

# Westhill Bulletin

Summer 2025  
Issue 182



Westhill & Elrick  
Community Council

## LAZY SUNDAY AFTERNOON FAMILY FUN DAY

**Sunday 8th June 2025 2pm-5pm**

In the Ashdale Hall and field, Westhill

Bring your own picnic and refreshments

- Bouncy castles •Food vans •Funfair stalls
- Dark Island Ceilidh Band •Tombola



*Fun for all the family!*



**Rotary**



*In the community, for the community* In Westhill and District



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website



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

## SUBMITTING ITEMS FOR THE BULLETIN

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

Adverts and articles for the Autumn issue should be sent in by Friday 8th August. The Bulletin will be distributed from 28th August. All contributions or enquiries should be emailed to: [westhill.bulletin@gmail.com](mailto:westhill.bulletin@gmail.com)

Telephone enquiries re adverts or articles to Bulletin Editor David Ritchie on 07989 637461. Articles should be submitted as Microsoft Word documents attached to an email. Articles larger than 600 words may be edited. Photos can be included but send them separately from the Word doc.

### 2025 advertising rates:

Eighth Page £36, Quarter Page £64, Half Page £103, Full Page £195,  
Inside Covers £225, Back Page £260

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

**For more details on advertising see [www.westhilletrick.org/bulletin](http://www.westhilletrick.org/bulletin)**

## BULLETIN DELIVERY

The Bulletin is delivered by an army of dedicated volunteers. More deliverers are always required to replace retiring helpers and add to the pool of relief helpers. If you can spare an hour or so four times per year to help deliver the Bulletin in your locality or nearby then please ring David Ritchie on 07989 637461.

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planningwecc@gmail.com  
Diane Priestley

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

If you would like to join the meeting remotely a Zoom link can be sent –  
contact [weccsecretx@gmail.com](mailto:weccsecretx@gmail.com)





## Chairperson's Report

Hello everyone, welcome to the Summer Bulletin



### Westhill Bus Services

The Ward 13 Councillor's report in the Spring Bulletin contained details of a survey that WECC were conducting to gauge the likely demand if a bus service to the Blacklaws Brae turning circle was reinstated. 577 leaflets with a QR code to access the survey were delivered with the Spring Bulletin to homes in the areas where it is believed such an extended bus service would be of most benefit to residents. 217 responses were received (a return rate of 38%), with the highest return rates coming from the three areas furthest away from the nearest active bus stop in Hays Way -Westhill Heights, Meadowlands and Hilltop. The responses showed that there was overwhelming support for reinstating the service and indicated a potential 350 additional users. Accordingly WECC are proposing a 6-month trial based on recommissioning existing infrastructure on the disused route to form a loop of just under 1 mile long. A detailed report has been sent to Aberdeenshire Council Transport Dept. and Stagecoach and a meeting has been arranged to discuss the survey results in detail.

### Upcoming Events

We are hoping for good weather at two outdoor events coming up soon-  
**'Rediscover Denman Park'- Saturday 31<sup>st</sup> May, 10am - 12:30pm**

WECC have organized this free event to celebrate the rejuvenation of the park complex and the new paths and bridges. Come and try tennis, bowls, and pétanque, enjoy a Tri-shaw ride around the park and there will be kids' trails around the woods and new paths. All this with complimentary refreshments! See details on page 18.

### Lazy Sunday- 8<sup>th</sup> June, 2pm-6pm

This popular event returns at Ashdale Hall and field. Expect a lively afternoon with food vans, fairground-style fun, bouncy castles & tombola. Bring your own picnic and refreshments.

WECC will have a stand at Lazy Sunday to promote the Community Action Plan for 2024 - 2029. We're looking to enlist some help to progress some of the six themes raised: Outdoor meeting spaces and footpaths, Green transport, Sports and recreation, Facilities and infrastructure, community activities and hearing from our young people. We would also like to gather information on the Local Place Plan which looks at how we use the available land. Please drop by and let us know your thoughts on any of the above, or let us know about anything else that's happening or not happening in the community that you feel strongly about.

WECC monthly meetings are held on the second Thursday (June 12th, no meeting in July, August 14th) at the Holiday Inn Hotel at 7pm. We always welcome anyone who would like to come along to listen to our discussions, consider an issue or raise a concern. Email [weccsecretx@gmail.com](mailto:weccsecretx@gmail.com)

The WECC AGM will also be held on June 12<sup>th</sup>. It will include a presentation from Kathryn Clarke, Council Senior Environmental Health Officer, on her work on residential caravan sites across Aberdeenshire.

Arthur McArthur, WECC Chair  
[weccchair@gmail.com](mailto:weccchair@gmail.com)

## **BANKING SERVICES IN WESTHILL**

### **MOBILE BANK**

RBS – Wednesdays 11am–12 noon  
at Trinity Church car park

### **POST OFFICE**

The Post Office in Nisa at Westhill Shopping Centre can be used for bill payments and cash deposits (with debit card or personalised pay-in slip) and withdrawals. Cheque deposits can be made for most major banks with a completed pay-in slip. Ask for envelope for your bank. It is open:  
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

## **Westhill and Skene Lions Club**

### **CHARITY SALE OF BOOKS, CDs, DVDs & JIGSAWS**

AT WESTHILL SHOPPING CENTRE  
1ST SATURDAY EACH MONTH  
9am to 12pm

### **NEXT 3 SALES ARE: 7th June, 5th July, 2nd August**

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

Donations of books etc.  
welcome on the day or phone/text David on  
07989 637461 to arrange delivery or  
collection

*Folding Tables Available For Hire*

## **Westhill Household Waste & Recycling Centre**

Westdyke Avenue, Westhill

### ***Recycling facilities for:***

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

### **Opening Hours**

Monday to Sunday 9am–4.30pm  
Friday 9am–4pm

Online booking required at  
[www.aberdeenshire.gov.uk/  
recyclingcentrebookings](http://www.aberdeenshire.gov.uk/recyclingcentrebookings)

## **WESTHILL & DISTRICT COMMUNITY MINIBUS**

Charity No. SCO43773

Three WESTHILL COMMUNITY  
MINIBUSES are available for hire by clubs  
and organisations

- Can take 14 or 16 passengers
- Self-drive or Driver supplied
- Two minibuses have towbars

**Contact David Ritchie on  
07989 637461**



Email: [westhill.minibus@gmail.com](mailto:westhill.minibus@gmail.com)

**Volunteer drivers wanted for a  
few hours per month**

# 1st Skene Boys' Brigade



This term has been a very busy one for 1<sup>st</sup> Skene BBs.

Our Spring Fayre in March raised £1200 towards company funds; many thanks to all who supported our event. Anchors and Juniors had a sponsored obstacle race which raised £1000 for SensationALL

– thanks to all parents, family and friends who helped us to achieve this fantastic amount.

The money was duly presented to SensationALL when the Anchors went for an evening visit. Anchors also had a night at the Men's Shed where they made bird boxes and a visit from a paramedic.

Juniors had a trip to the Abernethy outdoor activity centre at Nethy Bridge where they participated in canoeing, archery, zip lines, assault course, crate climbing and rock climbing. They have also been sailing on the Loch of Skene courtesy of SPLASH sailing.

Company section have kept themselves active, with two boys completing their King's badge award – our first boys to receive the newly named King's badge, but numbers 99 and 100 in the list of boys who have achieved the Queen's / King's badge, the highest award in the Boys' Brigade. Well done to them both.



The rest of the boys are looking forward to our annual summer camp. This year, once again at Monymusk, where the boys will be hillwalking and mountain biking amongst other activities.

Our session draws to a close with our open night on Friday 30<sup>th</sup> May. Our new session will start at the end of August. Boys' Brigade is open to all ages from P1 to S6, we meet on a Friday night in Westhill. We have no waiting lists so please get in touch if your son is interested in coming along.



**Niall MacBeath - Company Captain**

Contact: [niall.macbeath@btinternet.com](mailto:niall.macbeath@btinternet.com) or via our Facebook page: 1st Skene-Westhill Boys' Brigade

# Should there be a Business Association in Westhill?

## Your Opinion Matters!

A Business Association can provide opportunities to develop your business through collaboration, extending networks and influencing the development of Westhill from a business perspective. If you run a business of any size in Westhill, we would value your thoughts and ideas.

**Please tell us what you think.**

SCAN ME FOR SURVEY



57-59 N Deeside Road, Bieldside, Aberdeen, AB15 9DB

## Visit Us!

**Open Wed - Fri: 10am - 4pm**

**Donated goods & volunteers welcome!**

If you can help, please get in touch:

**Pamela** Blue Door Manager: **01224 861830**  
or email: **bluedoor@cwt.scot**

Visit our Facebook page for sneak peeks  
of new stock: **@BlueDoorCharityShop** 

**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  
to health.*

Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd.  
A limited company registered in Scotland No. SC120539  
Charity No. SC016291 Registered office: St John's,  
Murtle Estate, Bieldside, Aberdeen AB15 9EP  
 **www.camphillwellbeing.org.uk 01224 862008**

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## WARD 13 COUNCILLORS



Cllr. Iris Walker



Cllr. Ron McKail



Cllr. Fatima Joji



Cllr. Craig Miller

### Westhill's Charity Fund Raiser Supreme Raises £2 million for Good Causes

Aberdeen Ashvale Chipper's boss Stuart Devine MBE is a Westhill resident having lived here for over 30 years. Recently he was quoted in the P&J listing his favourite things about Westhill, including: plenty of attractive parks, particularly the upgrading of Denman and interesting walks; supermarkets and shops for which Westhill is the 'destination of choice', not just for locals but from the wider area particularly now with the ease of access from the AWPR and free car parking; the variety and quality of restaurants along with the popular fast food outlets Westhill is in the view of Stuart a great place to live.

Whilst Stuart's views of Westhill are acknowledged and would be agreed by its residents it is his involvement with the charitable organisation at the Ashvale Chipper which was of interest to us. For many years he has dabbled in fundraising, raising money initially for the Fisherman's Mission and the RLNI and some 15 years ago he became aware that local charities were looking for a venue to raise funds. As Stuart had a backroom at his restaurant to accommodate bookings this has turned out to be the ideal solution. After a feed of fish and chips he runs a video Race Night. The booking diary is full hosting some 200 functions each year and raising some £200K annually and during his involvement this amounts to over £2million. Stuart is understandably immensely proud that he has helped a wide range of local charities and organisations including schools, churches, kids' clubs, sports clubs and recently the Westhill Rotary Club. According to Stuart he wants to help those charities and organisations who want to raise money to make a difference to someone's life and for him and his team it is being able to help. Clearly this is what he does.

### Costco Petrol Station

At a recent area committee meeting, the 4 Westhill councillors were pleased to approve the planning application for an additional petrol station in Westhill submitted by Costco, which will include a plot of EV charging stations.

This will be located on Prospect Road, opposite the Tesco petrol station and is scheduled to open in late 2025 (possibly November), for the use of Costco members only.

### Foundation Apprenticeships

Build Brighter Futures for Aberdeenshire Students Real-world learning boosts skills, confidence, and career prospects across the region.

Foundation Apprenticeships (FAs) are transforming how young people in Aberdeenshire prepare for life after school. These innovative programmes give senior pupils the chance to gain nationally recognised qualifications while getting hands-on experience in real workplaces.

Offered to S5 and S6 students, FAs combine academic study with vocational training and work placements. Pupils develop practical skills in key sectors such as Engineering, IT, Health & Social Care, Business, Construction, Automotive, and Hospitality. Industry partners play a key role in shaping the curriculum, ensuring that the training reflects real employer needs.

Students are supported throughout by teachers, mentors, and training providers, and they leave school better equipped for employment, apprenticeships, college, or university.

"We get real life experience, in real life environments, with real life people," said one Aberdeenshire FA student — a sentiment echoed across participating schools.

