

Westhill Bulletin

Autumn 2023
Issue 175



New cairn on Mains of Kinmundy Hill – see details on page 70

Published by Westhill & Elrick Community Council
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Open Morning

Saturday 16 September 2023





**Brewin
Dolphin**

helping clients in Aberdeen to achieve their financial goals

RBC Brewin Dolphin, one of Scotland's leading wealth management companies, has grown its Aberdeen team with the hire of five additional members to its financial planning team. The hires are in line with the office's continued growth and its commitment to the region and its clients.

The new additions to the financial planning team are Ricki Garden, who has joined as a financial planner (divisional director) from Coutts. He has over 30 years financial planning experience and is also a chartered wealth manager. Louise Ritchie, who has re-joined the business, also from Coutts. Louise worked in banking for several years, having spent over 14 years at RBS and over five years at Adam & Co, where she helped high-net-worth clients to manage their finances. Hamish Ritchie and Daryll Kemp, both paraplanners and Kyle Cowin, a financial planning assistant who was recruited through RBC Brewin Dolphin's Financial Planning Academy initiative.



Louise Ritchie, David Barclay (Head of Office) and Ricki Garden

In the last three years, the Aberdeen office has seen a rise in demand for trusted financial advice, as clients seek to counter economic and geopolitical volatility. The impact of high inflation on savings, the changing regulation around pensions and tax allowances and succession planning are three main areas of worry for clients. The office helps clients with these by devising robust, long-term strategies to manage, grow and protect clients' money in the most tax efficient way possible.

A strong team

The Aberdeen team of 28 is led by David Barclay, who also oversees the group's Dundee office with a combined £1bn of managed client assets. The team specialise in bespoke wealth management for individuals, trusts, companies and charities in the North East and Highlands, encompassing investment management, financial planning and pensions and inheritance tax planning. In September 2022, RBC Brewin Dolphin was acquired by Royal Bank of Canada (RBC) and now draws on the strength of a global financial institution to drive further innovation and growth across its regional network.

David Barclay, head of Aberdeen office, RBC Brewin Dolphin, said: *"We are delighted that Ricki Garden and Louise Ritchie have joined the RBC Brewin Dolphin Aberdeen office. They bring a wealth of experience and technical expertise, which will allow us to broaden the financial planning advice we can offer to clients. We remain committed to helping more people in the region to achieve their financial goals."*

Disclaimers

The value of investments can fall and you may get back less than you invested. This does not constitute tax or legal advice. Tax treatment depends on the individual circumstances of each client and may be subject to change in the future.

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Ricki Garden (ricki.garden@brewin.co.uk)

Louise Ritchie (louise.ritchie1@brewin.co.uk)

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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 winter issue should be sent in by **Friday 3rd November**. The Bulletin will be distributed from 1st December.

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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Elected Councillors

The four Aberdeenshire Council Ward 13 Councillors named below are ex-officio 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@gmail.com

CHAIRPERSON'S REPORT

Welcome to this edition of the Bulletin.

Whilst the title of this report is Chairperson's Report, is it in fact a Vice Chairperson's Report as sadly, WECC does not have a Chairperson at the moment. It is however, in good fettle as an organisation. Meantime, we have two vice chairs, myself and Becky Ferguson, but neither of us is in a position to take on the role of Chair, so we hope that someone will come forward soon.

In the last Bulletin, Mervyn Barr intimated that his time as Chair was coming to an end and that he didn't intend to stand for the position again at the AGM in June. Mervyn continues on the Community Council as an ordinary member. I would like to take the opportunity to pay tribute to Mervyn who fulfilled the role of Chair very diligently over the past 3 years since WECC was reformed. WECC had only one meeting before we went into lockdown in 2020 and for a long time, meetings were held virtually. Notwithstanding this, under Mervyn's leadership, a lot was achieved during his tenure as chair. A Community Council relies on teamwork and partnership working with other bodies and Mervyn forged a number of very productive links, also getting involved in the range of projects underway.

At the AGM in June we were joined by 2 new members, Charlie Flint and Mayasah Aljubori. A full list of community councillors is on page 1 and on the WECC website. There is two vacancies, so please get in touch if you are interested.

Some new temporary residents have been arriving since the last issue, where it was reported that the Home Office had decided to use The Hampton by Hilton hotel for asylum seekers. WECC, along with other organisations, now has regular liaison with Mears, the organisation that is running the hotel and looking after the welfare of the residents. More about this on pages 8 and 46.

WECC has also been very successful in securing funding to continue the work of footpath and other improvements around the community. Over £460,000 has been secured over the past 3 years which is a remarkable amount for a community council. More on this on page 70.

Thank you to everyone who has taken part in the online and physical engagement for the community action plan. Its work in progress but a number of themes are emerging including a large playpark, informal meeting places, footpaths, shopping centre, and sports facilities. We are working these and many other issues up into an action plan and will be looking for volunteers to help to take some of them forward.

