Westhill Bulletin

Summer 2023 Issue 174





Sunday 4th June 2023
2pm-6pm
In the Ashdale Hall and field, Westhill

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

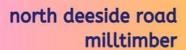




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Disclaimer: The inclusion of adverts in the Bulletin does not imply that WECC promotes or endorses any particular business or service.

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 11th August. The Bulletin will be distributed from 1st September.

> All contributions or enquiries should be emailed to: westhill.bulletin@gmail.com

Telephone enquiries re adverts or articles to: Bulletin Editor - David Ritchie on 01224 744058 or 07989 637461

Articles should be submitted as Microsoft Word documents attached to an email. Articles larger than 600 words may be edited.

2023 advertising rates:

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

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

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

BULLETIN DELIVERY

The Bulletin is delivered by an army of dedicated volunteers. More deliverers are always required to replace retiring helpers and add to the pool of relief helpers.

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

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Westhill & Elrick Community Council

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Elected Councillors

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

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

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

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

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



CHAIRPERSON'S REPORT

Welcome to this Summer edition of the Bulletin.

In early March, WECC were informed by Aberdeenshire Council that a significant number of asylum seekers would be arriving in Westhill imminently. This information was imparted with no consultation and few additional details. Since then WECC have

posted our considered response on our social media platforms (*www.westhillelrick.org*), however at the time of writing, some 8+ weeks on, no asylum seekers have arrived, and WECC continue to monitor the situation.

Later in March as planned, we received sapling trees and bushes from two sources namely, the late Queen's Green Canopy project and Aberdeenshire Council's Growing Green Spaces project. The trees from the Growing Green Spaces project were planted at the top of the Mains of Kinmundy Hill to the east of Westhill, and the trees from the Queens Green Canopy were planted in Denman Park. Our thanks to the Westhill Greenfingers, Rotary and non-affiliated volunteers who completed the planting in some pretty chilly weather.

The planting of the Green Canopy trees completes our celebration of the late Queen's Platinum Jubilee, and of course the recent Coronation of King Charles III completes the transition to our new monarch.

Westhill is noted for its pathways in and around the town and WECC's organisation and work on development of these paths continues apace. Path-building contractors have been busy upgrading the Broadshade Avenue to Westhill Golf Club section of the Westhill Orbital Trail where work was scheduled to be completed the end of May.

Meanwhile, although the contract for the Carnie Woods Path Restoration project has been awarded, the contractor is unable to start until August, which conveniently avoids the bird-nesting season. In the interim a message has gone out to all who indicated they'd like to help to determine whether they are still willing to undertake a number of tasks: ranging from weeding around the newly planted trees, to visitor counting, to removal of sections of boardwalk and path building.

At the time of writing WECC was expecting to be successful in our bid for funding from Aberdeenshire Council's Place Based Investment Programme fund to upgrade and extend the path network in Denman Park / Arnhall Moss, and are planning accordingly. If you would like to sign up for volunteering at Carnie Woods (and/or Denman Park) please email Gordon Prentice at prenticeg.wecc@gmail.com.

On to summer, and we look forward to a rerun of the family-orientated, Lazy Sunday Afternoon that was so successful last year. Please put the June 4th date in your diary.

There is a proposal to build a large wind farm on the Hill Of Fare near Banchory. Details of the project from the developer RES are available at http://www.hilloffare-windfarm.co.uk/the-project. There is a Hill of Fare Windfarm Information Group who are opposing the project. Their website is https://hilloffare.org/.

Finally, by the time the WECC Annual General Meeting is held in June, I will have completed three years as Chair of WECC and for personal reasons I will not be standing again as Chair, although I do plan to stand for election as an ordinary member and to continue as a volunteer.

My time as Chair has been an absolute privilege and I have enjoyed the pleasure of working with a great team of individuals past and present; WECC members, elected Councillors, volunteers and members of the public. My heartfelt thanks to all who have contributed in any way to WECC successes during my tenure. Details of my successor will be announced in due course.

Best wishes

Denman Park Ponds Water Issues

Following the reports of water pollution in the ponds at Denman Park Scottish Water is carrying out surveys of the Westhill surface water drainage network to establish the sources of this pollution.

Scottish Water quickly identified the cause of the original pollution as a blockage in a combined inspection chamber where an open surface water unit and the sewerage drains flow openly in parallel. The blockage in the sewerage drain allowed the polluted water to flow into the surface water drain causing the pollution of the ponds.

This blockage has been dealt with by Scottish Water but a reduced scale of pollution is still impacting upon the ponds and Scottish Water are undertaking further inspections of the Westhill surface water drainage network to establish where the other pollution sources are and to remove these pollution sources.

Aberdeenshire Council Officers are continuing to make site inspections of the ponds to monitor the health of the ponds in Denman Park and to ensure that the polluted water warning signs remain in place.

A nature restoration project to restore the ponds is being designed and costed using Scottish Government funding; Scottish Water and SEPA are offering specialist advice for this project.

People can report pollution incidents within ponds to Scottish Water by using the following websites:

https://www.scottishwater.co.uk/Help-and-Resources/Contact-Us/Contacting-Us https://swcustomerportal.microsoftcrmportals.com/ReportAProblem/

An information note on the nature restoration project will be published in the Autumn Westhill Bulletin, along with an update on removing the sources of the water pollution.

WECC COMMUNITY SUPPORT FUND

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

The next round of donations will be considered in October 2023. Closing date for applications is 6th October. See https://westhillelrick.org/people-make-a-place/donations/for Guidance Notes

qmail.com

In 2022 the Scouthall Playgroup received a donation to purchase and install a durable/vandal proof outdoor storage container to keep some of their outdoor equipment in. They have now ordered one as per photo.

and the Application form or contact treasurerwecc@





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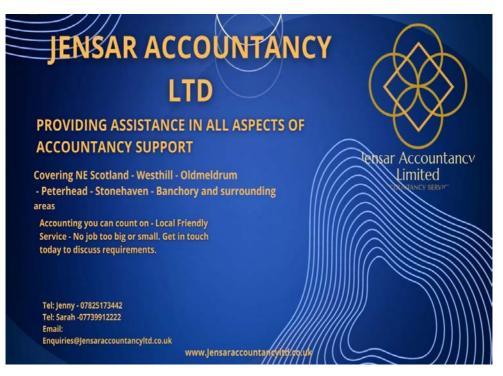
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Councillor Iris Walker (Westhill & District)

Aberdeenshire Loves Local Gift Cards

Aberdeenshire Gift Cards are now available to purchase at Westhill Library. These cards can be used for a wide variety of local shops or services in Aberdeenshire, with a small number of businesses in Westhill signed up already. If you are an independent business in Westhill or nearby, the scheme needs you to help grow the choice for customers. So please have a look on the website and sign up. For customers purchasing the cards, it offers a great way to sort out those birthday, anniversary or Christmas gift dilemmas,

helping support the local economy at the same time.

To sign up or view participating businesses, please visit: https://scotlandgiftslocal.com/product/aberdeenshire-gift-card/.

Spring Health Watch

The Aberdeenshire Wellbeing Festival is an annual event that brings together community activity and events to promote wellbeing for all and support Mental Health Awareness Week. I dropped in past Westhill Library which hosted several different sessions that week. Aberdeenshire Mental Health Improvement & Wellbeing Service were on hand to talk about the service they provide – a confidential "no judgement" one-to-one support service for Aberdeenshire residents. You can find out more at www.nhsgrampian.org/mhiws-aberdeenshire.

Armed with a wealth of handy health guides and information on lifestyle changes were Live Life Aberdeenshire staff. They were also carrying out blood pressure checks and following up with advice on how to prevent high blood pressure through lifestyle changes. These sessions are being very well received in the community and are a really good way of starting conversations about health and how to plan and manage individual health and wellbeing initiatives.



Westdyke Community Club

At the time of writing, news was breaking that Westdyke Community Club (2010s) had just won the Scottish Cup with a 2-1 win after extra time against the Airdrie Pumas 2010 side. The 13s age group final was held at Airdrie's Excelsior Stadium on Sunday 14th May. Our local club became the first team from Aberdeenshire to win a SYFA Scottish Cup at any age group in the 24 years since the inception of the Scottish Youth FA in 1999. Many congratulations to the boys and their wider Westdyke family on this superb achievement!

My consultation surgery is held every first Saturday of the month, in Westhill Library from 10-11am. There will be no surgery in August during Summer recess. I can be contacted by email, phone or Facebook.