The impact has been significant: Attendance among FA students has increased by 30%. Engagement has risen by over 50%. Students are achieving higher qualifications and progressing into positive destinations. Employability and workplace skills have been greatly enhanced. Employer partnerships are stronger, creating direct career pathways.



'Mrs Reid, Head Teacher said 'Westhill Academy has offered Foundation Apprenticeships since they began in Aberdeenshire, and the number of our pupils taking these has grown every year. This year, nearly 20% of our S4-6 pupils are undertaking a Foundation Apprenticeship, demonstrating that these qualifications add to and complement the curricular opportunities we offer young people in Westhill. FAs are increasingly recognised as relevant qualifications by employers and further and higher education organisations, which adds positively to our learners' attainment and onward destinations, and they also benefit from the 'real life' experience of the work placement.'

To find out more, visit Foundation Apprenticeships – DYW Aberdeenshire

### **Household Recycling Centre**

Unfortunately, a popular item in our mailboxes at the current time is problems with bookings at the Westhill Household Recycling centre. There have been a number of weekend closures recently which has been caused by staff shortages which means that the centre could not operate in an HSE compliant manner.

We are working with the waste management team to get some urgent solutions put in place as this is obviously a busy time as summer garden waste becomes an issue for many of our residents. We are confident that full staffing levels will be in place by early June, which should eliminate the problem. As a temporary alternative, there are seasonal green waste disposal sites at Blackburn, Kemnay and Kintore which are within close proximity of Westhill and avoids the need to travel to the main HRCs at either Banchory or Inverurie.

We shall be monitoring this going forward to ensure that the solutions are put in place at the earliest opportunity to ensure a safe and workable solution for staff and visitors.

A further point to note is that the booking system is here to stay; during normal capacity operations most people can get a slot same day, even at weekends, and this system has worked effectively, especially in reducing traffic management issues on Westdyke Avenue and Wellgrove Road when there were previously long queues disrupting traffic under the previous "open to all" system.

### **ARMY CADET FORCE: Shaping Young Lives in the North East since 1943**

Youth organisation transforms futures for local boys and girls through challenge, training, and opportunity.

With this article being written during the commemoration of VE Day (Victory in Europe) and ahead of VJ Day (Victory over Japan) in August, it feels especially fitting to highlight the briefing we received from the Commandant focussing on the importance of their youth development programme. This was during a visit to the ACF training weekend at Boddam where some 90 young people were involved developing their life skills, widening their knowledge and having fun. As visitors we were impressed with this well organised programme.

Since 1943, the Army Cadet Force (ACF) has been providing young people in the Northeast of Scotland with opportunities to grow, lead, and achieve. Part of a national organisation with roots dating back to 1859, the ACF offers teenage boys and girls, aged 12 to 18, a structured environment where they can build life-changing skills.

The ACF is much more than a military-themed club. While cadets learn traditional skills like fieldcraft, drill, and shooting, they also develop leadership qualities, teamwork, self-confidence, and resilience. Activities include navigation, adventure training, sports, cyber communications, music, and volunteering—all designed to prepare young people for a successful future.

Many cadets go on to achieve nationally recognised awards such as the Duke of Edinburgh's Award (DofE) and Scottish Vocational Qualifications (SVQs). These credentials, along with their experiences in the cadets, often give them an edge when applying to universities, jobs, or even the armed forces.

Numerous success stories have emerged from the ranks of the ACF. Former cadets have become officers in the military, paramedics, police officers, and business leaders—each crediting their cadet experience for shaping their path. One former cadet shared, "It gave me direction at a time when I didn't know what I wanted. The confidence I gained helped me get where I am today."

Cadets are encouraged to take on responsibility as they progress, helping to train younger members and serve as positive role models. Opportunities for travel across the UK and abroad further enrich the experience.

Importantly, the ACF is affordable. Thanks to government and charitable support, most activities are heavily subsidised, ensuring access for young people from all backgrounds.

The ACF is currently welcoming new cadets—both boys and girls—as well as adult volunteers interested in making a difference. To learn more or get involved, visit:

<https://armycadets.com/county/2nd-battalion-the-highlanders-acf>



## Why Aberdeenshire Council is Forecasting a Funding Crisis?

Along with other councillors we have campaigned over the Fair Funding annual budget allocation. The financial position once again reveals the Shire receives one of the lowest levels of funding per resident in Scotland in spite of a modest overall increase in our annual allocation.

In the 2025-26 financial year, the council will receive £627.7 million from the Scottish Government, up from £608.5 million the previous year. While this represents a 3.2% increase, the funding per head remains far below the national average.

At just £2,375 per person, Aberdeenshire ranks 29th out of Scotland's 32 councils in terms of funding per resident. By comparison, neighbouring Moray receives £2,471 per head, Aberdeen City £2,218, while the Shetland Islands top the list with £5,229 per resident.

If Aberdeenshire were funded at the national average, it would gain an additional £51 million annually, money that could be invested in essential services such as education, infrastructure, and social care.

The current funding model is determined by the Scottish Government in partnership with the Convention of Scottish Local Authorities (COSLA). The formula considers population size, deprivation, and specific local needs.

Much of the council's budget is restricted by ring-fencing, where funds must be spent on nationally set priorities. For example, funding earmarked for the expansion of early learning and childcare provision cannot be redirected to other local services, even in times of financial pressure.

Looking ahead, the council faces an £80 million funding gap from 2026-27 onwards. Unless funding levels are addressed, the shortfall will severely impact service delivery.

Infrastructure projects like rural road repairs and bridge maintenance are already under strain, and in social care, we're seeing rising demand for home support services for elderly residents. There is not enough funding to match the financial outlook which is increasingly unsustainable. Without a fairer funding settlement, it will be difficult to maintain even the most critical services.

Along with other councillors we'll continue to campaign and lobby the Scottish Government for a review of the funding formula but don't hold your breath to expect any change in the formula.

## Surgeries

Cllr Iris Walker hold her surgeries on the first Saturday of each month at Westhill Library from 10.00-11.00. Due to commitments and summer holidays the next surgery will be on Saturday 6 September. Iris is available via email or telephone during this period.

Cllr Craig Miller and Cllr Ron McKail hold joint surgeries on the second Saturday of each month at Westhill Library from 10.00 to 11.00. Due to a previous commitment in June, there will be no surgery this month, but details can be left at the library on this date which will be passed on to us. There will then be a summer break with surgeries resuming in September. Ron & Craig are available via email or telephone during this period.

No appointments are necessary, but to avoid waiting time you can contact us ahead of time to book a specific time if that is more convenient for you.

Cllr Joji is available to meet residents and can be contacted through the channels indicated below.

## CONTACT DETAILS

Cllr. Iris Walker/ Tel. 07876 475272, email [cllr.i.walker@aberdeenshire.gov.uk](mailto:cllr.i.walker@aberdeenshire.gov.uk)

Cllr. Ron McKail/ Tel. 01224 742095, email [cllr.r.mckail@aberdeenshire.gov.uk](mailto:cllr.r.mckail@aberdeenshire.gov.uk)

Cllr. Fatima Joji / Tel. 07787 955311, email [cllr.f.joji@aberdeenshire.gov.uk](mailto:cllr.f.joji@aberdeenshire.gov.uk)

Cllr. Craig Miller / Tel. 07788 187521, email [Cllr.c.miller@aberdeenshire.gov.uk](mailto:Cllr.c.miller@aberdeenshire.gov.uk) / Facebook: *Craig4Westhill*

## 1st Westhill

January to April was a busy start to 2025 for Westhill Scout Group. Our young people across all our sections enjoyed lots of fun activities including

- Learning about Up Helly Aa and making cardboard Viking longships
- Chinese New Year festivities
- Making cuddly haggis toys
- Pancake making
- Meeting members of the Police Scotland dog unit
- Visiting a fire station
- Air fix modelling
- Pioneering
- Bowling
- Skiing
- Campfires and toasting marshmallows

Westwood and Keir scout troops had a great weekend camp in Tayside, staying at the Jock Neish Scout Centre. This was to achieve the expedition element of their Chief Scout Gold Award. They had to plan their weekend including equipment, walking routes, walk duration and breaks, food and they also cooked their dinner on Saturday night. It was a fun weekend which further developed their #SkillsForLife and completed their expedition.

A very big well done to the four young people and one adult volunteer who were part of the cast of this year's Aberdeen Scout Gang Show. It was a great show with lots of great songs, dancing and comedy. All the performers were super stars. Two of whom won awards for their enthusiasm and dedication.



Six scouts also enjoyed attending the Scouts Adventure camp held in May at Strathallan Castle, Auchterarder. With scouts from Inverurie, Inch and Kintore, they enjoyed a weekend of fun activities alongside 700 young people from across Scotland.

May to July will see our sections enjoy being outdoors with various activities planned including cycling, hikes, paddlesports, navigation skills, and sand sledging.

Want to join in the fun? Westhill Scout Group provides activities for over 150 young people from our community, and this is done by a group of dedicated volunteers.

We are in critical need of additional volunteers to increase the resilience of our existing volunteer team, ensure the smooth running of our scout group and enable us to offer more young people places in scouting.

You don't have to volunteer each week and it can be very rewarding.

If you are interested in getting involved, please email [joinus@1stwesthillscouts.co.uk](mailto:joinus@1stwesthillscouts.co.uk)



*"Serving the community"*

## **0-5 EARLY YEARS SPACES AVAILABLE**

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Are you seeking high quality childcare delivered by a  
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**\*Subject to approval by Aberdeenshire Council**

We provide a safe and stimulating environment in which the children feel happy and secure and where learning is achieved through play experiences by sensitively meeting the needs of each individual child.



# Glentamar

## Outdoor Terrace

**NOW OPEN**



**Also available for private hire,  
corporate events and more**

**Speak to our event team for more information**

Glentamar Brasserie & Bar, Holiday Inn Aberdeen West,  
Westhill Drive, Westhill, Aberdeen, AB32 6TT  
[events@hiaberdeenwest.co.uk](mailto:events@hiaberdeenwest.co.uk) | 01224 270300

## Milne Hall, Kirkton of Skene

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](mailto:milnehallbookings@gmail.com)

### **Future Events: Thanks to Tesco Westhill for providing support on some of our events**

Further evenings with music artists are planned. For more up to date details see the posters on local community information boards and our Facebook Page for these and all other events.

### **Regular activities:**

- Jazzercise, every Monday and Wednesday 9:45-10:45am and also Wednesday 6.30-7.30pm
- Westhill Sooyang Do martial art group hold classes for children and adults on Monday and Wednesday evenings. Phone Chief Instructor Dave Bremner: 07970 188825. See advert on page 62
- Skene Youth Club for Primary 1 - 7, Thursday evenings 6 - 7pm, October to April.
- Alba Black Belt Academies - age 3 to adult. Held on Wednesday afternoons. Call 07818 200371 for details.
- Baby Sensory -Thursday mornings
- Mindful Movement with Qigong, Tuesday 7pm till 8pm and occasional weekend dates.

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.



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Functional fitness is the ability to perform everyday tasks with ease, such as walking, lifting, and bending. Maintaining functional strength is essential for anyone in their senior years to lead independent, healthy, and active lives. Practising regular exercise can help you enjoy a vibrant and active lifestyle. Remember, it's never too late to start, and every step, no matter how small, taken towards functional strength is a step towards a better quality of life.

Our physio Rachel says, **"exercise is a celebration of what our bodies can do."**

She recommends getting started with the exercises shown here to keep you functionally fit in the comfort of your home.



Rachel Gilmour, MSK  
Physiotherapist MCSP

#### 4 Simple Exercises to Try at Home

##### Squat



Stand in front of a chair. Push your bottom back and descend towards the chair. Stop just before the chair and stand back up by pushing your weight through the middle of your feet.

