquire the two pharmacies in Westhill.

With over 20 years of pharmacy experience they aim to provide an excellent service to the residents of Westhill.

They are in the process of expanding the services provided by the pharmacies.

This includes: Full time prescription delivery driver | Prescribing pharmacists available for common clinical conditions | Pharmacy first/Minor Ailments service | 24-hour prescription collection kiosk at the Shopping Centre pharmacy

They are both delighted to have taken over the Lloyds pharmacies and look forward to welcoming patients old and new, providing the type of pharmaceutical services that the residents of Westhill deserve and which have been severely lacking in the past year.

What's Happening at Buddhist Centre Westhill? www.varapunyacentre.com

In the midst of all life's turmoil and confusion, meditation is one of the skills that will help to keep ourselves in a good place. This is the way of mindful thinking, speech and actions which lead – with practice – to a mindful (calm and peaceful) way of living. Anyone can learn mindfulness with guidance, patience, persistence, and practice. Why not come and join with the Varapunya Meditation Centre (VMC), a Buddhist centre and Scottish Charity near your door, to learn this skill and share



it with others. You do not need to learn about Buddhism unless you want to, and we teach and guide the meditation practice for free – because it's so important for y(our) mind and body health. If you are interested in joining any of these events do not hesitate to contact us. No need to be Buddhist nor to 'convert' to practice it. Just be ready to learn new knowledge and skills, whatever your faith or beliefs.

The VMC offers two types of activity – religious and meditation teaching and practice (1) at the centre and (2) outside the centre.

You are invited to join every Wed (7-9pm) meditation session to learn, practice and discuss at the centre. Asian New Year (16th April), Interfaith 'Mindfulness Day on Anxiety' (25 May, 10am-2pm) and our main celebration the Kathina Robe offering on 5th November.

In collaboration with NHS Grampian and the Aberdeen City Health & Social Care Partnership, we offer 'Mindfulness Mondays' at the Aberdeen Health Village every last Monday of the month (12-2pm) and on Zoom (1-2pm) every second last Monday of the month. The centre also works with other NHS centres and local charities, such as AIR in Aberdeen, ARI and Interfaith Scotland, etc. We also offer a six-week course learning mindfulness practice, as well as providing online support every Wednesday at 8am.

We are also in need of volunteers for cutting grass, clearing, and tidying woodlands, and gardening. If you have skills and few hours to spare, please help us.

Currently, we also have a major project building a new Meditation Hall. All consents have been received and we expect to start construction on site within the next two years. We have already raised half of what is required, and we believe that, with everyone's support, we can make it happen! On behalf of the centre, we would like to invite you to support our mental health work in the community in any way possible, by giving whatever you can. You can sponsor items of the building or any amount you wish to donate.

For further information please contact the centre at Easter Mains Cottage, Kinmundy, Kingswells AB15 8RB. Tel: 07446 545545 or come to visit us, ringing first to ensure there is someone to greet you.



Members of Westhill Academy's pupil leadership team participate in a team building session

Developing the Young Workforce North East

Could you share your career knowledge with Westhill's young people?

When was the last time you walked through the doors of a secondary school? For those of you with family members at Westhill Academy, it may have been quite recently. For others, however, it may be more years ago than you care to remember...

If you're wondering why you might have cause to visit, read on. An important part of preparing young people for life beyond school is to connect them with the world of work while they are still in the classroom. For this reason, your career insights – regardless of which sector you work in – are invaluable.

Activities between our region's schools and the business community are coordinated by an organisation called (DYW) North East. Its team includes an Employer School Coordinator, Malcolm McMillan, whose role it is to build and nurture links between Westhill Academy and local industry professionals.

"We are always eager to hear from people in the Westhill community who might be willing to share knowledge about their role, or industry sector, with pupils," explains Malcolm. "If you can spare an hour or two to come in and give a class talk, or to help with mock interviews, this can make a huge difference to a young person.

"You need not have decades of experience – or be in a senior position – to be qualified to help. It's important for pupils to have access to people working in all types of roles and it can be very relatable for them to hear from those who are in the earlier stages of their careers. If you love what you do – and are willing to share that enthusiasm – we're keen to hear from you."

To find out more about supporting Westhill's young people through DYW North East, email *malcolm@dyw.org.uk* or visit *www.dyw.org.uk*.



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 - Family/Fun Swims.