Councillor Iris Walker – Westhill and District phone 07876 475272

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



BILL'S GARDENING CORNER

May your garden fill you with joy when you are out in it.

But remember a garden is not only for fruit and veg. It can come alive with pallets. You can make raised beds, stools, tables, the list is endless. You will be amazed what you can do when you think about it.

My grass is starting to come alive. We have a female dog and grass gets full of patches – but we water away her business and now the grass is getting greener again.

Remember to keep old toilet and kitchen rolls as they are a good container for seeds.

Check out tomato plants and other greenhouse veggies and remember to keep an eye on your potatoes. When they grow up to about four inches, cover them up again with soil – this encourages more potatoes on the stalks. Enjoy your summer.

Bill



Councillor Craig Miller

Waste Collections

A number of residents have contacted me regarding bin collections – there have been multiple issues raised including missed collections, bin placement after collection, etc. – Councillor Iris Walker and myself have met with Alan Wood, (director of infrastructure services), and his team to address these issues at the highest level possible to try to ensure that an improvement

plan is in place to better serve residents. Our area has suffered more than other parts of Aberdeenshire in this respect and actions are already in progress to resolve these issues in terms of staffing levels and deployment of appropriate vehicles. Reminders of the need to replace bins appropriately after collection are being given to all staff – a number of you have raised issues relating to streets being an obstacle course after collections which causes difficulties for those with reduced mobility and/or parents with young children in prams and pushchairs. Please continue to let me know if you do not see improvements in this area over the coming weeks and months.

Social Media

Whilst social media can be a useful tool, it is important to remember that very often the information available on these sites are the opinions of people displayed as fact. Treat such items with caution, and if in any doubt, contact official sources for clarification. A recent example of this, which has generated a lot of questions in my inbox, has been the many posts suggesting that the new housing on Straik road, near the Hampton Hotel/BP garage is earmarked for use for former prisoners. This is not accurate, and Aberdeenshire Council have confirmed that allocation of this housing will be completed in line with current policies and procedures.

Police Response

At the last Westhill & Elrick Community Council meeting, we had a talk from Inspector Gareth Hannan, who has recently moved on from his current role after serving Garioch well for a prolonged period. One of the topics he covered was response time to users who call 101, for non-emergency situations, which can often be longer than anyone would like. The police encourage the public to use the following email addresses which have proved to provide a faster response time: contactus@scotland.police.uk (this is monitored 24/7) | WesthillDistrictCPT@Scotland.police.uk (this is monitored locally in Inverurie but NOT 24/7)

Councillor Surgeries

Councillor Ron McKail and I are continuing to hold monthly surgeries at Westhill library. These are held from 10.00-11.00 on the 2nd Saturday of each month. Whilst no appointment is necessary, you can contact either of us to set up a specific time if you want to guarantee availability. If you are unable to attend the surgery, I am happy to arrange meetings at mutually convenient times if you contact me directly. The next surgery will be held on Saturday 10 June. During the summer recess, we will not be holding surgeries therefore there will be no consultations in either July or August, but we will be available for any issues of concern via phone or email.

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









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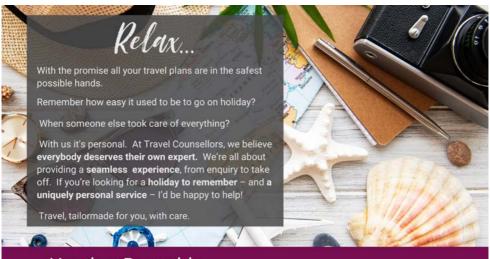






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Ron McKail, Councillor for Westhill and District

Asylum Seekers Being Accommodated in the Hampton by Hilton Hotel in Westhill

Evidenced by the emails and phone calls I've received, the decision by the Home Office to accommodate 173 males in the hotel in Elrick without prior notice or consultation has been a cause for major concern for Westhill residents. The decision to open a hotel in Westhill to accommodate asylum seekers was taken by the Home

Office, not Aberdeenshire Council. Immigration is a reserved power, and the management of asylum seekers is directed by the UK Government and delivered by the Home Office and Mears. Aberdeenshire Council has no decision-making powers around the use of hotels or the identification of hotels. Home Office policy is to not directly inform or engage with communities around the sighting of hotels, but Aberdeenshire Council did ensure that the Home Office agreed that the Westhill community be informed appropriately and discuss any planning and response. Council did contact Westhill councillors as well as representatives of local churches, the community council and community groups to share details and to answer questions about community concerns and matters. This had to be on a confidential basis initially. However, a policy which restricts community awareness might work well in larger towns and cities such as Aberdeen where asylum seekers have been accommodated in a hotel there for the past year I'd contend does not work for smaller populated communities such as ours. We can surmise that when a hotel in Elrick is proposed to accommodate 173 males (ages 18 to 40) it would be difficult for the visitors to 'go unnoticed'. At the time of writing this article asylum seekers have not arrived at the hotel. It is expected they will arrive in small groups of 20 or thereabouts shortly.

FREQUENTLY ASKED QUESTIONS

Who is responsible for asylum seekers welfare in hotels?

Mears (company contracted by Home Office to manage the asylum seekers service) are responsible for the day to day running of the hotels and the welfare of the individuals being accommodated.

What countries do asylum seekers come from?

The top five most common countries are Afghanistan, Iran, Albania, Eritrea and Syria.

Do asylum seekers receive benefits?

No. Clients in hotels receive £9.10/week and are provided with accommodation and food. They don't have recourse to public funds and benefits.

How can you make sure that asylum seekers do not have a criminal record?

Asylum seekers are screened by the Asylum Intake Unit and are required to go through a security check. If there is a security concern, asylum seekers will be detained.

Do asylum seekers have restricted movement?

People are free to move around the country but the Home Office needs to be aware of when they are leaving.

Will crime or risk increase in Westhill?

There is no evidence that having an asylum hotel in a community increases risk, criminality, or threat to residents. Asylum seekers tend to be nervous on arrival and keep a low profile while awaiting the outcome of their claim. Police Scotland are in contact with the hotel and partners and will make regular visits. Police statistics show that people seeking asylum are more likely to be victims of crime than perpetrators of crime. According to police officers using information based on asylum seekers accommodated in Aberdeen there have not been any incidents during their stay.

How will the Westhill Health Centre cope with additional 173 patients?

Data collected indicates only 5% of asylum seekers will require to seek medical help.

How can I find out more information, ask questions or donate my time or goods?

You can email: Asylum@aberdeenshire.gov.uk.

Councillor Ron McKail

Milne Hall, Kirkton of Skene

A number of improvements have been made to The Hall over the past year and recent months. These include items to contribute to energy efficiency such as new windows and LED lighting, and also Wi-Fi and a new sound system.

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

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

Regular Activities:

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

Milne Hall Management Committee is registered as a charity (SC045034).

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

Skene Fundraising Committee – Macmillan Cancer Support

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

We had a very good Burns Supper at Echt Hall on Friday 27th January and thank everyone that attended. Please check our Facebook for more details of the night and the total raised.

On Friday 24th February we held the Mammoth Quiz at Milne Hall, Kirkton of Skene, with 17 teams playing. We were blown away by the amount we raised on the night £1248.50. Many thanks to all who came along on the night and made it such a success.

On Saturday 18th March we held a collection at Tesco Westhill and were delighted to raise £495.01.

On Sunday 19th March we supported ModelFest Scotland at Thainstone Exchange, Inverurie. All proceeds from the door and raffle are being kindly donated to Skene Fundraising Committee-Macmillan Cancer Support and we received an amazing £3353.97.

Our next event will be a Fizzy Flycup to be held at Milne Hall, Skene on Saturday 20th May. Following this event we will have a stall at Echt Agricultural Show please come along and see us on Saturday 8th July. Coffee Morning will be held on Saturday 30th September and a Bingo Night in October.

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

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

The funds raised by the committee remain within this area.

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

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

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



Out & About

Our members continue to be very active in our community with regular bric-a-brac sales at the Ashdale Market to raise funds for youth projects. Why not come along to the next one where you can pick up some great bargains of new and nearly new items in great condition.

We're also continuing with ongoing litter picks each month and a recent Primary school quiz. The official Rotary Primary school quiz saw Westhill Primary win our local heat and progress to the area stages. Cults primary won that stage and progress to the District final at the Beach Ballroom in June. Westhill Primary scored a creditable 106 points out of 120.