**3x20**

##### Heel Raise



Stand with feet hip-width apart and slowly lift your heels off the ground, then slowly lower them back down.

**3x12**

##### Single Leg Stand



Stand on one leg while keeping the other leg slightly bent. Hold onto a chair for support if needed.

**2x 60 seconds**

##### Wall Push-Up



Stand with your hands on the wall. Step backwards until you are leaning forward. Lower yourself slowly towards the wall by bending your elbows. Then return.

**3x12**

*"These four movements can help seniors build strength and improve balance, making daily activities easier and safer."*

*Squats engage major muscle groups, enhancing overall lower body strength and improve functional abilities, reducing the risk of falls, which are a common concern among older adults.*

*Strengthening the calves and ankles with heel raises can be particularly beneficial for enhancing balance and coordination. Additionally, performing heel raises can also enhance circulation.*

*Standing on one leg enhances proprioception, which is crucial for maintaining balance and preventing falls. It can also improve core strength, which is essential for posture, stability, and can help in reducing back pain.*

*Wall press ups help to build and maintain upper body strength, which is crucial for daily activities such as lifting and carrying objects."*

Current guidelines are to exercise twice per week for at least 4-8 weeks, alongside regular cardio exercise such as brisk walking. You can progress by holding weights such as plastic bottles of water, and/or increasing the number of sets and repetitions you perform. Alternatively, book in for a consultation with one of our physios where we can tailor a program to suit your specific needs and goals.

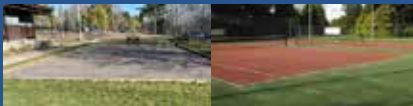
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# Rediscover Denman Park

Join us for a wonderful fun-filled morning to celebrate the rejuvenation and restoration of Denman Park!

## Event Details

- Date: Saturday, 31st May
- Time: 10am - 12:30pm
- Location: Denman Park Pavilion



## Activities and Attractions

- Try tennis, bowls, and pétanque
- "Photo orienteering" trails for kids - around the woods and new paths
- Tri-shaw rides around the park
- Complimentary refreshments

## Club Membership Offers

- Tennis Club: Special membership offers on the day
- Bowling Club: Half-price membership for the first year
- Pétanque: Free play anytime!



## Important Information

- No need to bring your own kit, although you can if you want
- Trainers required for tennis and flat shoes or trainers for bowls
- Club members will be on hand to welcome you and offer some coaching
- Healthy snacks and liquid refreshments available from the pavilion
- Visitors will have access to the pavilion toilets
- Parking will be restricted to Blue Badge holders only, so please come on foot or by bike if you can
- Any funds donated on the day will go towards the purchase of a wall-mounted defibrillator at the pavilion

Come along and be part of this exciting event in our beautiful restored Denman Park! We look forward to seeing you there.

For more information, contact:

A Gordon Prentice  
Treasurer & Paths  
Group Lead  
Westhill & Elrick  
Community Council

M: 07751 475345  
W: WesthillElrick.org

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## Westhill Green Spaces Update

With March and April being so dry, our team of Wednesday volunteers was active every week, amassing nearly 300 hours on various activities since the start of the year. Thank you to all.

The early weeks were spent in Denman Park and Arnhall Moss, cutting back the shrubs and planted areas that had been neglected for years, and complementing the neatness of the new path network. Chipping of the waste was carried out by the Council's under-resourced Landscape Services team, with more to be done next winter.

With the new paths and bridges bedded in, we decided that this would be an appropriate time to remind the community - you, the reader - of what a wonderful amenity these green spaces are, hence notice of "Rediscover Denman" on the opposite page. Please come along on 31st May to help celebrate the rejuvenation of the park complex and what it has to offer. A new bike rack has been installed recently.

In April, the team spent a morning reinforcing the path surfaces on the Lawsondale section of the Orbital Trail, then two mornings cutting back overgrown gorse and broom on the south side of Westhill Heights; with thanks to the golf club for use of their tractor and trailer to help dispose of the waste.

Over the summer months, we expect to see a new accessible path between Westdyke Leisure Centre and Westdyke Place laid by a contractor. Meantime, the team will use our time and tools to keep the Orbital Trail free of overhanging vegetation as much as we can, but please let us know if we don't meet expectations! Please also let us know if you'd like to help.



### Planting

May saw a change in the floral display at the town centre's "green wall". The outstanding display of winter pansies was replaced by summer bedding plants which this year are funded by the Community Council, as plants fell foul of the Council's spending cuts. Huge thanks again to the volunteers who helped out with collection of plants from the nursery and planting of them.

### Litter Picks

All twice-monthly litter picks have been well attended so far this year, with as many as 21 giving of their time. Thank you all. These efforts are supplemented by other volunteers who can't manage on a Saturday morning going out on their own, using our kit. If this is something that appeals to you or your company too, please get in touch. Our next litter pick is scheduled for Saturday 14th June at 10am; meeting at Denman Park pavilion.

### WECC contacts:

Gordon Prentice – [prenticeg.wecc@gmail.com](mailto:prenticeg.wecc@gmail.com)

Mervyn Barr - [mervynbarr@yahoo.co.uk](mailto:mervynbarr@yahoo.co.uk)



# Aberdeen Kilt Kickers

On 14<sup>th</sup> April this year the Aberdeen Kilt Kickers hosted 3 members of Friends of Roxburghe House who had joined them to collect a cheque for £2728, the proceeds of their fundraising events in 2024.

Aberdeen Kilt Kickers have 23 members who have generous hearts and fundraise tirelessly each year choosing a local charity that means something to the members. Last year's charity was Friends of Roxburghe House.



Roxburghe House is a 21 bed palliative care unit run by NHS Grampian. The Friends of Roxburghe House provide the non nursing care, funding extra care and projects that support NHS Grampian. The Friends manage the funds donated to continue to improve the quality of the life at Roxburghe House that ranges from funding non-essential staff posts to improving facilities or providing important little extras that can make a difference.

Aberdeen Kilt Kickers raised funds throughout the year by having lucky number draws, making and selling toffee/tablet, holding raffles, making and selling marmalade, and making and selling easter bunnies. Their Caller, Derek and his wife, Moira, put together a Christmas Village display each year which friends can visit, have a cuppa, and a chat and leave a donation.

In between all this fundraising they all still find time to Square Dance each week at the WRI Hall Cults.

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# Westhill Walkers

Open to all no matter what your age or ability

As usual we have been out and about enjoying the countryside we are so lucky to have on our doorstep. Great scenery, lots of fresh air and exercise with a friendly group. What more could one ask for? In the past couple of months we have been to Strathfinella Hill, Bennachie and Loch Quoich.

In addition to our regular walks we resurrected our popular annual quiz. A great time was had by all with quirky questions from quizmaster Graham.

We walk on alternate Sundays throughout the year with a choice of walks during the summer months. New members will be very welcome to join our friendly informal group. For more information please see our web site ([westhillwalkers.org](http://westhillwalkers.org)) for our 2025 programme, walks blog and contact details ([westhillwalkers@gmail.com](mailto:westhillwalkers@gmail.com)) and our Facebook page for updates and photos.

## Some forthcoming walks – all welcome. For more information and to put your name down please contact [westhillwalkers@gmail.com](mailto:westhillwalkers@gmail.com)

8 <sup>th</sup> June	Loch Lee and Falls of Damff circuit 29km
22 <sup>nd</sup> June	A Lochnagar circuit from Glenmuick 19km B Loch Muick and Dubh Loch circuit 17.5km
6 <sup>th</sup> July	Traverse from Corgarff to Keiloch via Loch Builg 29km
20 <sup>th</sup> July	Braes of Glenlivet 26km





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A huge thank you to each and every one of you who has given so generously in response to our call for clothing for the service users in the Hampton by Hilton Hotel – you are stars, and your donations have made such a difference to the lives of these young men who are so far from home and in such need. It is such a witness to the kindness and compassion that exists in our community.

Currently, we are especially in need of **men's jackets, sweatshirts / hoodies / fleeces, jeans, boxers, socks, trainers and backpacks.**

If you require any further information about this ministry or if you work for or have a business who would be keen to partner with us in any way, please contact [sandramcgregor@westhillcommunitychurch.org](mailto:sandramcgregor@westhillcommunitychurch.org)

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**TRINITY CHURCH, WESTHILL DRIVE:** - Mondays, Wednesdays and  
Fridays from 9am to 12 noon

# Westhill Senior Citizens Group

The Seniors Group is a lovely way to meet new friends and get yourself out of the house.

We meet in the hall at the back of Trinity Church on Westhill Drive from 2pm to 3.30pm. We have entertainment for an hour then refreshments (please bring your own cup).

We have enjoyed a variety of entertainment – including Donald Grassie and his friends (Scottish music); Sweet Adelines (Chorus of 20 ladies); Nova Quartet (stringed instruments), Cate Macpherson; Jack Macpherson (both singers with backing music).



*Senior Citizens enjoying Nova Quartet*

On 29<sup>th</sup> May we have Garioch Fiddlers and Albacappella on 12<sup>th</sup> June.

35 Seniors enjoyed a Bus trip to Alford with lunch at the Haughton Arms Hotel, whilst 26 had lunch at the Shepherds Rest. Our last session for this term is on Thursday 12<sup>th</sup> June. We are planning on re-starting on Thursday 4<sup>th</sup> September.

While dial a bus is still able to bring the seniors to the meetings, we have managed to hire the Westhill minibus to take people home.

We have approximately 60 seniors on our register and around 40 – 45 come along at each session. We are very grateful to the volunteers - Wendy, Moira, Shona, Jane, Jen, Nancy and Wilma.

If you would like any further information please contact:

Heather Cook on 01224 741194 or [heathercook@tiscali.co.uk](mailto:heathercook@tiscali.co.uk) or Mika Mackenzie on 01224 742004  
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### HALL NEWS

The Hall Committee hope to have the foyer re-carpeted this year. Blood Transfusion Services is here on June 5<sup>th</sup>, November 6<sup>th</sup>, December 23<sup>rd</sup>.

### FUNDRAISING

We are planning more fundraising this year including a Ceilidh on November 14<sup>th</sup>. The Singing Kettle is August 9<sup>th</sup>. Kids discos on June 27<sup>th</sup>, October 24<sup>th</sup>, December 19<sup>th</sup>. But we really need people to join the fundraising committee and help come and organize.

### CRAFT FAIR

There will be a Christmas Craft Fair on Sunday 30<sup>th</sup> November 10am-4pm for which we are making bookings at £20 a space.

### MANAGEMENT COMMITTEE

The current Management Committee have been in control of the Hall for 6 years and are all past retirement age and are looking for new members to join the Committee and help with keeping the Hall running.

### AVAILABLE FOR HIRE

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

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

Our monthly market is held in the Hall's front car park, and we have a variety of stallholders selling fish, shellfish, bakery items, local fresh meat, pies, vegetables, jams, fudge, eggs, ethnic foods, crafts, jewelry 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 goods on offer and help the environment.

### HALL CLASSES AND EVENTS

We offer a wide program of classes, for full details please see our online timetable ([www.ashdalehall.co.uk](http://www.ashdalehall.co.uk)). These are also displayed on the Hall noticeboards.

### ENQUIRIES

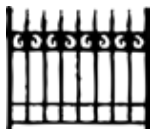
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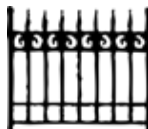
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# Skene Medical Group Update

As I write this on a warm (ish) Spring day I hope it is a sign of some consistent good weather to come over the next few months. We have some important information to share with you regarding changes at Skene Medical Practice.

## Mental Health Review forms

If you take medication to support your mental health, you may have noticed that we have introduced a new Medication Review Form. This form includes a brief set of questions about your mental wellbeing and how you're managing with your current medication.

When your GP renews your regular prescription, they may ask our admin team to contact you to complete this form if it's been a while since your last review.