Parties at Westhill Swimming Pool
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- The Pool can be hired alone with floats or can also include the INFLATABLE!
- We offer 60 minutes in the pool followed by 30 minutes in the foyer area for food/snacks afterwards.
- Time slots available on most Saturdays at 2:30 and 4:00pm.
- Dip in to our App and book a pool party today! (Bookings can be made up to 3 months in advance).



Tel: 01467 536994 Email: westhill.swimmingpool@aberdeenshire.gov.uk Facebook: @westhillpool









If you need assistance of any kind you can contact our team by calling Sandra on 07484 603593 or email sandramcgregor@

westhillcommunitychurch.org

Our Food Bank is also open and you can access this by calling the team on 07379 836380 or email foodbank@westhill communitychurch.org

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.

Office Hours

Hours may vary currently.
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 for anyone who can't come along in person.

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 is open 10am–3pm
Wednesday to Saturday and we are
excited to see you!
Please check our Facebook page
for updates and exciting new additions
to our menu as well as a date for our
next bistro night!

Room Hire – We have rooms available for hire by both community and commercial groups. Please check our website or email bookings@westhillcommunitychurch.org for more information.



EASTER SERVICES

Thursday 6th April

Maundy Thursday Communion - 7.30pm

Sunday 9th April
Open Air Praise Celebration – 8.00am

Sunday 9th April
Easter Day All Age Service – 10.30am









Charity No. SC017801

In honour of International Women's Day (8th March) and in the year of 1st Westhill Scout Group's 50th Anniversary, we would like to do something different and use our quarterly Bulletin entry to celebrate the contribution of women and girls to our Scout group.

Being the largest mixed youth organisation in the UK, Scouts encourages individuals of all genders to join in all the adventurous activities we do. We invited our group's Scouts to tell us why they are involved in Scouting and why they would recommend other girls, boys and young people of all genders and identities to come along and join the Movement. These are some of their responses:



Redwood Beaver Leaders, Jane, Tracey and Kerry

"You get to do stuff you can't do at school. You make friends with people you might not have made friends with otherwise – the friendships are the best bit."

"It's really fun! It is good for socialising. All my friends wanted to do it – it is an activity we could do together."

"It is part of my routine. The banter is great and I really like going on camps."

In the Group, we owe a lot to our volunteers. Since the very beginning of Scouts, we have had female volunteers, and without their valued contribution it would be impossible for us to provide opportunities to our young people.

One of our Scout Leaders, who volunteers on a Wednesday night, shared why she is involved with Scouting in Westhill

"At fourteen, my 'big adventure' was a cycle ride along the Rhine to Strasbourg, where we stayed in hostels. I never had the opportunity to do tents, camps, any of that. Scouting provides those opportunities."

Teaching and developing 'Skills for Life', particularly outdoors, is one of our Scout mantras and this is also embodied by Jane, a Beaver Scout Leader:

"I like encouraging young people to be outdoors. I like boosting their confidence so they can take part in amazing activities and enjoy exciting nights away experiences away from home."

Jane also shared why she volunteers on a more personal note:

"I felt it was only right to volunteer given all three of my children were benefiting from Scouts. As my kids get older, I still get to interact with six and seven-year-olds, which is lots of fun."

Ness, who also volunteers as a Leader in Westhill, explained why she helps every week:

"I was a Scout when I was younger. Having gained a lot from being a Scout, it only made sense that I gave back to my community."

Ness agreed with the sentiment shared by another volunteer stating that she is:

"Continually surprised that you get more out of it than you would think."

Reading our stories about what Scouting can do for you, perhaps you have been inspired to consider volunteer yourself. Whether it being part of our core group of volunteers providing opportunities to young people, being a trustee and steering our committees, or just sharing a skill or interest, we would like to hear from you. Furthermore, if our young people's messages spoke to you and you would like to enquire about your child joining our waiting list, please do get in touch. To contact us about volunteering or our waiting list, please visit www 1stwesthillscouts could





The Mystery of the New Markers

People may have noticed some unusual markers on posts "popping up" around Westhill.



They have a distinctive White and Orange triangular background, and have sets of letters, symbols, numbers, coloured circle and the Scout logo.

Many might be hidden at the sides of grassed areas beside paths in the town or added to the way-marker posts on the Westhill Orbital Trail (WOT).

Have you noticed a few near you? Along the routes you walk?

And you've been wondering what they are???

Supported by Aberdeenshire Council, WECC and the Postcode Lottery, a permanent "Community Treasure Hunt" course is being installed by 1st Westhill Scout Group.

The aim is to encourage walking/ running by the whole community, around the many *many* paths in and around Westhill, and to encourage navigation and decision-making skills. Targeting youth organisations, families, and senior walkers, plus dedicated orienteers, the course will be open to all.