We also hosted youth Competitions for Young Environmentalist, Young Artist, and Young Photographers. Photos of these events and more can be seen on our Facebook page *facebook.com/westhillrotary*.

Internationally, we are heavily involved in Books Abroad initiative. We have appealed to members to check with younger generations of their families for donations of any children's books suitable for 2-16 year olds. We are also still collecting for Ukraine, particularly clothing, medical supplies, unopened medicines and any type of dried food.

You will see on the front cover details of our Lazy Sunday Afternoon on 4th June. The event last year was such a great success that we decided to do it all again this year. Hundreds of residents of Westhill and surrounding area joined us last year at the field behind Ashdale Hall for a picnic and family fun. Our Rotarian funfair stalls will be there again this year along with food stalls, bouncy castle, a ceilidh band and lots to see and do! The event is free and all are welcome. Why not take the chance to talk to any of the Rotarians at the event to find out more about Rotary and how YOU could get involved in any of our community projects!

We are also hosting a charity golf tournament at Westhill Golf Club on Sunday 18th June. Details are in our golf advertisement on page 90.

Rotary is just a group of ordinary people doing extraordinary things in our community and worldwide

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



Job Vacancy - Kingshill Park, Westhill

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- - e.g. dry stone walling sessions
- Join us: Wed PM / Thu AM / Monthly Sat Find out more & get involved:

www.camphillwellbeing.org.uk/compass

Follow us: @CWTCompass



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



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



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



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

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



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SPRING IN GRANADA

This winter has lasted forever. By the end of March, I was in search of somewhere warmer. I have said before, I love a mooch around a city with history and culture, which Spain has in abundance. Something that is often overlooked when we think of this fascinating country.

We travelled to Granada from Aberdeen via Malaga. We opted to take a bus from the airport, a journey of less than 2 hours.

Once settled into our hotel, we went to a restaurant on Calle Navas for dinner. The street was bustling with many dining options. It was so lovely to sit outside in March enjoying great food. As Granada is in the shadow of the Sierra Nevada mountains, it does get chilly in the evening at this time of year. Still, I only needed an extra layer when we headed home around midnight.

The following day, I arranged an early trip to the Arab Baths, a great way to relax and unwind after travelling. We then explored the city, visiting the cathedral and wandering through the Mercado La Alcaiceria's narrow streets filled with shops.

That evening, we met with a local guide to learn about Granada's colourful past, explore Albacin's charming alleys and enjoy delicious tapas and wine. Then we experienced an awe-inspiring Flamenco performance in a breathtaking cave in Sacromonte's colourful gypsy neighbourhood. A memorable evening.

During our final day, we visited the Alhambra Palace, the jewel in Granada's crown, perched high above the city. We spent a glorious few hours admiring the intricate decoration of the Nasrids palace and walking in the gardens of Generalife with its beautiful fountains and courtyards. If you want to avoid the crowds, March is an excellent time to visit.

Granada is, without a doubt, worth a trip. A friendly, compact city, oozing character and history around every corner. Hopefully, I've inspired you to visit.

Need help with travel plans? Contact me via the ad on page 10 or follow me on Facebook/Instagram for updates.

Heather Reynolds, Travel Counsellors



I hope that you are well. Hopefully summer is on its way and you can get out and about more.

We have enjoyed a varied programme since March. Tara Leiper & Banchory Singers; Silver City Singers; Yvonne Morton (Singer & Entertainer); Variety Concert with Singers, ukuleles and harps; the Critter Keeper with his unusual species and Roy Rhodes (Singer).

On Thursday 4th May we had our "Coronation Celebrations" with union jacks, bunting and scones with jam and cream.

Our last meeting this term is on Thursday 8th June with Susan Zappert & Finzean Ukulele Group. We will be having afternoon teas provided by Marshalls Farm shop. This was provided by a grant from AGE Scotland – an initiative to "keep doors open" for older people. We are very grateful for this funding.

We re-start on Thursday 31st August. We meet in the Hall at the back of Trinity Church from 2 until approximately 3.30pm. We have entertainment for an hour then refreshments. We have sanitizer and wipes on the tables.

A2B dial a-bus have been amazing at helping our Seniors to get to and from the meetings. Many have said how helpful and accommodating the drivers have been. Thank you.

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

If you need any further information please get in touch.

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

Westhill and District Gardening Club

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

Future Dates and Topics for your diary are:

14th June - Visit to Westfield Lodge Gardens, Milltimber

19th July – Guided tour of Johnston Gardens, Aberdeen

No meeting in August

The club very much enjoyed the April Spring Floral demonstration given by club member Ann Westwood and the talk given by Stuart Ellis from the Westhill Men's Shed in May.

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

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JogScotland Westhill

Mark, one of our regular club runners, joined us a couple of years ago as a newcomer to running and he's made great progress with JogScotland Westhill. Here's the story of his very successful running journey.

"Lockdown was hard for everyone. However, for me it was also a spur to action. Before Covid I used to play badminton for fun and exercise. However, when Covid hit, that was no longer possible. As lockdown continued, I reached the point where I thought, 'I need to do something for exercise!' After searching online, I came across JogScotland Westhill and figured why not give it a go? At least running outside wasn't locked down!

The last time I had done any kind of running was cross country at secondary school, so suffice to say I went to my first JogScotland Westhill run with low expectations!

My running journey began in the entry level Green group. Everyone was so supportive, friendly, and non-judgemental that I found running with the group very enjoyable. It also helped motivate me to keep going! There is something about running in a pack that helps to encourage you and pull you along.

As I continued to attend JogScotland Westhill I found my fitness, speed and stamina improving. I naturally started to move up through the groups. One of the wonderful things about JogScotland Westhill is the opportunity to run with whichever group you feel comfortable. There is no judgement of people or their running ability.

After a while I worked my way up to running consistently with the fastest group. Personally, this was quite an achievement for me, coming from being a running newbie to regularly being able to run reasonable distances at a decent pace. But the question was: "what was next"?

I was quite nervous the first time I competed in a race – a 10-kilometre run. I didn't really set myself a hard target for the race, I just wanted to get round and finish it! After the race it was great mixing with other runners, enjoying the atmosphere, swapping stories and times. One of the benefits of running with other people, like at JogScotland Westhill, is the friendships you make and how they can spur you onto greater things than you might do individually.

Now I have competed in several races at various distances. The longest one I have done so far is a half marathon. People keep suggesting that I should try and run a full marathon, but right now that's not for me.

And this is the beauty of running (and the setup of JogScotland Westhill). Running is flexible, it can fit around your life schedule, it is as intense or easy as you want it to be, whilst also having great health benefits.



I progressed from complete beginner to a competent runner who will now happily take part in races. If you have always thought about taking up running, I would encourage you to try.

My advice to you would be don't try to go too hard, too fast; listen to your body, seek the advice of more experienced runners, and set realistic goals for yourself. Ultimately, running is what you want it to be and JogScotland Westhill can help you get there."

Contact us at jogscotlandwesthill@gmail.com or find us on Facebook.



ASHDALE HALL (WESTHILL DRIVE)

FUNDRAISING

We raised £951.70 to buy children's toys for our parties involving younger children and have bought a selection of toy and games.

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

MANAGEMENT COMMITTEE

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

I AZY SUNDAY

The Lazy Sunday was a great success last year and another will be held on the afternoon of the 4th June (see front cover poster).

AVAILABLE FOR HIRE

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

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

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

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

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

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

HALL CLASSES AND EVENTS

We offer a wide program of exercise classes, martial arts, children's dance classes, etc., for full details please see our online timetable: These are also displayed on the hall noticeboards.

ENQUIRIES

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

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



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

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

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

ASHDALE HALL JUNE CLASS TIMETABLE

Main Hall or meeting room MR1 bookable 0800-2200 Mon-Thur and 0800-1600 Fri for groups

Monday

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

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

1130 to 1930 - Free to book for classes or badminton

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

Tuesday

0800 to 1400 - Free to book for classes or badminton

1420 to 1800 - Baby Ballet - Main Hall

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

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

1930 to 2045 - Badminton (private) - Main Hall

Wednesday

0800 to 1300 - Free to book for classes or badminton

1330 to 1430 - Badminton (private)

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

1730 to 1845 - Kuk Sol Won - Main Hall - 07983 981172

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

Thursday

0800 to 1000 - Free to book for classes or badminton

1000 to 1730 - Footstars - Main Hall - 9.30am-12pm, 2-2.45pm, 4-5.30pm -

http://www.footstars.co.uk

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

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

1915 to 2045 – Badminton (private) – Main Hall

Friday

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

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

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

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

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

Saturday

0900 to 1200 - Rugbytots - 07970 690204

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

Free from 1600 for parties and events

Sunday

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

1000 to 1300 - Higher Ground Assembly

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

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

The Physic Says.... Top Tips to Prevent Injuries when Gardening

How do we best look after our Back and Shoulders?