WECC has also been watching the progress of two very major potential energy projects on our doorstep, the Hill of Fare Windfarm and a major power line being proposed by SSEN from Kintore to Tealing, the current preferred corridor which runs to the west of our community. WECC submitted a representation as part of the initial consultation on the power line, it can be viewed on our website. In anticipation of planning applications, WECC would like to know people's views on these proposals, so a decision can be taken on whether WECC should object or remain neutral.

Denman Ponds Nature Restoration Project – Update

The ponds at Denman Park were dugout when the park was first established around 1974 and are much loved and visited by local residents.

The ponds receive their water from the rain water and road drains in those areas of the town from Morven Crescent near the golf course in the north, Westhill Drive in the east, to Westwood Grove in the west.

If you live in the middle section of Westhill then you can help improve the ponds water quality by checking that your roof and garage rainwater drains are not connected to any washing machines, toilet or kitchen outfall pipes. Likewise, people doing external painting, waterproofing or cleaning works must not pour the leftovers or the water used to clean the brushes and rollers into the kerbside road drains as this will flow into the ponds.

Following pollution incidents within the ponds earlier this year, Aberdeenshire Council has secured monies from the Scottish Government Nature Restoration Fund for a project to treat the surface water entering the ponds and to bring the three ponds back to health.

Once the contract design and tender is finalised with Scottish Water, Aberdeenshire Council will provide further updates for the community, hopefully in time for the winter Bulletin.

In the meantime, Scottish Water is investigating the surface water drainage system to identify any current sources of pollution arising from wrong connections and inappropriate fluids poured down a road side rainwater drain. They are taking actions to prevent these problems.

If you see and smell pollution in the water at the Denman Ponds please can you phone the Scottish Water helpline on **0800 0778778** or the SEPA pollution helpline on **0800 807060**.

The SEPA online reporting platform is www2.sepa.org.uk/EnvironmentalEvents.

Steven Gray, Environment Planner (Projects), Aberdeenshire Council, Gordon House, Inverurie, AB51 3WA, Tel: **01467 538510** email: steven.gray@aberdeenshire.gov.uk.

WECC COMMUNITY SUPPORT FUND

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

The next round of donations will be considered in October 2023. Closing date for applications is 6th October. See <https://westhillelrick.org/people-make-a-place/donations/> for Guidance Notes and the Application form or contact treasurerwecc@gmail.com.

At the May 2023 round, the Swimming Club received a donation to install this shoe rack outside the changing areas, to help keep the floor clean. The Men Shed made the rack.





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Councillor Iris Walker (Westhill & District)

Speeding/Antisocial Driving

We continue to get reports of speeding and antisocial driving within the town and the surrounding rural areas. It is always advisable to contact Police Scotland in the first instance to report incidents, even if you have limited details. The quickest way to report is via the online form at <https://www.scotland.police.uk/>.

Reporting incidents will build up a history and helps direct resources, for example speed surveys and enforcement work to be carried out.

Dangerous or careless driving near pedestrian crossings should also be reported in the same way. From a council perspective, the new-style neon lights which are partly broken at some of the crossings have been reported and the Roads service is awaiting resolution from the manufacturer.

The latest local update from Police Scotland is that speed checks were carried out at Brodiach in late July. Twelve drivers were warned, with twelve vehicles found to be travelling between 35 and 37mph and three at 39mph.

“Pop Up Bob”, which is a prop used to help deter speeding and is a visual reminder to drivers to make sure that they drive in a responsible manner was deployed for several weeks in July.

Council Tax Consultation

The Scottish Government is currently consulting on changes to council tax charges. They plan to increase charges for bands E (7.5% increase) through to H (22.5% increase). These changes would affect around 70% of residents within Westhill and Elrick. There has been no revaluation of properties since 1991. New-build homes, of which there are many in Westhill and Elrick, are valued at more recent prices, which are vastly different to the value of similar in 1991. There is no correlation within the present system of council tax collection between property values and the ability to pay.

Council tax accounts for 23% of overall council spending within Aberdeenshire and it is likely any increased charge would only fill gaps in the budget rather than provide a significant improvement of services.

The consultation is open until September 20th. Please have a read of the consultation documents and respond: <https://www.gov.scot/publications/consultation-fairer-council-tax/>.

My next consultation surgery is on Saturday 2nd September in Westhill Library from 10-11am and every first Saturday of the month thereafter. As always, I can be contacted by email, phone or Facebook.



Councillor Iris Walker – Westhill and District
phone 07876 475272
email cll.r.i.walker@aberdeenshire.gov.uk



BILL'S GARDENING CORNER

I am not going to talk about the weather, just work with whatever comes our way. Not everyone can have a perfect garden, do the best you can, learn from your mistakes and enjoy doing it.

I bought a new water butt and was advised to put in a sterilising tablet to keep the water clean, seems to work. When almost empty, clean out and start again, saves the silt smelling the water.