Our goal is simply to ensure that your mental health treatment remains safe and effective. The Medication Review Form helps us determine if you're doing well on your medication or if you'd benefit from speaking directly with a doctor.

If your medication is working well and you're not experiencing any issues, we will continue prescribing it as usual. However, if you're facing any difficulties, have questions, or feel a change in your medication might help, our administrative team will arrange an appointment for you.

The Medication Review Form can be found on the Skene Medical Group website under the Mental Health tab on the right hand side of the homepage. These forms can only be completed if you have been invited to do so by the practice - we will not accept any forms that are returned to us if you have not been asked to fill one out.

We are already using a similar review form to help monitor Hormone Replacement Therapy (HRT) prescriptions and we find that it is an efficient way of keeping in touch with you while ensuring that medications are prescribed safely on a recurring basis. We are therefore likely to roll out more of these in the future for other medications or conditions which require regular review.

## On the day appointments

At present, the practice runs an appointment system where routine appointments can be made in advance with emergency and urgent medical matters being managed on the day by a team of duty doctors and advanced nurse practitioners. General practice has been and is getting busier. We have noticed this, particularly, in the demand for on the day medical attention. We have responded to this in a number of ways over the last few years- the amount of doctor time at the practice has increased by more than 33% since 2018 and the size of the duty team has more than doubled since the coronavirus pandemic. Despite this, we are seeing an unsustainable demand for on the day appointments and are no longer able to meet this in the same way. From 1<sup>st</sup> June 2025, the practice will, at busy times, introduce a cap on the number of on the day appointments available. When this is reached, we will no longer be able to accept any more requests for an appointment that day. This will be communicated to you if you contact the practice via our phone system. At this point, your options will be to either seek medical attention via A&E in an emergency; via 111 after 6pm for an urgent matter or to try the practice again on the next working day. We are sorry to have to announce this but, despite all our efforts, we have no further options. A number of practices locally and nationally have already had to do this and it is in line with British Medical Association (BMA) recommendations on safe and sustainable working practices. We have tried to avoid this significant step until now. We appreciate your understanding on this matter.

## Challenging Patient Behaviour

Westhill is a great community to be a part of and the vast majority of interactions with our patients are very positive - our team is treated with kindness and respect, for which we are truly grateful. However, in recent times, we have regrettably seen an increase in unacceptable and abusive behaviour directed towards our staff.

Building positive relationships with our patients is one of the most rewarding aspects of practising medicine. A good staff-patient relationship is essential - it not only enhances the quality of care you receive but also boosts morale among our team, enabling us to work at our best. This is something we are proud to say that we manage to achieve most of the time.

Sadly, a small minority of people behave disrespectfully and in an unreasonable manner towards our



practice staff. As a partnership, we have come to the conclusion that we cannot allow this to continue. We understand that many of you feel frustrated. We are all frustrated with the pressures currently facing the healthcare system, but this frustration does not justify aggressive or abusive behaviour toward anyone at the practice.

### **Please be mindful of the following two points:**

#### **1. The availability of appointments is largely outwith our control.**

Simply put, increasing demand for appointments at Skene exceeds availability, despite increasing the total available doctor time by approximately one-third over the past seven years. There has been a longstanding national shortfall in training sufficient numbers of medical professionals to meet the increasing demand as well as inadequate healthcare funding. These systemic problems are not the fault of our practice staff and allowing your frustrations to result in unacceptable behaviour towards us is counterproductive.

#### **2. Our reception and management teams are doing a very difficult job.**

Receptionists are often the first to assess your medical needs and have to determine the appropriate care pathway based on limited information. They must be able to recognise when symptoms indicate an emergency, such as a heart attack or stroke, and swiftly redirect patients to emergency services. This is an immense responsibility. They must also ensure that everyone has the same opportunity to access routine appointments while identifying cases that require urgent, same-day care. They do all of this, including a range of other administrative tasks, while working within the practice protocols, which have been carefully developed by the partnership to deliver care as efficiently as possible. Regularly facing abusive interactions from the public can undermine their confidence and impact morale. Dealing with these challenging encounters means that we have less time to help you access the care you need.

Our reception and administrative teams work hard and consistently exceed expectations. Having previously worked in various medical practices, I can confidently say our team here at Skene is exceptional.

Going forward we will be taking an even stronger position on abusive and aggressive behaviour. This includes a zero-tolerance approach, and in repeated or serious cases, we will seek to have that individual removed from our patient list in line with the recommendations of the BMA

It is worth noting that the BMA makes reference to different forms of unacceptable behaviour aside from behaviour that is overtly aggressive, unpleasant, or threatening. For example, unreasonable demands or persistent, unjustified criticism can have a huge impact on service provision, inevitably affecting the care we can provide to the rest of our patients.

Having said this, we very much welcome constructive feedback. Healthy dialogue helps us continuously improve and nothing about our firmer approach to inappropriate behaviour should deter you from letting us know your honest thoughts about our service.

To the vast majority of our patients, our message is simple: thank you for your continued kindness, patience, and understanding. We deeply appreciate your ongoing support while we try to deliver the best care that we can in the face of increasing challenges.

### **Inhalers recycling**

Finally, inhalers are a significant source of carbon emissions and cannot be recycled with household waste. If they end up in landfill any remaining gases are released into the atmosphere. 50 million inhalers are prescribed annually in the UK and only 0.5% of these are recycled. Local pharmacies can recycle these appropriately and the practice now has 2 inhaler recycling bins which you are welcome to use.

#### **Skene Medical Group**

Skene Healthcare Centre,  
Discovery Drive  
Arnhall Business Park  
Westhill  
Aberdeenshire  
AB32 6FG

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Results: (11.00-12.30 and 13.30-16.00)  
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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.

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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.

If you hold an event or take part in an event in aid of Macmillan Cancer Support you can pass the the proceeds you raise to the Skene Fundraising Committee and this will ensure the funding will remain in the Aberdeenshire and Aberdeen area. Please contact us for further information on email : [macmillanskenefundraising@gmail.com](mailto:macmillanskenefundraising@gmail.com)

- All money raised through Skene Fundraising Committee and will remain in this area for Macmillan Cancer Support. We are pleased to say £24,665.28 was raised in 2024. We look forward to futher fundraising in 2025. In 2026 as we will be celebrating our 50<sup>th</sup> Anniversary, please keep a look out on our facebook page for information on an important fundraising event.

Our other events since the last bulletin in February :-

- We held a Quiz Night on 26<sup>th</sup> February at Dunecht Hall and raised £879.00.
- We supported the annual Modelfest at Thainstone Exchange on 16<sup>th</sup> March and received a fantastic amount of £3642.33.
- On Saturday 10<sup>th</sup> May we are holding our annual Fizzy Flycup in Milne Hall, Skene.
- Our next event will be a stall at Echt Show on Saturday 12<sup>th</sup> July, please come along to the show and visit the stand.
- Other events will be posted on our Facebook Page.
- Please follow us on facebook: Macmillan Cancer Support-Skene Fundraising Committee to read about these events and future events. In addition we place posters around Westhill with the next up coming event/s.

To donate to Macmillan Skene Fundraising Committee go to :-

[macmillan-org.enthuse.com](http://macmillan-org.enthuse.com)

The funds raised by the committee remains within this area. If you would like to be a volunteer for events or join our committee please contact [Alison Troup -07974790765](mailto:Alison.Troup-07974790765) or [macmillanskenefundraising@gmail.com](mailto:macmillanskenefundraising@gmail.com)



Charity No SCO039907



### WESTHILL A2B

Westhill A2B is a council operated minibs service providing travel for shopping or other local services or facilities. The service is free to use and is available for people that have difficulty walking, people with other disabilities or residents who don't live near a regular bus route.

This A2B service offers low floor and wheelchair accessible transport. It operates Monday to Friday in Westhill, Elrick and Kirkton of Skene.

#### **The services operates on:**

Monday and Friday from 10am to 11:20am and 12:40pm to 2:30pm  
Tuesday, Wednesday and Thursday from 9:30am to 2:30pm.

You must book your journeys on this door-to-door service and can book up to 7 days before travel or 14 days for health-related trips, but no later than the day before travel.

To make a booking please call the A2B dial-a-bus hotline on 01467 535333 or email [a2bdialabus@aberdeenshire.gov.uk](mailto:a2bdialabus@aberdeenshire.gov.uk).



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# WESTHILL - BIKE CLUB -



As our thoughts turn to spring and summer activities, what better way to enjoy the nicer weather and outdoor freedom than to cycle around the beautiful Aberdeenshire countryside right here on our doorstep.

Getting hold of a new or second-hand bike can be a challenging task with literally hundreds of different models on the market. The first question to ask yourself is, how much do you want to spend and what do you want to use the bike for? As with many sports the choice can be intimidating; do you need a Road, Mountain, Hybrid/Commuter, Cyclocross, Touring, Folding or Electric bike? The following tips should help you reach the right decision.

- **Take your time – establish what type of cycling you will be doing**
- **Set your budget, gather information and ask for advice**
- **Don't pay for features you don't need - and don't miss out on any that you do**
- **Take a test ride – getting the correct size of bike will avoid future aches and pains**



Your local bike shop can offer you help to make this decision, also, within the **Westhill Bike Club** we have many members who can share their experience of upgrading to a better model or maybe have a used bike to start you off if you're a beginner.

## Club Rides

Organised club rides for all members usually start from the Westhill Shopping Centre. We offer a variety of group rides to suit all levels and abilities, including:

- *Midweek Evening Social - For all abilities, usually split into smaller groups*
- *Midweek Beginners - For newer cyclists and those who like a more leisurely pace*
- *Saturday & Sunday Social - For all abilities (no one gets left behind and always a café stop for cake)*

The **Westhill Bike Ride**, a fun family event in Summer which raises money for local Charities and Community Groups has been going since 1999. Unfortunately, due to lack of numbers taking part last year there will be no bike ride for 2025. We hope however, that some new faces with fresh ideas can resurrect this great event. If you'd like to be involved simply drop us an email.

## Westhill Bike Ride



***We are actively looking for new members to our club, why not come along for a "taster" session, complete beginners and experienced cyclists welcome.***

As your local cycling club, we will continue to represent the interests of cyclists to increase and improve cycling infrastructure in this area.

***If you have any suggestions or comments on local cycling, please do let us know. If you are already a club member, we look forward to welcoming you back for some social cycling, if you're not a member and would like to be, please do get in touch.***

[info@westhillbikeclub.com](mailto:info@westhillbikeclub.com)



## WESTHILL BOWLING CLUB



Westhill Bowling Club is excited to announce the successful completion of a significant series of improvement works. These vital upgrades include enhancements to the green edges, ditches, bank coverings and the installation of a new water tank, ensuring a top quality playing surface for the 2025 outdoor season and beyond and helping secure the long-term sustainability of the club.

This project has been made possible thanks to generous funding from Aberdeenshire Council and The National Lottery Awards for All, to whom we are extremely grateful.

The work was delivered by AAC Sport, whose expertise has resulted in exceptional improvements to the playing surface and surrounding infrastructure.

Paul Reilly, President of Westhill Bowling Club, expressed his appreciation:



“We are incredibly grateful for the support of Aberdeenshire Council and The National Lottery Awards for All, as well as the excellent work carried out by AAC Sport. These upgrades will make a real difference to our members and the wider bowling community, providing an improved playing experience and helping to maintain our green to the highest standard. Westhill Bowling Club is at the heart of our community, and these improvements will ensure that we continue to offer a brilliant facility for many years to come.”

We were also delighted to welcome Andrew Bowie MP to visit the Club and see the upgraded facilities first-hand. Andrew Bowie (MP for West Aberdeenshire & Kincardine) also praised the initiative:

“Sports clubs like Westhill Bowling Club play a crucial role in bringing communities together, promoting active lifestyles, and fostering social connections. It’s fantastic to see investment in grassroots sports, ensuring local players have access to high-quality facilities. Congratulations to everyone involved in making this project happen and for completing these upgrades.”