Despite a recent cold spell, things are starting to grow again in the garden and we are thinking of outside jobs that need done. When we are doing activities that we don't do on a regular basis we need to be mindful of how we are doing things. We also need to be mindful of our own physical abilities and how much we can do. We will tend to see people with grumbling backs and shoulders in clinic that have been doing gardening tasks in a way that has strained the joints and muscles. This can be done by poor positioning or doing a repetitive task for too long.

As a keen gardener myself, who has had my share of gardening aches and pains, let me share my top tips for preventing injuries in the garden.

Mowing the grass

- Make sure the handle is approximately in line with your belly button. In this position your elbows will be at 90 degrees and this is a good position to push from. If the handle is too low we tend to flex from the spine which puts unwanted pressure on the back.
- · Make sure the mower is close to our body and we are not over reaching as again this puts pressure on the back.
- · Finally make sure we push the mower forward using our legs and don't over grip with the hands. This ensures we use the big legs muscles to do the job rather than smaller muscles of the upper body.





For more Top Tips on how to Prevent Back and Shoulder Pain see www.spearphysiotherapy.co.uk

Know your limitations and capacity, and be honest with your own capabilities. If you are physically fit and strong, your body will be able to do more than someone who has a desk job and a more sedentary lifestyle. For the slightly older gardener, do not compare yourself to a younger version of yourself. Just because you used to be able to do 3 hours in the garden in one go, does not mean you still can. Finally, if you have not been in the garden for a while, start with short stints and gradually build up the time. It is tempting to crack on and get it all done, but you do not want to do that at the expense of not being able to move for a week. Also, perhaps go for a walk after being in the garden to get the blood flowing round the muscles to prevent stiffness the following day.

Hopefully these top tips prevent injuries in the garden and you can concentrate on simply enjoying your garden. If you have pain or injury that is stopping you, then seek advice and treatment. You can book a Physiotherapy appointment directly at SPEAR Physiotherapy without seeing a GP first by calling 01224 900102 or book online at www.spearphysiotherapy.co.uk.





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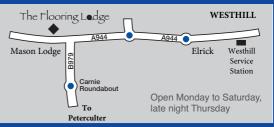
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Are you interested in making a difference in your local community?

South West Aberdeenshire Citizens Advice Bureau is now interviewing for volunteer advisers for our next recruitment intake.

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What does South West Aberdeenshire Citizen Advice Bureau do?

We offer free, independent, impartial and confidential advice to the public on a wide range of subjects. Examples of regular issues we receive enquiries on include: welfare benefits, money and debt, housing, employment, immigration, consumer, energy issues, relationship issues and legal matters.

If you would like to apply, please telephone 01224 747714 or click the link on our website https://www.swacab.org.uk/volunteer/apply or email us at enquiries@swacab.org.uk.

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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 Parish Church

"Sometimes in the winds of change we find our greatest direction." - Toby MacKeehan

If you ever want to witness the beginnings of a movement that changes the world, take a moment to read through chapter 2 of the book of Acts. You'll find it in the New Testament, as a follow on to the gospels.

The scene opens with the followers of Jesus all huddled together in one room. Jesus has returned to his place beside God the Father. And the disciples have been told to wait in Jerusalem for a gift that will empower them to carry on his ministry on earth.

They have no idea what is coming next. In less than two months they have witnessed Jesus dying on the cross, rising again and ascending to heaven. They have listened to him as he has explained to them everything about himself that they hadn't realised yet and as he has commissioned them to go and make disciples of all nations. Forgive the colloquialism, but their heads must have been mince. How on earth where they going to complete the task he gave them in Jerusalem, never mind to the ends of the earth?

Everything was changing for them and what they had already discovered is that once change happens, there's no way back to the place you once existed in. We might have wonderful memories of the past but returning to it is impossible.

Life in the present was uncertain, as the fear of being arrested by the religious or Roman authorities was strong and the future was unclear. So how is it that this small band of ill-equipped individuals turns into a fast growing movement that sweeps across the Roman Empire and uproots the lives of countless people?



The difference is the Holy Spirit, whom Jesus describes as being like a wind that blows where it pleases. A wind that brings change, but also direction. For as soon as the disciples receive the Holy Spirit they are propelled outwards and suddenly there is energy and purpose. They are no longer locked away but boldly carrying out the mission that Jesus has given them. The Spirit guides them forward and equips them to run the race set before them.

Skene Parish Church is experiencing the winds of change at the moment. Our parish boundary has been expanded to include Blackburn and we are on course to enter into a union with Kingswells Church. This means beginning to reach out into new communities with the love of God. It requires us to restructure ourselves internally in line with a new constitution. In the midst of this we hope to welcome a new member onto our ministry team. And most visibly, we will be changing our name and becoming Kingshill Parish Church. There is much to do and as with any change, there will be the grief that comes from having to let go of some things.

But in the Holy Spirit, we too have an advocate and helper who can guide us and empower us to meet the challenges that these changes will bring. And we trust that our sense of direction will rest upon the work of the Spirit in and through our church and our community.

We would like to take this opportunity to reassure you that even though all this is going on and even though it might take a while for you (and us) to get used to our new name – our desire to engage with and care for our community and everyone with in remains undiminished.

For more information, including on our weekly services of worship, check out our website on www.skeneparish.com.

Westhill Library News

Opening Times/Contact Info

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

T: 01224 472871

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

What's On?

We're currently planning our events and activities for the summer holidays. If you have an idea for something you'd like to see or do at the library let us know!

Our regular activities include Lego club, Scrabble club, Alzheimer Scotland social club, craft sessions, Bookbug sessions, and storytimes amongst others. We also run occasional wellbeing classes, health watch sessions, reminiscence sessions and much more.

To check what's on, visit: www.livelifeaberdeenshire.org.uk/libraries/ and search for 'Westhill' in Events.

Coming soon: POKEMON CLUB!

Do you want to catch them all? We're excited to launch our new Pokemon club on Saturday 17th June from 10am to 11.30am.

Join like-minded trainers to battle, trade and hangout. Pokemon Go and The Trading Card Game players welcome! Book your space on the website.

Spotlight on: SUMMER READING

Join us for Summer Reading, a fun activity for everyone who loves to read or who would like to read more. Starting on 15th June and running until 26th August Summer Reading is for children, young adults, families, adults, friends and groups. To sign up, pick up or download a collector card and fill in a circle for every book you read or listen to and every library event you attend. Submit your card once full to be in with the chance of winning book bundles, signed books and gift cards. You can enter as many times as you like!

We also have a creative competition, open to all, to design a bookmark or a poster. The winning bookmarks will be printed and available to pick up in all Aberdeenshire libraries.

Tea and Technology Drop In Saturday 10th June 9am-1pm

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

Following our session in March, by popular demand, we'll also be offering fruit teas!

Aberdeenshire Gift Card

Scotland Loves Local gift cards are now available at the library. Pick one up, load it with funds and gift it. The lucky recipient can spend their gift card at their favourite local businesses. Details of participating stores are available on the Aberdeenshire Loves Local Facebook page.

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

We hope to see you in the library soon.



Public Access Defibrillator locations in the Westhill Area



Accessible 24 hours, 7 days a week

McDonald's Westhill (inside to left of counter)



Premier Inn Westhill (inside at reception)

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



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



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



- Elrick Service Station (on wall to left of side entrance)
- Trinity Church (on wall to left of front entrance)



- Milne Hall in Skene (on wall to right of main entrance)
- Scout Hall (on side wall facing road, behind the bike racks)
- Westhill Community Church (on wall outside main entrance)



- Westhill Golf Club (on wall to left side of entrance)
- The Happy Barber Mason Lodge (on side wall facing car park)



- Crombie Primary School (on wall to left of main entrance)
- Skene Primary School (on wall to left of main entrance)



Accessible during opening hours only

- Abercrombie Smile Design (inside)
 - Abercrombie Dental Practice (inside)



— Marks & Spencer (inside)



— Costco (inside)



- Tesco (inside)
- GPH (inside)

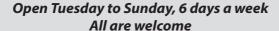
(Bethy)

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

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

home bakes, soft drinks and ice cream are served

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









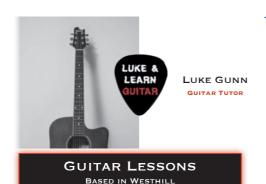
WESTHILL BOWLING CLUB

The season is under way but at this stage there is very little to report. We have made an encouraging start in the Bon Accord leagues but it is a marathon not a sprint. The trophies are handed out in September, not May.