The health benefits of regular outdoor exercise are well documented.

After the WOT was opened, the Scouts worked with the Community Council to identify "**Spoke Routes**" that radiate out from the centre of town and connect to the Orbital Trail. Aberdeenshire Council Transportation Strategy Unit and the Westhill Shopping Centre supported this phase of the initiative with the creation of maps and display boards showing the WOT and Spoke Routes.



There are plans being put together with Live Life Aberdeenshire and the Westhill & District Community Sports Hub to hold a Community Event involving the Treasure Hunt markers, possibly in the spring/summer. For now, Westhill residents are encouraged to plan to get out into the outdoors, enjoy

our community's paths and to go looking for markers in your area. It might help you with the Treasure Hunt next year too!

We prepare young people with #skills for life

1st Westhill Scout Group Scottish Charity SC017801

See us on www.1stwesthillscouts.co.uk

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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) & 10.30-11.15am

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: 1.00-1.45pm, 2.00-2.45pm (crèche available)
Thursday: 9.30-10.15am, 10.30-11.15am & 1.30-2.15pm (crèche available)

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: 10.00-10.45am, 1.00-1.45pm & 2.00-2.45pm

Indoor Bowling

For both beginners and experienced players. Monday 1.30-3.00pm

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

OUTSIDE LETS INCLUDE:

Westdyke Community Club, Pilates, GCRA, Sooyang Do, Men's Indoor Football, Aglow Sports Konsult, Sew Swift, Lads Club Amateurs, Zumba Gold, Rugby Tots, AAC, Qi-gong and Yoga

DENMAN PRESCHOOL

Monday-Friday 8.45am-2.00pm 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

Where possible please like our Facebook page to keep up to date with latest info For any more information, please email us: westdykeleisure@qmail.com



Westhill Walkers

Open to all no matter what your age or ability

We ended another successful year with our traditional walk along the prom from Donmouth to Fittie and back with our usual good Boxing Day turnout. Unfortunately recent walks have been affected by work to remedy the effects of storms last winter. This has resulted in some last minute amendments and curtailments. Our walk in Aden Country Park and Aikey Brae still attracted 21 walkers though.

Forthcoming walks include a coastal walk at Montrose, Benaquhallie Hill near Lumphanan, Glenbuchat, Glen Clova, the Gordon Way and Mount Battock. If you are interested in joining any of these walks please have a look at our programme and use the contact details below to find out more about them. New members are always made very welcome.

We walk on alternate Sundays throughout the year with a choice of walks during the summer months. For more information please see our website (www.westhillwalkers.org) for our programme, walks blog and contact details (westhillwalkers@gmail.com) and our Facebook page for updates and photos.



USEFUL PHONE NUMBERS

Aberdeenshire Council	
All Enquiries	.0345 6081208
Air Training Corps	.01224 749151
Ardene House Vets	.01224 740700
Ashdale Hall	.01224 740137
Boys' Brigade	.01224 742262
Childcare	
Breakfast Club; After School	
Club; Holiday Club	.07770 943723
Schools Out Club	
(Old School House)	
Church of Scotland Minister.	
Citizens Advice Bureau	
Community Centre	
Community Mini-bus	.07989 637461
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
Doctors' Surgery	
Results	.01224 849392
Repeat Prescriptions	.01224 849393
Electricity Emergency	
Gardening Club	.01224 748045
Gas Emergency	0800 111999
Golf Club	
Girls' Brigade, 1st Skene	. 07792 471199
Girl Guiding	.07974 963717
Health & Social Care Office	
Lawsondale Pavilion	.01224 742836
Library	.01224 472871
Nursery	
Bridges	.01224 744741

Childcare Info0800 2983330 Playgroups
Scout Hall07717 442164
Denman Preschool07727 617627
Pharmacy, Porter – Shops 01224 742742
Pharmacy, Porter – Surgery 01224 279489
Police (non emergency)101
Post Office (Shops)01224 740858
Post Office (Ind Est)01224 740010
Primary Schools
Crombie01224 472905
Elrick01224 472910
Skene 01224 472915
Westhill01224 472900
Secondary School, Academy 01224 087850
Scouts01224 746773
Swimming Pool01224 472872
Tennis Club07929 191816
Trinity Church 01224 742512
Veterinary, Town & Country 01224 741685
Water Authority 0845 6018 855
Westdyke Leisure Centre 01224 743098
Westhill Bowling Club 07562 696193
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Westhill Community Church 01224 737380
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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