With the green in excellent condition, we are excited to welcome players, both new and returning, to enjoy the enhanced facilities. Whether you are an experienced bowler or have never tried the game before, we encourage everyone to come along and see what makes bowls such an enjoyable and social sport.

If interested in joining us or for further information please email [robert.mutch@btinternet.com](mailto:robert.mutch@btinternet.com) or call 07562 696193.

Or come and visit us during the “Rediscover Denman” event on 31<sup>st</sup> May.

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## WESTHILL AND DISTRICT GARDENING CLUB

The Westhill and District Gardening Club meet on the third Wednesday of each month in the lounge at Trinity Church, Westhill. 7.30pm from September to May

We are always happy to welcome new members who wish to learn more about gardening and nature related activities in the local area and the wider world too.

Our speaker on Wednesday 21st May, was local wildlife photographer Norman Watson.

We have no meetings in June, July or August, but do have two garden visits arranged.

The next meeting is Wednesday 17th September.

If you would like further information on the Gardening Club, please contact:-

Press officer – Ann Westwood at  
[ann1.westwood@btinternet.com](mailto:ann1.westwood@btinternet.com)





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## Westhill Chapter

Cycling Without Age Scotland (CWAS) is an intergenerational project that helps people who are isolated or have mobility issues to get outdoors. Our volunteers transform lives and combat loneliness and isolation by enabling people to enjoy the benefits of the outdoor environment through free trips on comfortable electric Trishaws.



We have been successful in recruiting volunteers from our community who are now licensed trishaw "pilots" and some who have undergone initial training and are getting in practice for their final assessment. Although we are still establishing our presence in the Westhill & Elrick Community, we already have regular passengers from Pitcairn Nursing Home, Westhill Senior Citizens Group, SensationAll and Blackhills Court sheltered housing.



Thanks to the support from Westhill & Elrick Community Council (WECC) and their team of volunteers we have a number of picturesque routes on purpose built paths close to our trishaw storage location, including Denman Park, Arnhall woods, Carnie Woods and to the local village of Kirkton of Skene.

We have been fortunate to witness the joy of old and young experiencing the outdoors in safety and comfort, enjoying the beautiful park and woodland routes. Also, some young children with sensory needs having the time of their life accompanied by parents and support workers.

But there's more than that: the rides provide social interaction, enable new friendships, improve health and well-being and integrate communities. Every volunteer plays a vital role. When it comes to the rides themselves, not only do the passengers benefit; so too do the volunteers.

***If you enjoy helping people and like being outdoors in your local community, then why don't you consider becoming a volunteer pilot for the Westhill Chapter.***

You can change many lives and even take your own loved ones out for rides too! YOU can get involved in this amazing form of cycling and make a real difference. Your commitment could be as little as a few hours per month to suit your schedule or more if you like; full training will be given to those interested. Please contact us by email [westhill-cwas@outlook.com](mailto:westhill-cwas@outlook.com)

***If you are part of a group who looks after people with mobility issues or want more information, please do contact us.***



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## About us...

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Serving meals daily in our Restaurant, Snugs and Bar. Enjoy our All Day Menu or Lunch & Light Bites Menu.

## Group Bookings...

Book a private function in one of our Snug Areas for a Buffet or Drinks Only gathering. Perfect for birthday & anniversary celebrations, corporate events or gatherings with family & friends.



## Live Music & Quiz Nights...

Get involved in our Quiz Nights, held in the bar on the last Tuesday of the month (*running until October 2025*).

We have a range of musicians performing live at the Weekends! Check out our website for a full list of live music dates & performers.



## Contact Us...

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## Energy Jobs Westhill



Come along to a Town Hall meeting with  
Andrew Bowie MP to discuss the future of the  
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**6pm Friday 6th June 2025**

**Ashdale Hall, Westhill Drive,  
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If you would like to attend please email  
[andrew.bowie.mp@parliament.uk](mailto:andrew.bowie.mp@parliament.uk), to help  
manage numbers with the venue.

## Paris Cycling Duo - Charity Cycle from Aberdeen to Paris July 2025!

Hello, we are Katy and Sarah from Westhill and together we make the Paris Cycling Duo! In July we are challenging ourselves to cycle on road bikes from Aberdeen to Paris over 14 days to raise as much funds and awareness for Charlie House, a local charity close to our hearts. Charlie House is a local organisation that supports children living with a life threatening or life limiting condition. Not only do they support the children, but they support their families' creating opportunities and memories to treasure. Charlie House have provided Katy's family, as her niece and nephew have SMA, with outstanding support, activities and memories making this a very personal endeavour.



By completing this challenge and raising funds and awareness for this fantastic charity we hope to aid them continue with the support they provide to many families over Scotland. You can follow our journey as we train and travel through Scotland, England, Holland, Belgium and France on Facebook by following "Paris Cycling Duo". We welcome your support; donations can be made to our Just Giving page by scanning the QR code below or search 'Paris Cycling Duo' in [www.justgiving.com](https://www.justgiving.com). Any queries contact [pariscyclingduo@gmail.com](mailto:pariscyclingduo@gmail.com).



# Westhill & District Men's Shed

Make friends, share interests and help our community

Hi, The Mens Shed continues to thrive thanks to the volunteers that put the work in to keep everything spinning.

We are in the height of gardening season which is a relief because we can clear the decks of mowers, trimmers and hand tools. A recent tool sale was held in the shed which stops the risk of us being out in the cold and damp. We raised £1400, and the next one is planned to be at the shops as the weather has improved. Note that you can come to the shed any time we are open. This works best if you know what you want, and our staff will know if we have it. You can phone to check if we have what you want (contact details below or on the website).

Using the Shed for tool sales has been surprisingly successful as of course there is no passing trade, we hope to get a boost when we are at the shops, and it helps with the interaction with residents as we can discuss joining and what we do.

A new series of meetings have been held at the Shed- run by Abilitynet, they are an introduction to the use of IT and include time for individual questions on using their own equipment. We have stopped now but hope to restart in the winter.

We refurbished benches for Blackhills Place and Court, before and after shots on right.

The Westhill and Elrick Community Council gave us the money to do this.



**Kingswells bell before restoration**



**Refurbished bell 2025**

The second large bell for refurbishment has been completed and is shown below. It originally came in because the clapper was not working but we also cleaned it up. The first bell was from Kingswells church tower and we were asked to make a frame for it so it could be displayed in the church hall rather than be rehung on the tower. The SheShed took on this task with many hours being spent on cleaning the paint and Verdigris off the bell and then making the frame.

## Opening Times

Monday 10am - 4pm, Wednesday 2pm – 8pm, Friday 10am - 4pm

Why not come along to the Shed and join us- it is free and you will be helping the community.

## SheShed

ladies only, is on a Monday evening from 6pm to 8.30pm and throughout the week.

[contact@westhillmensshed.co.uk](mailto:contact@westhillmensshed.co.uk)

You can buy equipment at any time directly from the shed (see our opening times above).

To find out what we have phone and ask 01224 917345.

[www.westhillmensshed.co.uk](http://www.westhillmensshed.co.uk) Charity SCIO No. SC042663.

# Bigger rehearsal venue for Albacappella as it moves to Westhill Community Church

Aberdeenshire chorus Albacappella has moved to a bigger rehearsal venue having outgrown its existing space. The chorus, which had been rehearsing in Garlogie Hall, has moved to the Westhill Community Church, to allow for an increase in members.



Albacappella, a ladies' a cappella choir, was established in 2013, and has grown in number over the few years, thanks to its exciting repertoire of modern and traditional music. In 2024, the chorus welcomed a new musical director, renowned operatic and musical theatre singer and singing coach, Sarah Estill. Since joining the group, Sarah has helped develop technical singing skills and worked on performance ability.

Chorus chair, Ada Renwick, says the move to Westhill is very exciting for the group of over 35 women, "Garlogie Hall has been a great rehearsal venue for us over the last couple of years, but we have welcomed new ladies to our group, and it is time to move on. Westhill Community Church is a large, wonderfully bright space, which offers a variety of rooms for small group practice as well as the sanctuary a beautiful, bright large area with fantastic acoustics which will help us develop our music further".

An award-winning chorus, Albacappella competes at a national level as well as performing at large and small events across Aberdeen and Aberdeenshire. The group sings unaccompanied a cappella, in four-part harmony, with a wide repertoire of music from very recent to traditional tunes.

Musical Director Sarah Estill adds, "It has been great fun getting to know the ladies and their extensive musical repertoire since I joined the group last year, and we are now in a position to expand further and bring in new, exciting pieces of music to work on. From iconic Scottish ballads to heart-pumping rock songs, I am excited to hear how the sound will ring out in the large church sanctuary.

"Having been winners at the Aberdeen Music Festival in previous years, we are excited to be taking part again in 2025 and we are working hard on polishing our favourite songs in time for the Festival in June".

Ada concludes, "Our members are thrilled to be moving to the beautiful Westhill Community Church, it is such a wonderful area and the team at the church have warmly welcomed us. It is also fantastic to be in the middle of a thriving community and rehearsing in Westhill makes it much easier for local ladies to come along and join our friendly, enthusiastic chorus."

Albacappella will hold an open evening for family, friends and the Westhill community to come along and enjoy Albacappella's music on 18th June. For more details visit [www.albacappella.co.uk](http://www.albacappella.co.uk).



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## Jog Scotland Westhill (JSW)

Jog Scotland Westhill (JSW) are a friendly and inclusive local jogging group and we meet on Mondays and Thursdays in the Westhill Academy car park (next to the main entrance of the Academy) at 1830 and run for approx.1 hour. We have 5 different pace groups completing various distances from 5K – 10K, ensuring there really is something for everyone. If you're a beginner, all we ask is that you can walk briskly for 30 minutes, and if you're already a regular runner, you'll find plenty of running buddies in our different pace groups.

Each year, normally in Spring, the club runs a 10-week Learn to Run programme, "Couch to 5K (C25K)", and we are delighted to share that our latest cohort of C25K runners recently completed their programme which culminated in them all successfully completing the Balmoral 5K run which took place on 29th April. The photo below shows some of our C25K "graduates", along with some of the many helpers, without whom the programme couldn't run. They have now integrated seamlessly into the main groups where we have a variety of groups to cater for all abilities.

As well as running round Westhill on Mondays and Thursdays, during the Summer months we also try to "mix it up" a bit and run out at Dunecht Estate for a change of scene!