By the time you are reading this we will have held our TRY BOWLS event on Saturday 20th May. You may have seen our flyer below about the day, either displayed around Westhill or on social media.

If you have missed the event but would still like to try bowls please get in touch by email *robert. mutch@btinternet.com* or telephone 07562 696193 and we will arrange a trial session. We are open to all. Men, woman, young and old. Don't let age, ability or lack of experience put you off. We all had to start somewhere.





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Relaunch of Club Rides

Now that we are free of restrictions imposed on social gatherings and there is more emphasis on mental health and physical well-being, there is much to gain from getting on your bike.

1. Regular cycling stimulates and improves your heart, lungs, and circulation, reducing your risk of cardiovascular diseases.

2. Exercises like cycling can hold back the effects of ageing and keep people young in profound ways.

3. Cycling can grow your brain in the same way it can grow your muscles. Blood flow to the brain increases just as it does with the muscles, bringing in more oxygen and nutrients that can improve its performance.

3. Cycling improves your social life – the benefitis are so much more than just filling up your calendar. Regular socialising with like-minded people has been shown to decrease stress and increase memory recall.

4. Exercises like cycling can hold back the effects of ageing and keep people young in profound ways.

5. Exercises like cycling an hold back the effects of ageing and keep people young in profound ways.

6. Exercises like cycling can hold back the effects of ageing and keep people young in profound ways.

7. Exercises like cycling can hold back the effects of ageing and keep people young in profound ways.

8. If any of the above statements appeal to you, come and join us for a group cycle with your local Bike Club.

8. Date and time – Regular rides on Saturday and Sunday mornings, weekday evening rides during the summer

What to expect – Choice of routes to suit all abilities, always with a stop for coffee and cake Who will be there – Members of Westhill Bike Club to guide you around the planned route Details are posted on our Facebook Page, or you can email us at info@westhilbikeclub.org.

6. Cycling Without Age Scotland (CWAS) – Westhill Chapter

7. Your local community groups are making good progress in yelling the profession of the service of a group who looks after people with these needs or you would like to volunteer or want more information, please do c



Westhill Prays

This is to bring your attention to an interdenominational prayer gathering of Christians in Westhill which meets every month. Westhill Prays started in the fall of 2017, when two Christian families met for dinner at one of their homes. Through the course of the evening, they realised that they both had the very same idea about bringing Christians together from across different churches to pray for Westhill Community.

Initially, the meetings were held at the home of one of us – The Herdmans; but with the onset of Covid, the group moved to online meetings via Zoom. We have also had prayer walks around parts of the town, interceding for the community and praying God's will be done along the way. Westhill Prays now has representation from across the different churches in Westhill and beyond, and continues to welcome prayer requests for families, friends, loved ones, across our community. We have also heard testimonies of God's faithfulness with answered prayers.

If you are a Christian and love to pray, or just want to connect in prayer, we would love to have you join the monthly prayers. It could even be a good way to grow one's faith and develop a stronger prayer habit. We have created a Facebook page as well as a Google form for prayer needs to be sent in. Do check us out at *Facebook.com/WesthillPrays*. We are continually seeking the involvement of more believers, whatever their denomination. You can reach out to your local church leaders for more information. Even if you are not a Christian, but you have needs that we could pray for, do feel free to reach out to any of our contact persons below:

Stella Campbell - Trinity Church

Chika Edeh - Vinespring Church

Steve Townsend - Westhill Community Church

Iyiola Ogedengbe – Higher Ground Assembly

Our next Zoom meeting will be on the 27th June 2023, at 8pm. Please speak to any of the above contact for more details.

Remember:

'This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.' – 1 John 5:14

Disney Dreams Come True for Pam Dignan Dancers

In March a group of 23 pupils from the dance school took part in a Highland choreography competition in Disneyland Paris, which saw them compete against other dance schools from around the world. As well competing, they also got to take part in the Disney parade.

It was a very successful trip, winning 1st place with the under 13's in their performance, and 2nd



in the whole school category. They also won a 2nd and 3rd with senior duets.

Alongside Pam Dignan, teachers Tracey Campbell and Melanie Alexander choreographed for the group, and were all extremely proud of how hard their dancers worked rehearsing in the lead up to the event. It was a magical and very memorable experience, which they hope to be able to recreate in the future.

For more information on the dance school, and classes available, please email *pamdignan*. *dancers@btinternet.com*



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





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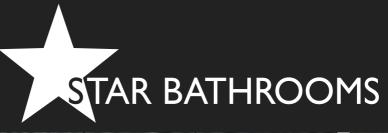
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Westhill Tennis Club

As the courts at Westhill Tennis Club get busy again, we thought it would be worth sharing the many benefits the sport can bring to your mental and physical health.

Fitness – Tennis provides both aerobic and anaerobic training. The average point in tennis includes bursts of activity and acts to condition our bodies the same way interval training would do. This has a profoundly positive effect on our heart and lungs with studies showing that playing just three hours a week reduces the risk of heart disease by over 50%. Tennis is a sport for all ages, genders, sizes and expertise levels, with benefits including maintaining healthy body composition, bone health, muscle strength and balance.

Strong bones and muscles – Playing tennis on a regular basis leads to stronger, healthier bones. Over two dozen studies have analysed bone health in tennis players at all different levels with most showing that bone density and strength increase because of tennis participation. This is most noticeable in the spine and hips and the dominant arm of the tennis player.

Improved immunity – There is a wealth of evidence to suggest that immunity is enhanced through exercise. Moderate exercise improves the immune system by increasing the number and strength of immune system cells, as well as increasing immune system efficiency. As tennis is both physically and mentally demanding, reason would suggest that it is one of the best sporting activities to give our immunity a boost.

Better coordination – Tennis leads to better hand-eye coordination because of the requirement to constantly judge the timing between the oncoming ball and the correct contact point. This combined with the frequent changes of direction and fast responsiveness to a moving target (the ball), tennis players generally will demonstrate improved agility, good balance, and body awareness (proprioception) which helps prevent accidents and falls throughout life.

Increased cognition and brain power – From alertness to tactical thinking, tennis enhances the ability for rapid and clever thinking and creative problem solving. Tennis players possess enhanced abilities in motion detection, speed awareness, processing and timing. Tennis also gets the senses fired up with faster eye tracking, hearing and touch perception. It is also shown that tennis enables our brains to remodel, building new neural (nerve) connections and pathways to create these positive effects.

Increased concentration – Tennis also dramatically improves the ability to concentrate, which assists with the completion of tasks that require problem solving skills, revealing the ability to persevere with high-level cognitive tasks. Activities requiring an increased level of focus for a prolonged duration can include school or university studies, learning another language, budgeting and logistical activities, such as those related to travel and schedules.

Emotional resilience – Tennis involves physical, mental, social, and emotional challenges. This increases a person's capacity to deal with perceived and actual stress and challenges and improves the emotional characteristics which foster resilience and wellness.

More than a sport – Perhaps the biggest health benefit that tennis gives us is its 'life lessons'. Players are continuously tested in how they react to situations and deal with adversity whilst developing a competitive and a winning mentality. A study that compared behaviour patterns of adolescent tennis players with those who do not participate in sport, demonstrated that the tennis players develop more autonomy, assertiveness, personality and an ability to persevere to reach their goals.

Sound good? Our annual membership fees are: Family – £160; Senior – £80; Student – £40; Junior – £30 (11-17 years); Minis – £16 (10 or under on 31st March 2023).

If you have any questions, please get in touch:

Email: westhilltennisclub@outlook.com Facebook: www.facebook.com/westhilltennisclub Website: www.clubspark.lta.org.uk/WesthillLawnTennisClub



1st SKENE BOYS' BRIGADE

Firstly, a big thank you to all who supported our Spring Fayre. This was our first fundraiser for some time and raised nearly £2000, so well done to all who made it happen.

As summer approaches we are drawing towards the end of our session – and it has been a great year! At our open night we had 3 senior boys receive the Queen's badge – the highest award in the Boys Brigade, whilst 2 more received their President's badge.

10 boys from Junior Section along with 2 officers enjoyed a weekend at Abernethy outdoor centre, participating in: canoeing, archery, raft building, zip line, crate climbing, team challenges and orienteering.

The Anchor boys have had a visit to Aberdeen Science centre and are anticipating a visit from the Fire Brigade. To celebrate the Coronation, Anchors and Juniors participated in a Coronation trail around Arnhall moss. The weather was on the damp side but the boys all had an enjoyable evening — with hot chocolate to finish!

In the summer holidays we have several boys from Junior and Company section attending a camp where we will participate in hillwalking, mountain biking, bush craft and wild camping.

Our new session will start in September: Anchor boys (P1 to P3) meet at Trinity church on Friday 6:30 to 8:00 pm, Juniors (P4-6) Westhill Academy 6:30pm to 8:00pm and Company section (P7 upwards) Westhill Academy 7:00pm to 9:30pm. *Remember...The Adventure begins here!*





Niall MacBeath, Company Captain

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

Westhill Buddies

Westhill Buddies is held in Trinity church every third Friday afternoon throughout the year to support people who are living with mental health conditions. We have a variety of meetings which include guest speakers, social gatherings, summer trip/Christmas meal and the regular "buddies time" where people can come along to give and receive support from like-minded people. Everything that is discussed in our meetings is confidential and stays within the buddies time.

At our last meeting, we had a local resident from Westhill (Pushp Vaid) come along to discuss empowering yourself – for a healthy joyful life. He presented different breathing exercises to the group which were aimed to create a relaxed state of mind. We also got some suggestions of things to do on a regular basis to create a good balance of wellbeing. We are planning to revisit this in the near future during a meditation session/meeting led by myself at the beginning of June

If this is something you feel you would benefit from and would like some further information, please contact myself, Rhona Stewart on *rhona.stewart@aol.com*.



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

The Regulations came into effect in February 2022.

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I would certainly recommend Hugh to potential future clients."

David H, Peterculter

CELEBRATING OUR 20th YEAR OF SOOYANG DO IN WESTHILL

Classes are open now for new starts from 1st June

For more information contact our chief instructor



Dave Bremner on dbmartialarts28@gmail.com | 07970 188825

Current class locations - WESTHILL/SKENE | KEMNAY/INVERURIE

Looking to open full syllabus Sooyang Do class or specialised ladies self-defence classes in Skene and/or Dunecht.

Mr Bremner has over 45 years of martial arts experience, holding black belts in 3 different styles (2 of which are 3rd Dan).

Compass Directions

Local medical charity, Camphill Wellbeing Trust (CWT), launched Compass in September 2020 to transform the former Waldorf School site on Craigton Road into a centre demonstrating practical solutions for healthy and sustainable lifestyles. Thanks to the support of our **local community** and over **5586 hours** donated by **515 volunteers**, our project continues to grow.





We are delighted to confirm our polytunnel, funded by **The National Lottery's Together for our Planet Award**, has been granted planning permission and is now up ready for use. This new growing space will provide an area for bringing on seeds, potting up plants and for growing produce needing some protection in our NE climate, such as tomatoes, cucumbers and peppers.

We have a wide variety of fruit and vegetables already growing outside, some almost ready

for harvesting. Unfortunately, we have had a number of dog fouling incidents in our fruit and vegetable growing areas. While we welcome walkers passing through the site, **please make sure to keep all dogs on leads** so our growing areas remain safe and pleasant for all!

Volunteers have recently taken part in #30minworms by **uksoils** who promote soil science skills in the community. An earthworm survey of Compass has been submitted to the project to help determine local populations of worms across the country. The site is also taking part in Scotland Wildlife Trust's Saving Scotland's Red Squirrel initiative.

Compass also welcomed participants of **NESCAN's Climate Week North East** onsite for an afternoon of learning about bee-keeping, composting, wormeries and no-dig gardening methods this April. Despite the wet weather, we received positive feedback from the event: "I enjoyed the wormery and no-dig workshops. Great event, staff were very knowledgeable and I'm excited to start the no-dig method at home." If you'd like to learn more about our methods, come along to one of our volunteering sessions – the best way to learn is by doing!

Volunteer with us!

We spoke to our volunteers about their experiences of the project. Watch our video on YouTube: https://youtube/8BgFOLCyfT0 or join our volunteering sessions to discover the benefits for yourself!

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

Produce Pop-Ups: We have seasonal plants, including rhubarb crowns, and produce available on a donation basis. Pick yours up onsite or at our Murtle Estate Pop-Up. We also have large quantities (£105 per m³) and bags (£10.50/bag) of **firewood available** for sale. Contact us for more information!

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

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



WESTHILL AND DISTRICT MEN'S SHED

make friends, share interests and help our community

Warm Place

The warm place was run until the end of March. Soup and a roll, and the heating on. We were getting about 12-15 visitors each week. It was welcomed by residents but equally people came for the company.

Bridge, Clocks and Music Group

Bridge is played on a Friday morning, there has to be multiples of 4 and there is usually 12 playing. You could drop by on a Friday morning and talk to them about it.

Clock repair ranges from Grandfather clocks to wrist watches and you can get a new battery fitted to a watch. Just bring them in.

The music group meets every Wednesday at 5pm. Come and join them – they can teach guitar from scratch. The guys are getting good now but say they are not ready for a gig!

Gardening Equipment

The gardening season has started again and we are selling a lot of mowers, strimmers, hedge trimmers and tools (spades, forks, etc.). The first tool sale of the year was held on Saturday 22nd April outside Markies. This proved to be perfect timing for the start of the gardening season and was a record sale for the Shed. If you missed the that one there will be 3 more this year, dates not set yet but you will find them advertised on Facebook, the website, and the temporary signs on the roads. You can also drop into the Shed when we are open (times below) if you want to choose from our stock before everyone else gets a look. The advantage of the tool sale is that everything is laid out - it even surprises shedders what we have to sell.



We have many jobs to do in woodwork and would welcome anybody who can recognise a saw to come along and help. Photo is an outdoor library being built for a school.

Opening Times

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





Why not come along to the Shed to see what we do in more detail and consider joining us. There are no fees for joining the Mens Shed. *SheShed:* ladies only, is on a Monday evening from 6pm to 8.30pm. Phone during opening hours to get the date. No experience at DIY is necessary, we can teach woodwork from scratch.

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

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In our last Bulletin article, we began by writing about how we were looking forward to the spring weather...we couldn't at that time have envisaged such a cold and wet spring! The cold weather has made it challenging to present the course as we would have liked. Indeed, soil temperatures throughout April struggled to get above 5°C which makes it difficult to get grass seed to germinate. This impacted our 4th green the most since it is rather shady. We therefore had to make temporary alterations to the hole. However, as I write this, temperatures are warming up and we look forward to returning to our normal layout

in the not-too-distant future. In spite of the poor spring weather, our regular golfing season is well underway and we are delighted to have welcomed many new faces to the club in 2023 already!

Anyone who has visited the golf club recently should have noticed our new in-house caterers – the Feed Baron. Their exceptional tasty offerings have proved a massive hit thus far with the community of Westhill. Indeed, since they opened their doors in March we have seen our social membership double! If you haven't yet sampled their 'fair' (I suppose that should be 'fare' but I can't resist the golfing pun), then you should take out a social membership – only £5 for the year and allows you and up to 5 guests to use the clubhouse for food and drink. Thanks to the efforts of the Community Council there have also been upgrades to the Orbital Trail in the Northwest corner of the golf club which makes the clubhouse even easier to get to now.

JUNIOR GOLF – another good take-up of junior membership and interest in our coaching programmes. This month sees the start of the Junior Pennant League: our thanks to Sub-drill for sponsoring the team tops. Our younger golfers continue to enjoy the ever popular monthly flag event and we will be fielding a team in the interclub 'Golf-Sixes' tournaments. These events offer parents an active opportunity to be part of their child's golf experience. Golf is a great way for youngsters to meet similar minded new friends and get healthy exercise.

LADIES GOLF — Our club has signed up to Scottish Golf's Initiative to encourage more ladies to play golf. We are running another course of lessons for ladies to 'Get Confident in the Basics' of golf as they are proving to be very popular! The next course starts on 27th June, on a Tuesday evening for 4 weeks, 6.30pm to 7.30pm and costs £60. To sign up, go onto Scottish Golf's golf website, put in your location (mandatory to be able to find our club) and select Westhill Golf Club. All equipment is provided and no previous golfing experience is needed! For information please contact ladies@westhillgolfclub.co.uk.