We love to welcome new members so if you would like to come along or find out more information about us, please contact [jogscotlandwesthill@gmail.com](mailto:jogscotlandwesthill@gmail.com)



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## Classes/ Activities available:

- Aglow Sports Konsult
- Denman Toddlers Group
- Munelle School of Performing Arts
- Guitar Lessons with Matthew Lunan
- Men's Indoor Football
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- Vinyasa Yoga
- Mindfulness with Qigong
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Denman Pre-school

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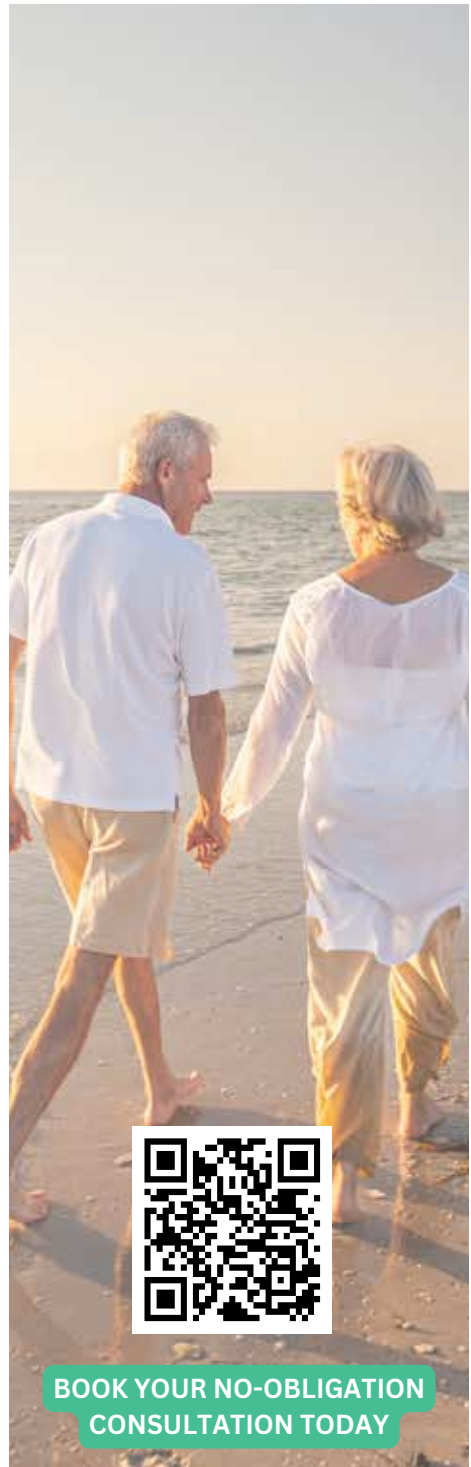
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- ♥ Garlogie Inn (on left side of building facing the car park)
- ♥ Milne Hall in Skene (on wall to right of main entrance)
- ♥ Scout Hall (on side wall facing road, behind the bike racks)
- ♥ Skene Primary School (on wall to left of main entrance)
- ♥ The Happy Barber Mason Lodge (on side wall facing car park)

- ♥ Trinity Church (on wall to left of front entrance)
- ♥ Westdyke Leisure Centre (on wall outside main entrance)
- ♥ Westhill Community Church (on wall outside main entrance)
- ♥ Westhill Dental Practice (on wall outside main entrance)
- ♥ Westhill Golf Club (on wall to left side of entrance)
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Everyone is welcome to join us for any of our services and meetings. Sunday morning worship is at 10.30 am, followed by refreshments. If you are unable to attend in person, please feel free to join us online, or follow the service later via our YouTube channel. Full details and links can be found at [www.westhillcommunitychurch.org](http://www.westhillcommunitychurch.org)



## Our Minister

Our minister, Dave McCarthy, has a passion to serve the local community, but above all to share the love of Jesus Christ and to let everyone know that they are welcomed by God. He can often be found in his office at the church with the door open, so please feel free to drop in!

Dave can also be contacted at [dave@westhillcommunitychurch.org](mailto:dave@westhillcommunitychurch.org)

### Church Office

You can call our office on 01224 737380 or email [office@westhillcommunitychurch.org](mailto:office@westhillcommunitychurch.org)

### Room Hire

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Contact the team on 07379 836380 or email [foodbank@westhillcommunitychurch.org](mailto:foodbank@westhillcommunitychurch.org)

### Other Assistance

If you need assistance of any kind, you can contact our team by calling Sandra on 07484 603593 or email [sandramcgregor@westhillcommunitychurch.org](mailto:sandramcgregor@westhillcommunitychurch.org)



## A Quote to consider

"Jesus Christ is the most important person in history. For me, this is an easy answer. This person comes into the world, and has a clear mission, which is not easy to accomplish at all. In the end, he took all the sins on himself and was nailed on a cross ... the greatest act that has ever been achieved, because it changed everything."

Jurgen Klopp (former manager of Liverpool Football Club)

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\*Terms & conditions apply. Images shown are taken from Burnland Meadows and feature fittings, décor, flooring and soft furnishings which are not included as standard in our homes. Images are used to suggest possible finishes that can be achieved in your home at an additional cost. Please consult a Cala representative for further details. Photography has been enhanced in post production. Telephone calls within the British Isles will be charged at local rate. Telephone calls may divert to a mobile service in which case call charges may vary. Calls may be recorded for training purposes. Prices are accurate at the time of going to print. Visit [cala.co.uk](http://cala.co.uk) for full terms.



## Kingshill Parish Church



We are delighted to be running our Holiday Club again this Summer. From Monday 11<sup>th</sup> August – Friday 15<sup>th</sup>, join us for a morning of fun, stories, songs, and games as we go all medieval with a Tale of 2 Kings. The club is open to those going into Primary 1 after the Summer through to those going into S1.

The club will be at Westhill Community Church and is run in partnership with the local churches.

To sign your young folk up head over to <https://form.jotform.com/250762970246057> or for more information please contact Callum on [developmentworker13@gmail.com](mailto:developmentworker13@gmail.com)

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## Westhill Tennis Club

Playing tennis offers a wide range of health benefits for both the body and mind. As a physically demanding sport, it provides a full-body workout that enhances cardiovascular health, muscular strength, flexibility, and coordination.

During a typical game, players engage in bursts of sprinting, quick directional changes, and sustained movement, all of which contribute to improved heart health and increased stamina. This aerobic activity helps lower the risk of heart disease, high blood pressure, and obesity.

Tennis also strengthens muscles in the legs, arms, core, and back. The repetitive motions involved in serving, volleying, and running help build lean muscle mass and improve bone density, reducing the risk of osteoporosis, especially in older adults. The sport also encourages better hand-eye coordination, reflexes, and balance, which are essential for overall physical performance and daily function.

Beyond physical health, tennis promotes mental well-being. The sport requires focus, strategy, and quick decision-making, stimulating cognitive function and mental sharpness. Regular play can also help reduce stress levels and promote the release of endorphins, the body's natural mood enhancers. This contributes to improved mood, reduced anxiety, and better sleep quality.

Social interaction is another benefit of playing tennis. Whether playing singles or doubles, the sport encourages communication, teamwork, and camaraderie. These social connections are linked to lower rates of depression and improved emotional health.

Tennis is also accessible across a wide age range, making it a lifelong activity. Whether played competitively or recreationally, it can be adapted to individual fitness levels and goals, making it an enjoyable and sustainable way to maintain a healthy lifestyle.

Sound good? Our annual membership fees are Adult - £85, Couple - £150, Family - £170, Student - £45, Junior (11-17 years) - £32, Mini (10 and under on 31st March 2025) - £17.

We look forward to seeing many of you for the 'Rediscovering the Denman Park' event on May 31 where the club will be open for a hit and refreshments will be served from 10am.

If you have any questions, please get in touch: Email: [westhilltennisclub@outlook.com](mailto:westhilltennisclub@outlook.com) Facebook: [www.facebook.com/westhilltennisclub](https://www.facebook.com/westhilltennisclub) Website: [www.clubspark.lta.org.uk/WesthillLawnTennisClub](http://www.clubspark.lta.org.uk/WesthillLawnTennisClub)



## WESTHILL GOLF CLUB

The lovely weather we have had over the last few weeks has encouraged more and more of our members to get out and enjoy our beautiful course. The course itself is going from strength to strength, due to the tireless work of our greenkeepers and the volunteers who help out on the course. The new 4th green is in regular play and proving to be a bit of a challenge. Gone are the days when you could just run a ball down the hill on to the green. The drainage work

that was done over the winter on the 8th and 14th greens is settling in and should lead to a steady improvement for those holes. The landscaping work around the 17th green, and the new bunker there, have greatly improved the look and playability of that hole. Our Gents Stableford Open will be held on 28th June and our Senior Gents Stableford Open on 17th July. We are very much looking forward to welcoming as many visitors as possible to both of those events and showing off our course to them.

While both those Opens are Gents events, we have a very welcoming, friendly and encouraging Ladies golf section allowing ladies to participate in golf at all levels, including playing in a range of competitions or casually with friends. In recent years we have run 'Ladies Get into Golf' coaching sessions where several beginners have progressed to playing regularly. We are always happy to welcome and integrate new ladies to our section. We have also added a Mixed Open to the fixtures this year and will be held on the 21st of September. If you would like to find out more, email [office@westhillgolfclub.co.uk](mailto:office@westhillgolfclub.co.uk)

As well as changes to the course, there have also been a few changes in the Clubhouse. In response to requests from members and visitors we have brought in a small stock of merchandise. Nothing fancy but balls, tees, gloves, ball markers etc. so anyone who finds themselves short of essential items can pick those up at the Office during office hours (weekday mornings), or at the bar during bar hours. A small step perhaps but an improvement in the service we are able to offer.

One other change is that our caterer, the Feed Barron, has decided to move on to better things. We all wish Jamie the very best for his new venture and there is no doubt it will be a big change for the Club. Fear not though, we are in the process of setting up alternative catering arrangements and we will continue to make sure that golfing and social members can enjoy good food and good company on the Clubhouse. You can look forward to new developments which should make the Clubhouse an even better social hub for all our members. If you would like to find out more about membership, just email the Club and we will do our best to answer all your questions. You can also follow us on Facebook if you would like to keep up to date with developments at the Club.

John Mitchell, Club Captain, Westhill Golf Club, Council of Management

## 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 £44,000 has been donated to a wide range of groups over these last 13 years.



The next round of donations will be considered in October 2025. Closing date for applications is 3rd October.

See <https://westhillelrick.org/people-make-a-place/donations/>

For Guidance Notes and the Application form or contact [treasurerwecc@gmail.com](mailto:treasurerwecc@gmail.com).

**Note there was no applications for the May round so there is plenty left in the kitty for this year!**





## VARAPUNYA Meditation Centre

The Varapunya Meditation Centre is a small Buddhist centre, focusing on traditional teachings and practices in what is known as the Theravada ('Th' pronounced 'T') tradition.

At the Centre, traditional daily morning, midday and evening practices aside, we focus in learning to calm the very busy, sometimes crazy mind in order to see how our thoughts run wild & so run our lives. By taking back control of that wild, busy mind, we learn to take back control and work with our mind to be where we want it to be.

The classic definition of Mindfulness is to be able to be 'fully present', on purpose (i.e. intentionally), in each moment, with whatever is happening, when it's happening without distraction. This is why do so much outreach teaching and practice for free within various settings such as our regular Mindfulness Monday at the Aberdeen Health Village, on-line Wednesday zoom practices, short public courses and one-off tasters including with various departments in the NHS and other charities. In the last year we have offered three short courses in the Westhill area and over thirty people have benefitted from our sharing knowledge, experience and practices.



In the last Bulletin we shared our ambitious plans for building a new space at the Centre so we can bring short courses and retreats to the Centre rather than renting space across Aberdeen & Aberdeenshire. The foundations of a £200k dedicated space for teaching and practice were laid in the late autumn and the main building has been largely completed over the spring, with new footpaths, veranda, lighting and solar energy. This will hold up to 40/50 people comfortably and more for our three or four special events each year. We expect to open sometime in July and we will have a more formal opening with special blessing next year.

Once the building has been handed over (not yet!),

if you are walking in the area please do go and look around it and walk in our fields and woodland. If we are 'at home' come and have a chat – there is one resident monk who speaks good English, sometimes visiting monks and also there are our volunteers.

You are also welcome to come and experience our events through the year. Coming up are our Interfaith Mindfulness Day on Saturday 17<sup>th</sup> May; Vesak Day on 18<sup>th</sup> May celebrating the Buddha's birth, enlightenment and death; and we have a Vesak retreat on the 24<sup>th</sup> May. Of course, by the time you read this, these dates will be past. So, if you are interested in knowing more, feel free to speak with the resident monk Ajahn Sujana or come along to a Wednesday evening teaching and meditation practice. Contact details are on the web site at [www.varapunyacentre.com](http://www.varapunyacentre.com)

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Abbot



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## Services for people of **ALL** ages with neurodivergent or complex conditions

### Busier than ever!

We had a fantastic Easter holiday programme with more than 20 fully booked sessions for children of **ALL** ages at our centres in Westhill and Rosemount. Plus, 3 days of outreach sessions in Fraserburgh, Banchory and Inverurie!