Karen Templeton, Club Captain

ANIMAL BLESSING SERVICE

Craigiebuckler Church Hall, Springfield Road, Aberdeen

Sunday 11th June 2023 at 3pm

The Service will be conducted by the Rev Kenneth Petrie

All animals with their human companions welcome



encourage young swimmers to progress in their

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

In March I completed a 100km trek across the Sahara Desert in Morocco raising £2925 for Maggie's Aberdeen Cancer Support Centre.

Temperatures were higher than expected for the time of year but we all kept going and completed the route.

I would like to thank all the individuals and organisations who encouraged me,

and who kindly donated to the fundraiser. People impacted by a cancer diagnosis need the help that Maggie's Aberdeen provides now more than ever.

Thanks to the members of Rotary in Westhill & District; Westhill Lions Club; Jim Reid Vehicle Sales & Service, Kintore; Andy at Porter Pharmacy; and to Graeme Barber Butcher, Alford; for their generosity.

Some of you donated anonymously so I can't thank you personally.

Many thanks again for your kindness and generosity.

David Christie | Mobile: 07731 333033 | www.justgiving.com/fundraising/david-christie9

Round Table - Aims and Objects

- To develop the acquaintance of young men through the medium of their various occupations. To emphasise the fact that one's calling offers an excellent – medium of service to the Community,
- 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 Accept and Example.
- To further the establishment of Peace and Goodwill in International Relationships.
- To further these Objects by Meetings, Lectures, Discussions and other Activities.

Ladies Circle – Aims and Objects – Service and Friendship. To assist and support Round Table.

Both organisations enjoy friendship, social activities and lots and lots of fun. But think seriously, if one person can make a small difference in the community, what can 5 or 6 achieve by working together to help others.

To note your interest go to Westhill & District Round Table face book page to find out the activities planned in the near future. Ladies Circle, contact Ann Hudson 01224 740080.

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We are delighted to announce that SensationALL has expanded and has opened a 2nd venue – "SensationALL in the city!"

Our new site at Belgrave Terrace, Rosemount, Aberdeen will enable us to deliver more sessions and groups, as well as the usual timetable from The Old Schoolhouse in Westhill. The new venue will allow us to reach even more families who are dealing with neurodiversity.



The annual 'SensationALL Ball' was held at the end of March and raised over £22,500. This is the most money that we have ever raised, and we would not have been able to do it without our generous sponsors and everyone who attended and donated on the night. We would like to give a special thanks to Global Port, Oilenco, The JEllie Foundation, Trinity Hall, and our fantastic band, Starsky Wedding & Event Band. The money raised will be used to continue our vital services which support many neurodiverse individuals and their families in Aberdeen City and Aberdeenshire.

SensationALL provide therapy-based activities and specialist support for children and adults living with any support need or disability. SensationALL is so-called because we support ALL AGES, ALL CONDITIONS and ALL FAMILY MEMBERS.

If you have concerns about your child's learning, communication, sensory processing, social interaction, or general development then we are here to help you! We have groups for all ages and abilities. Our support extends to parents, siblings, extended family, carers, teachers and other associated professionals. We want to equip your whole family with practical solutions to the issues associated with your condition. SensationALL staff are all highly qualified, with over 50 years of combined MSN-related professional knowledge and experience, and are dedicated to the vision and success of SensationALL.

Our services are available without barriers of entry as we believe everyone should have access to appropriate support and recreational opportunities without restrictions on age, price, or diagnosis.

We are continually looking for volunteers to help at our centres as well as people to join our fundraising efforts, get in touch at *volunteering@sensationall.org.uk* if you are interested in finding out more.

To learn more about SensationALL, please visit our website at www.sensationall.org.uk, or email us at info@sensationall.org.uk.

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.



Hope we all had a great Easter celebration everyone! It is good to witness the seasons change, both physically and, as many would say, metaphorically. With a few exceptions, much of the world has fully emerged from the dark days of the recent past — of Covid, lockdowns and furloughs. It feels like the world is indeed turning a corner from the cold dark winter to the steady rays and warmth of spring, and now summer. After much fear, confusion, trauma, and loss, it is truly refreshing to sense the wind of hope blowing again across our community, and the world. Such was the atmosphere during the coronation of His Majesty King Charles III. Accepted that there may be those who feel differently, but for most people across the nation, there was the fresh wind of celebration, history, and reminiscence at the expressions of faith and devotion. Celebrations around the institution of the monarchy seems able to bring people together, in spite of the difficulties with rising cost of living. Indeed, for many, faith, unity, and service, inspire great hope at a time of much uncertainty.

At Vinespring Church we too have sensed the same air of hope, though not necessarily according to the signs of our times. But rather, according to the encouragement of God's Word. It is from those sacred texts of Scripture that we have drawn our inspiration and theme for this year. In the face of all we have been through and all that is yet to come, we have received a more-sure Word of prophecy; an admonition and a charge for the year. - In 2023, 'Be of Good Cheer!!' Yes indeed. The very words of Jesus to His disciples as He prepared Himself and His followers for the cross. How could anyone, knowing the dangerous undertaking that awaited them, be so confident as to assure, not just Himself but His followers, that there was anything to be cheerful and encouraged about? Well, He provided His reason saying, 'because I have overcome the world!' Hallelujah! (John 16:33 KJV) What a Word! Christ is asking everyone who would believe Him, to take courage, be strengthened, and, to walk with the confident assurance of a victor, because He ALREADY won every battle on our behalf. He fulfilled this when He died a humiliating and sorrowful death on Golgotha's tree for every human on earth; and then rose again to live forever glorified in His Father's presence. From here He continually intercedes for all who trust Him, ensuring that they take delivery of the dividends of His eternal sacrifice. This understanding lifts the mind and strengthens faith; and we have chosen to have this mindset this year whatever winds may blow.

Recently, we have been in discussions with other local churches on how best to serve the refugees who would be taking residence in our midst in the coming months. We will continue to seek ways to serve in love, inspired by our faith in a great and good God. In the same spirit, we are inviting everyone in our community to join us in embracing this wholesome encouragement and service through the year. We will not pretend to have fully attained it all, but we continue to examine the Scriptures, and to pray together continually to fully experience the power of this call. To all who may be so inclined, we would ask that you come along to our weekly ONLINE Sunday Worship and Wednesday Bible study meetings which offer rich and fulfilling faith interactions for everyone. For more details, please visit our website at www.vinespringchurch.co.uk, or our social media page at www.facebook.com/vinespringchurch.

Pastor Chika Edeh for Vinespring Church



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 - Family/Fun Swims.

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A very warm welcome for you to join us for any of our services and meetings. Sunday morning worship is at 10.30 am, followed by refreshments in the Green Pastures Café. 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.

Church Office

You can call our office on 01224 737380 or email office@westhillcommunitychurch.org

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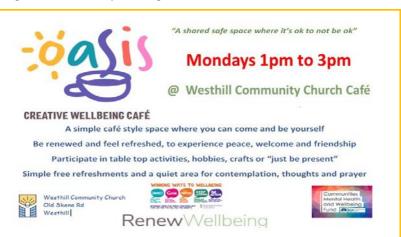
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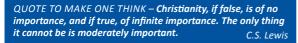
Food Bank

Contact the team on 07379 836380 or email 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







The Green Pastures Café

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

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Before attending please contact us at: northerndanceclub@outlook.com







Charity No. SC017801

Celebrating 50 years of Westhill Scout Group

In March 1973, a meeting was held in Westhill by the then District Commissioner and interested parents and prospective leaders about the potential to create a local Cub Scout group. At the meeting it was agreed that a group would be formed, and they would have a purple neckie trimmed in gold.

Fast forward 50 years and we currently have a total of 168 young people involved in scouting in Westhill, comprising 37 beavers (aged 6-7 years), 53 cub scouts (aged 8-10), 56 scouts (aged 10-13) and 22 Explorer scouts (aged 14-18).

Scouting has developed over the years and is one of the leading youth organisations in the country. Scouting actively engages and supports young people in their personal development, empowering them to make a positive contribution to society. Scouts UK is aiming to continue to grow, become more inclusive, be shaped by young people and to make a bigger impact in our communities.

Here in Westhill we are actively equipping our local young people with skills for life, by delivering an inspiring programme.

One of our young Scouts said recently: "It's an amazing organisation to learn new life skills and



make friends with other people around you. I enjoy the camps the most, plus all the fun activities we do such as pioneering projects, games, cooking on open fires and earning badges. I would definitely recommend joining scouts to any young person."

To continue to deliver scouting in Westhill, we are always looking for volunteers to help with Beavers/Cubs/Scouts but also for many other important roles, such as committee members, bookkeepers, admin assistance and maintenance/grounds help. The Big Help Out initiative as part of the Coronation weekend highlighted volunteering in local communities. If anyone is interested in getting involved with Westhill Scout Group please email GSL@1stWesthillscouts.co.uk (also see page 82).

To celebrate our 50th anniversary we have several events planned for the year. We held a family ceilidh in the Ashdale hall in March, which was a great success. A wildlife friendly hedge has been created on our boundary with Old Skene Road. Keir Scout troop have been leading the work to dig in the saplings which includes hawthorn, blackthorn, crab apple, rowan, hazel, oak, birch and dog rose. We hope the hedge will develop into a bee friendly 'pollinator hedge', we are also looking to create and bury a time capsule.

Our big event is an all-section camp at Templars at the end of May. We are looking forward to the event which will see Beavers, Cubs and Scouts undertake activities to earn their Chief Scout badges.

To keep up to date with our news/or get in touch, see our Facebook page and/or website: www.1stwesthillscouts.co.uk.



Volunteer with Westhill Scout Group and join in the fun!

Week by week, our volunteers empower young people to try new things, make new friends and stand on their own two feet.

You don't need to be Bear Grylls to join us. You don't need to have been a Scout when you were younger. You don't even need to know how to put up a tent.

Whatever your skill set, lend a hand for as little or as much time as you can spare, and we promise you'll get more out than you put in.

We provide the training. You show up, get stuck in, and make new memories for life. Sounds fun? Worthwhile? It is! See our website for more details.

In our 50th Anniversary year we still need:

- Section Leaders (Amazon Beavers, and Shere Khan Cubs
- Assistant Leaders (Beechwood and Keir Scouts)
- Section Assistants (non-uniform)
- Parents on Committees
- Book-keepers (Amazon and Beechwood)
- Maintenance/Grounds Upkeep Team Members

Scouting has been dual gender since 1966, welcoming girls and boys into the Movement. Women have been part of the leadership teams since 1907! **We warmly welcome all.**

Contact Chris on GSL@1stWesthillscouts.co.uk or Loraine on joinus@1stwesthillscouts.co.uk
See us on www.1stwesthillscouts.co.uk



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WESTDYKE LEISURE CENTRE

4 WESTDYKE AVENUE, WESTHILL

TEL: 01224 743098

EMAIL: westdykeleisure@gmail.com

FACEBOOK: Westdyke Leisure Centre

Mini-Kindergym

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

Friday: 9.30-10.15am (crèche available) & 10.30-11.15am

Kindergym

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

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

Jumping Jacks

An exciting, imaginative, structured class for pre-school children who attend on their own. Classes help to develop children's co-ordination, concentration, balance, basic gymnastic moves, etc.

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

Indoor Bowling

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

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

OUTSIDE LETS INCLUDE:

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

DENMAN PRESCHOOL

Monday-Friday 8.45am-2.00pm Age 2.5–4 years

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

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



Westhill Walkers

Open to all no matter what your age or ability

We have enjoyed a variety of walks this spring including a trip up Mortlich from Aboyne in thick mist and a circular walk from Stonehaven to Dunnottar Castle which involved a visit to Aunty Betty's ice cream shop thus replacing any calories lost on the walk! Now that the days are longer we are looking forward to a busy summer of walking and venturing further afield.

In March we held our popular Quiz Night at the Denman Pavilion for the first time since Covid 19. An excellent time was had by all and it was so good to be able to resurrect a social event. Many thanks to Graham for his usual challenging questions.

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

| Some forthcoming Sunday walks – all welcome. For more information and to put your name down please contact westhillwalkers@gmail.com. | | |
|---|---|--|
| 11th June | Corgarff Circuit | |
| 25th June | A Glen Esk to Glentanar via Mount Keen B Dinnet and Loch Kinord via Burn o'Vat | |
| 9th July | Gleann an t-Slugain and the Secret Howff | |
| 23rd July | A Glas Maol and Craig Leacach from Glenshee B Seven Bridges and Knock Castle, Ballater | |
| 6th August | Glen Clova, Loch Wharral and Ben Tirran | |
| 20th August | Capel Mounth | |









The Scouthall Playgroup invites families with children aged from 2.5 to 4.5 to enrol for places from August 2023. Younger children are welcome to join our waiting list.

Our sessions are held in the centrally situated Scouthall where we provide a

secure, welcoming and inclusive environment in the large playroom and garden.

We have a long standing, experienced and dedicated staff team ready to nurture your child, supporting their learning and development in our family orientated setting.

We offer a gentle, well supported first step away from home for little ones and funded Early Learning and Childcare places following the National Curriculum for children from age 3.

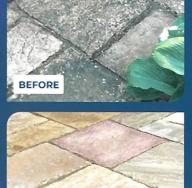
For further information please contact us at: Scouthallplaygroup@gmail.com



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Could you be a volunteer?

We open up a world of possibilities to girls from 4 to 18 - one where **they can do anything**. We're the UK's largest youth organisation dedicated completely to girls.



We're looking for volunteers to run exciting activities for girls across Westhill.

It's totally flexible. There's no commitment too small. You don't need any guiding experience to join.

Discover the **fun and rewarding** ways to get involved.

Get in touch to find out more: westhilldc@gmail.com Or register to volunteer at: Girlguiding.org.uk/volunteer



Charity Golf Tournament



The Rotary Club of Westhill and District would like to invite you to take part in a Texas Scramble on

Sunday the 18th of June 2023

at Westhill Golf Club, in Aberdeenshire, Teams of 3 players

Tee times from 0930 to 1300

Tea/Coffee plus bacon roll on arrival and two course meal after the golf.

Cost will be £50 for visitors and £40 for Westhill Golf Club members
There will be prizes for nearest to the pin on 3 holes, longest drive and,
of course, a prize for the winning team.

We will also have raffle prizes

To book your team place, Text or email Capt Pushp Vaid. ASAP on 07743 895 431 or email - pushpvaid@gmail.com

The funds raised will be used for local charities

USEFUL PHONE NUMBERS

| Aberdeenshire Council | |
|------------------------------|----------------|
| All Enquiries | .0345 6081208 |
| Air Training Corps | .01224 749151 |
| Ardene House Vets | .01224 740700 |
| Ashdale Hall | .01224 740137 |
| Boys' Brigade | .01224 742262 |
| Childcare | |
| Breakfast Club; After School | ol |
| Club; Holiday Club | . 07770 943723 |
| Schools Out Club | |
| (Old School House) | |
| Church of Scotland Minister | |
| Citizens Advice Bureau | |
| Community Centre | |
| Community Mini-bus | . 07989 637461 |
| Dentists' Surgery | |
| Abercrombie Dental Practic | e, |
| NHS – Abercrombie Court, | |
| Prospect Road | .01224 745447 |
| Business, Private – | |
| Ashdale Drive | .01224 742513 |
| Westhill Dental Practice, | |
| Old Skene Road | .01224 741339 |
| Doctors' Surgery | .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 2 | 2983330 |
|------------------------------|----------|----------|
| Playgroups | | |
| Scout Hall | .07717 | 442164 |
| Denman Preschool | .07727 | 617627 |
| Pharmacy, Porter – Shops | .01224 | 742742 |
| Pharmacy, Porter – Surgery . | .01224 | 279489 |
| Police (non emergency) | | 101 |
| or email contactus@sco | otland.p | olice.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 |
| Secondary School, Academy | 01224 | 087850 |
| Scouts | .01224 | 746773 |
| Swimming Pool | .01224 | 472872 |
| Tennis Club | .07929 | 191816 |
| Trinity Church | .01224 | 742512 |
| Veterinary, Town & Country | .01224 | 741685 |
| Water Authority | 0845 6 | 018 855 |
| Westdyke Leisure Centre | .01224 | 743098 |
| Westhill Bowling Club | .07562 | 696193 |
| Westhill Community Church. | .01224 | 737380 |
| Westhill Men's Shed | .01224 | 917345 |
| | | |

Did we get your number right?

Are you missing from the list?



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

westhill.bulletin@gmail.com

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