Everyone had loads of fun at the play sessions and social groups which are specially designed for their sensory and behavioural needs to make sure its an inclusive and supportive experience. We even had visits from therapy dogs which was enjoyed by whole families.

Demand for our services continues to grow and registrations have now surpassed 1,300 with around 12 new families contacting us every week!

Sadly, donations aren't increasing at the same rate so therefore, we have no choice but to put people on waiting lists.



Rising overheads are also a huge concern at the moment as it costs more than ever to run our activities. We're working hard to raise money so we can expand the timetable and support more people but we need your help!

### Fantastic fundraising

Already this year we've had over 30 people walk on fire (yup, bare foot!) and 70 others test their knowledge at a quiz night at the Broadstrait. We can't thank everyone enough!

In March, our Sensory Ball, raised an amazing £36,000! Guests enjoyed indulgent food, drinks and fabulous entertainment at The Chester Hotel, all with a 'sensory' theme.

Massive thanks to everyone taking part in the Aberdeen **Kiltwalk** on Sunday 1<sup>st</sup> June. We wanted 2025 to be our biggest team of walkers ever and we weren't disappointed!

Could you get involved? **Donate, fundraise** or attend our **events**.

Plus, **volunteers** are always very much appreciated. Are you a keen gardener? This summer we need some help to keep the garden at The Old Schoolhouse in Westhill, neat and tidy. If you could offer a few hours, get in touch!

**[events@sensationall.org.uk](mailto:events@sensationall.org.uk)**  
**[www.sensationall.org.uk](http://www.sensationall.org.uk)**

# An egg-cellent Easter: Egg hunt trail raises funds for Elrick primary school

Children in Westhill had the chance to participate in an Easter egg hunt, resulting in a £530 donation for Elrick Primary School after 106 local pupils took part.



Street scene at Burnland Meadows



Easter eggs waiting for collection

Cala partnered with local businesses at Westhill Shopping Centre, on Old Skene Road, to create an Easter egg hunt for local primary school pupils in the area to enjoy.

Children and their families were invited to find 10 numbered eggs in the windows of the participating businesses to win an Easter egg. For every completed entry, Cala also donated £5 to its catchment school, Elrick Primary School.

Jenny Anderson, Depute Head Teacher at Elrick Primary School, said: "We are very grateful for the kind monetary donation we

have received from Cala Homes, which will be used to purchase a variety of additional classroom items to help pupils.

"When the pupils returned to school after the holidays, they couldn't wait to tell teachers about taking part in the egg hunt."

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Are you looking for a venue for your next party, quiz night, coffee morning or fayre? Are you looking for somewhere to run a series of classes? If you are, please add Lyne of Skene Village Hall to your list of possibilities. Located all on one floor, it comprises one large hall and one smaller hall, along with accessible toilet facilities. The small hall incorporates kitchen facilities and also a coal fire for the cooler times of the year. In addition, both halls are fitted with wall-mounted heaters, whilst trestle tables and seating are plentiful. On-site car parking is also available for about 20 vehicles.



### **Our competitively priced rates currently are:**

- Main Hall - £10 p/hr (private hire rate) or £15 p/hr (business hire rate)
- Small Hall - £5 p/hr (private hire rate) or £10 p/hr (business hire rate)
- Both Halls - £15 p/hr (private hire rate) or £25 p/hr (business hire rate)

As a part of Aberdeenshire Council's disinvestment policy, The Community Empowerment (Scotland) Act 2015 introduced the right for Community Bodies to make formal requests to own or lease any community land or building of which they felt they could make better use. With Lyne of Skene Village Hall included in the Council's Disinvestment List, local residents faced the prospect of its potential closure.

As a result, a new Village Hall Committee was formed, with the sole aim of ultimately applying for an "Asset Transfer Request" so as to achieve autonomy over the future, the use and maintenance of the Hall. In addition to the formation of a new committee, a number of associate members stepped forward to comprise a maintenance team.

The new Committee aim to run as a non-profit organisation, with all monies raised going towards the continued upkeep, licensing and insuring of the Hall for public benefit.

Future fundraising events and a list of current classes/activities can be found on our Facebook page -Lyne of Skene Village Hall. Booking enquiries can be made via [lyneofskenehall@gmail.com](mailto:lyneofskenehall@gmail.com).

---

## Round Table Family

At a time when we all should be looking back and remembering the progress that the world has made since the two World Wars, I would ask you to think about what input you, and your children will have in the coming years. If the following Aims and Objects strike a chord then think about joining.

- To develop the acquaintance of young men through the medium of their various Occupations.
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- To cultivate the highest Ideals in Business, Professional and Civic Traditions.
- To recognise the worthiness of all legitimate occupations and to dignify each his own by Precept and Example.
- To further the establishment of Peace and Goodwill in International Relationships.
- To further these Objects by meetings, lectures, discussions and other activities.

The Round Table Family consists of; Round Table (men 18-40 years), 41 Club (men 41+), Ladies Circle (women 18-40 years) and Tangent (women 41+). During my time in Circle/Tangent we were involved in Kosovo and Romania sending blankets, clothing and children's toys – currently sending to Ukraine (100<sup>th</sup> lorry leaving early May from Errol, Scotland), internationally, in Westhill raised money for Swimming Pool, Ashdale Hall, contributed funds for various causes e.g. SensationALL, Christmas boxes (before food allergy concerns) and joy to residents of all ages with the Santa Sleigh.

Contact Ann Hudson 01224 740080



# WELLBEING

## Empower Yourself for a Healthy and Joyful Life

### Daily Habits for a Healthier Body

- Practice Yoga Regularly – Yoga helps unlock your body's full potential and keeps it agile and strong.
- Breathe Through Your Nose – Nasal breathing boosts immunity, filters air, and supports better brain function.
- Smile Often – Smiling uplifts your mood and has a positive effect on your body.
- Walk Every Day – Aim for 30 minutes of walking, plus 10 minutes after each meal.
- Take the Stairs – Use stairs instead of elevators to build stamina.
- Sleep Well – Aim for 7-8 hours of quality sleep each night to restore and repair your body.
- Get Sunlight – Spend at least 15 minutes in natural sunlight daily for Vitamin D and mood enhancement.

### Eat Smart, Eat Naturally

- Eat Whole Foods – Choose unprocessed, natural foods to fuel your body.
- Sequence Your Meals – Eat salad or fiber-rich vegetables first. This reduces sugar spikes, keeps you full longer, and aids digestion.
- Mindful Eating – Treat your stomach like your car's fuel tank — only add high-quality fuel.
- Listen to Your Body – Aches and pains often indicate dietary issues. Adjust your nutrition.
- Eat Fewer Meals – Over 30? Try two meals a day. Eat your last meal at least four hours before bedtime.
- Try Fasting – Intermittent fasting and a 24-hour fast every two weeks can enhance overall health.
- Hydrate Properly – Drink water throughout the day; start your morning with a glass of warm water with lemon.

### Boost Joy, Energy & Brainpower

- Make Joy Your Daily Practice – Positive thoughts create a positive life.
- Compliment Others – Spread good energy — everyone benefits.
- Volunteer – Meet new people, make a difference, and learn something new.
- Keep Learning – Try a new hobby, read, or study to keep your mind active.
- Enjoy Your Work – Projects feel lighter and more fun when you enjoy what you're doing.
- Practice Gratitude – Appreciate what you have. Avoid comparisons — everyone walks a different path.
- Laugh Often – Laughter triggers the release of endorphins and promotes relaxation.

### Mental Wellness & Mindfulness

- Pause When Angry – Stay silent in anger — the feeling passes, and you stay in control.
- Meditate Daily – Close your eyes, breathe deeply, and enjoy your own company in silence.
- Explore Isha Foundation Resources – Download the [Miracle of Mind](#) app, for simple meditation
- Visit [isha.sadhguru.org](http://isha.sadhguru.org), and search YouTube for Sadhguru's talks.
- Unplug Regularly – Take time away from screens to reconnect with yourself and reduce mental fatigue.

### Breath & Nitric Oxide: The Secret to Longevity

- Hum While You Breathe – Humming increases nitric oxide production by 15x — a molecule vital for heart and brain health.
- Watch Dr. Louis Ignarro's Talk – Search: "This Miracle Molecule Will Supercharge Your Health."
- Mouth Tape for Snoring – Gently tape your lips at night to encourage nasal breathing and reduce snoring.

### Join a Local Wellbeing Class

Westhill Library – Every Tuesday, 10:15am to 11:15am, Free (£1 donation for hall cost),

No booking required – just show up!

Any questions? – [pushpvaid@gmail.com](mailto:pushpvaid@gmail.com)

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Web: [www.theflooringlodge.co.uk](http://www.theflooringlodge.co.uk)



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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 & flexi-dentures, we also offer cosmetic options like tooth whitening, veneers & 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 & 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.



[www.abercrombie-dental.com](http://www.abercrombie-dental.com)

Abercrombie Dental Practice  
 10 Abercrombie Court  
 Prospect Road, Westhill  
 Aberdeenshire AB32 6FE  
 01224 745 447



Abercrombie Smile Design  
 Unit 2/3 Ashdale Drive  
 Westhill  
 Aberdeenshire AB32 6LP  
 01224 742 513

[abercrombie-smile@outlook.com](mailto:abercrombie-smile@outlook.com)

#### Opening hours:

Monday, Wednesday, Thursday 9am–5.30pm  
 Tuesday 9am–7pm | Friday 9am–4.30pm  
 Saturday 9am–5.30pm (private appointments only)

# Finding Affordable Summer Adventures with Expert Guidance



Summer is just around the corner, and for many of us, this time of year sparks dreams of sun-kissed shores, cultural explorations, and unforgettable experiences abroad. However, if you haven't yet booked your summer holiday, don't panic! There's still time to create the perfect getaway. One of the best ways to ensure a smooth and cost-effective holiday is by enlisting the help of a travel agent, like me. Saving yourself time, allowing you to concentrate on the fun parts of your trip.

As an experienced professional I know all the ins and outs of travel. I stay updated on the latest deals, destination highlights, and potential pitfalls. By providing personalised recommendations, I can help you choose the best options based on your preferences and budget.

I always start with a quick call to discuss your travel preferences as it allows me to concentrate on finding the right holiday for you. Be prepared to share as much information as possible and give me a good description of your ideal holiday. For example, do you want to do nothing but lie by the pool or have and are you more looking for an activity-based trip. Are there any specific requirements I need to be aware of – dietary needs or accessibility concerns for example.

What you are prepared to spend is the question that no one wants to answer. However, it is important that you have an idea. I am honest and upfront with all my customers, if I can come under what you are willing to pay, I will absolutely let you know. Equally, I can also discuss more budget friendly recommendations if I feel you would get better value, looking at alternatives.



Planning a holiday can be time-consuming. As a travel agent I can manage the details for you, allowing you to enjoy the anticipation of your trip without the stress. I can offer ideas of restaurants and activities or hidden gems and unique experiences, you may not be aware of. Most importantly you have protection and support if you encounter any issues while travelling, allowing you peace of mind. The best thing is all this advice is free; I don't charge for my service. The suppliers pay me when I book your trip. In many instances, you would pay the same booking a holiday yourself as you would enlisting my help.

Don't let the summer slip away without planning an amazing adventure abroad. Whether you are seeking relaxation on a sunny beach or an exciting city escape, expert guidance can help you make the most of your summer getaway.

Start your journey today, and who knows what incredible experiences await you this summer! Contact me via the ad on page 63 - or follow me on Facebook/Instagram for updates



# 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](mailto:westhill.library@aberdeenshire.gov.uk)

W: [www.livelifeberdeenshire.org.uk/libraries/](http://www.livelifeberdeenshire.org.uk/libraries/)

## Spotlight on: BORROWBOX!

BorrowBox is an easy-to-use library app offering a fantastic collection of eBooks and eAudiobooks accessible from your phone, tablet or computer. Borrowbox is now available, completely free of charge, to all members of Aberdeenshire Libraries. Whether you're travelling, relaxing at home or out for a walk, your next great read is just a tap away!

To get started, download the app, or access the service via your web browser, and log in using your library account details.

Don't forget that you can also browse, borrow and enjoy free eBooks and eAudiobooks from Libby and uLibrary with your library membership.

## Coming soon!

It's almost time for this year's Summer Reading Challenge, a fun activity for everyone who loves to read! Running from 2nd June until 30th August, the challenge is for children, young adults, families, adults, friends and groups. Sign up at the library or online!

## Activities and Events

Find all the information on our regular activities on our brand-new activities web page. All events which require booking, such as Bookbug, will still be listed on our main "What's on and Book an Event" page.

## What's On?

### Employment Support Team

Tuesdays, 10.00-17.30

Contact [suzy.prosser@aberdeenshire.gov.uk](mailto:suzy.prosser@aberdeenshire.gov.uk)

### Mindfulness and Wellbeing Group

Tuesdays, 10.15-11.15 *see article on page 87*

Contact [pushpvaid@gmail.com](mailto:pushpvaid@gmail.com)

### Westhill Junior Chess Club

Tuesdays, 17.30-18.30

Thursdays, 16.45-17.45

Contact [m.jerrow@yahoo.co.uk](mailto:m.jerrow@yahoo.co.uk)

### Scrabble Club for adults

Wednesdays, 10.30-12.00

Drop in, no booking required

### Westhill Writers' Forum

Wednesdays, 17.00-19.00

Drop in, no booking required

### Bookbug for pre-schoolers

Thursdays, 10.30-11.00 (term-time)

Last Friday of the month, 14.00-14.30

Second and third Saturday of the month

9.30am-10.00am

Booking essential

### Saturday Board Games for all

First Saturday of the month, 9.00-12.30

Drop in, no booking required

### Lego Drop In for 5 to 12 year olds

Last Saturday of the month, 9.30-12.00

Drop in, no booking required

### Alzheimer Scotland Social Group

First Wednesday of the month, 14.00-15.00

Contact [swestcott@alzscot.org](mailto:swestcott@alzscot.org)

### Alzheimer Scotland Carers' Group

Third Wednesday of the month, 14.00-15.00

Contact [mcorbett@alzscot.org](mailto:mcorbett@alzscot.org)

### Local Councillor Surgeries

First and second Saturday of the month,  
10.00-11.00

Drop in or by appointment

To book and for more details, please visit:

[www.livelifeberdeenshire.org.uk/libraries/](http://www.livelifeberdeenshire.org.uk/libraries/)

## Community Engagement in Westhill

Rotary members have been out and about again, planting more crocus bulbs around town to support the global End Polio Now campaign. The area around the Westhill Rotary stone at the town's entrance has also had a tidy-up, with plans to improve its lighting and make it an even more welcoming feature. Litter picks are back on the calendar too, with local Rotakids from primary schools joining in to help keep Westhill looking its best.

## Inspiring the Next Generation

Rotary continues its close work with local schools, hosting competitions that showcase the amazing talents of our young people. From speakers and photographers to artists, environmentalists, and musicians—these events are always a highlight, and we're consistently impressed by the creativity and enthusiasm on show.

## Quiz Champions Crowned

This year's P7 Rotary Primary School Quiz local heat was held at Trinity Church in February. Congratulations to Dunecht Primary, who went on to win the Area Final at Ashdale Hall on April 26th! Kintore came a close second, and both teams now head to the next round at the Beach Ballroom in Aberdeen on June 14th. Good luck to both!

## Supporting Good Causes

Alongside supporting local charities, Westhill Rotary has made significant donations to Shelter Box and raised over £4,000 for its international Sand Dams project, which helps bring clean water to communities in need. A Sponsored Family Fun Bike Ride is also in the works to raise even more, with hopes of securing additional funding through a Rotary District Grant.

## What's Coming Up?

### Lazy Sunday

Our popular Lazy Sunday event returns on Sunday 8th June, 2–5pm, at Ashdale Hall and field. Expect a lively afternoon with food vans, fairground-style fun, bouncy castles, tombola—and of course, bring your own picnic and refreshments.

### Charity Golf Tournament

Why not put together a team of 3 players for a Texas Scramble on Friday 20th June at Westhill Golf Club. Tee times from 09.30 to 13.00 Tea/Coffee plus bacon roll on arrival and two course meal after the golf. Cost will be £55 for visitors and £40 for Westhill Golf Club members. Prizes will be awarded for top performances and there'll be raffle prizes too.

To book your team place, Text or email Capt Pushp Vaid ASAP on 07743 895 431 or email - [pushpvaid@gmail.com](mailto:pushpvaid@gmail.com)

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](mailto:Secretary@Westhill.rotary1010.org)

Dunecht Primary team with presentation





# Aberdeenshire Lieutenancy

## The Lord-Lieutenant's Update



### VE Day 80 Commemorations

I had the honour of laying a wreath at the war memorial in Huntly to commemorate VE80 in the presence of veterans of The Gordon Highlanders. The ceremony remembered those who served, sacrificed and secured peace. In Rhynie, Mrs Dilys Jordan, a member of Churchill's secretarial staff and Rhynie's oldest resident, laid a wreath at Rhynie War Memorial on her 98th birthday and on the 80th anniversary of VE Day in memory of The Gordon Highlanders and the 51st (Highland) Division, with which her father served. Also pictured are Gordon Highlander veterans with Aberdeen Gordon Highlanders Association Chairman Major Grenville Irvine-Fortescue MBE DL in front of the Gordon Highlander Memorial at the Castlegate, Aberdeen.



### Cadet Force Beating Retreat at Edinburgh Castle

I recently had the great pleasure of attending the Cadet Force Beating Retreat at Edinburgh Castle. The wonderful performance involved Cadet pipers, drummers and musicians from all parts of the country. Also enjoying the evening were Judy Whyte, Provost of Aberdeenshire and Ron McKail, Deputy Provost of Aberdeenshire.

### SSAFA Big Bew

I had the pleasure of attending the SSAFA Big Bew at Bridge of Don Barracks, Aberdeen where I heard first hand more about the remarkable work the charity is doing in Grampian to support armed forces veterans.



### Act of Remembrance

Fiona Kennedy OBE DL represented the Aberdeenshire Lieutenancy at a very poignant service in Johnston Gardens, commemorating the men who lost their lives in the North sea on the 1st April 2009 in a helicopter crash. They had been returning from BP's Miller oil platform when their helicopter crashed about 11 miles Northeast of Peterhead. Eight of the victims came from the Northeast of Scotland, seven from Liverpool, Norfolk and Worcestershire and one from Latvia. All 14 passengers and two crew lost their lives

### Anniversaries, Birthdays and Honours

The Aberdeenshire Lieutenancy would like to know of any individual or voluntary organisation who has made an exceptional contribution for the wider benefit of others in their community. The Lieutenancy will assist in giving full consideration for appropriate recognition. Myself, or one of my Deputies are always delighted to visit on the day of special milestones, 60th, 70th or 75th wedding anniversaries and 100th and 105th birthdays and present a card and personal congratulations.

Please do look at our web site for further information:

[www.lord-lieutenant-aberdeenshire.co.uk](http://www.lord-lieutenant-aberdeenshire.co.uk) or contact us on [info@lordlieutenant-aberdeenshire.co.uk](mailto:info@lordlieutenant-aberdeenshire.co.uk)

You can also follow us on Facebook and Instagram – 'Lord-Lieutenant of Aberdeenshire'

Very best wishes to you all, Sandy Manson, His Majesty's Lord-Lieutenant of Aberdeenshire

## USEFUL PHONE NUMBERS

### Aberdeenshire Council

All Enquiries ..... 0345 6081208

Air Training Corps..... 01224 749151

Ashdale Hall ..... 01224 740137

Boys' Brigade ..... 01224 742262

### Childcare

Schools Out Club  
(Old School House ..... 01224 465202

Citizens Advice Bureau..... 01224 747714

Community Centre..... 01224 472874

Community Mini-bus..... 07989 637461

### Dentists' Surgery

Abercrombie Dental Practice,  
NHS – Abercrombie Court,  
Prospect Road ..... 01224 745447

Business, Private –

Ashdale Drive ..... 01224 742513

Westhill Dental Practice,

Old Skene Road ..... 01224 741339

### Doctors

Doctors' Surgery..... 01224 849400

Results ..... 01224 849392

Repeat Prescriptions ..... 01224 849393

Electricity Emergency..... 0800 300999

Gardening Club ..... 01224 748045

Gas Emergency..... 0800 111999

Golf Club..... 01224 743361

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

Girl Guiding..... 07974 963717

Health & Social Care Office..... 01467 537745

Lawsondale Pavilion..... 01224 742836

Library..... 01224 472871

### Nursery

Bridges ..... 01224 744741

Childcare Info ..... 0800 2983330

### Playgroups

Scout Hall ..... 07717 442164

Denman Preschool..... 07565 912522

### Pharmacy

Pharmacy, Porter – Shops..... 01224 742742

Pharmacy, Porter – Surgery ..... 01224 279489

### Police

Police (non emergency)..... 101

or email..... [contactus@scotland.police.uk](mailto:contactus@scotland.police.uk)

Post Office (Shops) .....01224 740858

Post Office (Ind Est) .....01224 740010

### Primary Schools

Crombie ..... 01224 472905

Elrick ..... 01224 472910

Skene ..... 01224 472915

Westhill ..... 01224 472900

### Religion

Church of Scotland Minister ..... 01224 745955

Trinity Church ..... 01224 742512

Westhill Community Church ..... 01224 737380

### Secondary School

Academy ..... 01224 087850

Scouts..... 01224 746773

Water Authority ..... 0845 6018 855

Westhill Men's Shed ..... 01224 917345

### Sports

Swimming Pool..... 01224 472872

Tennis Club..... 07929 191816

Westdyke Leisure Centre ..... 07565 912522

Westhill Bowling Club ..... 07562 696193

### Vets

Ardene House Vets..... 01224 740700

Veterinary, Town & Country ..... 01224 741685

## 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.

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This offer is only valid for new patients who have not previously registered at Westhill Dental & Implant Clinic. The new patient dental health check-up includes a consultation, full routine examination, bespoke treatment plan and 2 x-rays if deemed necessary by clinician, for £95. This offer is non-exchangeable, non-transferable, and is not redeemable for cash or other treatments and can only be redeemed once per new patient and cannot be used in conjunction with any other offer. Appointments are subject to availability and in the event that a clinician is unavailable for any appointment scheduled in relation to this offer, the practice will use best efforts to rearrange the appointment but cannot guarantee availability. Westhill Dental & Implant Clinic reserves the right to withdraw or change this offer at any time.

Westhill Dental & Implant Clinic is a trading name of Portman Healthcare Limited registered in England and Wales: 06740579. Registered office: Rosehill, New Barn Lane, Cheltenham, Glos, GL52 3LZ. Portman Healthcare Ltd is authorised and regulated by the Financial Conduct Authority and is the broker and not the lender. Our FCA registration number is 700090. Portman Healthcare Ltd offers credit products from Secure Trust Bank PLC trading as V12 Retail Finance. Credit is provided subject to affordability, age, and status. Minimum spend applies. Not all products offered by Secure Trust Bank PLC are regulated by the Financial Conduct Authority.



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Email:- enquiries@cryozest.co.uk