I know I go on about falling leaves, and it's fast approaching; put them into a black bin liner, punch a few holes in the bottom, give them a good soak. Leave them in a sunny corner, put a weight on top and you should get good compost next year.

Now is the time to get your bulbs and seeds for next season.

Enjoy your garden all year!

Bill



Councillor Craig Miller

Landscape and Gardening Services

Many residents have written to me, and my fellow councillors, regarding grass cutting, trimming, roadside verges, etc. Whilst work is ongoing, (and many of the specific issues raised have now been dealt with), it should be noted that there is still work to be done in this area and I would advise you to continue to contact us with any specific issues that are of concern to you. Westhill is not unique in having this problem and the administration team will be meeting with the head of Infrastructure Services after the summer recess to determine what strategic actions can be taken to see a longer-term improvement in this service.

Asylum Seekers

It has been a few months since the arrival of the first asylum seekers in Westhill and it is pleasing to note that there have been no adverse issues identified with this. Actually, quite the opposite as many local community teams have actively engaged with the hotel contractor management team to assist with distribution of donations of clothing, toiletries, etc., as well as initiating some outdoor activities to keep the service users occupied. Huge thanks are due to the churches and the Rotary, (amongst others), for the work they have done to make this a successful transition for both local residents and service users. I would urge anyone who has time to spare or has specific skills that would be useful should contact the community groups directly, or route these offers through myself so that I can pass on to the appropriate people. Westhill has risen to this challenge, and we should be proud of the help and assistance we have offered. See related article on page 46.

Household Recycling Centres (HRCs)

In November 2022, Aberdeenshire Council initiated a number of changes to the operation of HRCs in different areas, ranging from full time opening with no booking required at some sites, to full booking required or a hybrid of the two. This generated a great deal of email traffic with residents commenting on the suitability, (or otherwise), and these comments have been noted.

Many of you may have taken part in the online consultation which closed recently, and results will be reviewed by officers and councillors to determine which systems have not only worked well but have also proved popular with local residents. Watch out for potential changes coming soon in the operation of our local HRC at Westdyke.

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 9 September at the library within Westhill Primary School.

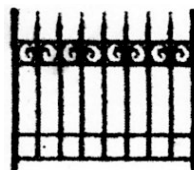
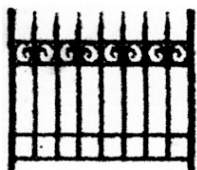
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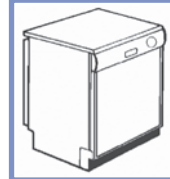
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Ron McKail, Councillor for Westhill and District

Public Turn Out In Force for Westhill Swimming Pool Meeting. Friends of Swimming Pool Group Proposed

An issue of major concern for many in Westhill who regard our swimming pool as a valuable resource attended a public meeting on 6th July to hear about arrangements regarding the future of the pool's operational programme from Council officers. It was reassuring to be informed by officers that rumours regarding permanent pool closure were unfounded. The fact that some hundred people attended the meeting is clear evidence of local interest. Council officers explained that leisure facilities services throughout the Shire were involved in the review. Savings needed to be made and the outcome for the Westhill pool was that the hours were being reduced from 65 hours per week to 50 hours. Understandably for those at the meeting they were frustrated and annoyed by this decision.

Why are these cuts being imposed? Council leisure services Shire wide for last year were overspent by £2.5 million. Income from Westhill swimmers for example has dropped, with occupancy levels recorded at 44%. Not rocket science to mention that we have a valuable resource which if not fully used then its viability may come into question.

Do you want to get involved in supporting the pool? One proposal is to form a 'Friends of Westhill Swimming Pool' and to this end a Facebook page has been set up.

My Aberdeenshire Council Mobile App

In the event you are not aware, Aberdeenshire Council has an online mobile app which provides a range of services and automatic alerts from bin collections dates, school meal payments, jobs, recycling and so much more. The app is 'MyAberdeenshire'. If you would like assistance with accessing this very useful app please contact customerserviceengagement@aberdeenshire.gov.uk who will guide you through the process.

Multi Unit Games Area (MUGA)

The MUGA at Crombie primary is available for hire on a case by case basis, although not open generally. Should you wish to hire the MUGA please send all info/details to letsteamecs@aberdeenshire.gov.uk.

Community Safety Item for Owners of Electric Bikes and Electric Scooters

For owners of e-bikes and e-scooters the recent publicity that there has been a spike in fires connected to the fitted lithium ion batteries is a major concern. According to reports, if a fault occurs the batteries can release their stored energy resulting in fires of such ferocity which are almost impossible to put out.

Further information which includes recommendations on how safety can be improved and tips for using e-bikes and e-scooters can be found in the 'Battery Breakdown' report on the Electrical Safety First website.

Westhill Community Sports Hub Funding

Looking for funding for projects such as ■ Increased participation of women and girls ■ Supporting inactive to get active ■ Improving mental health ■ Reducing social isolation ■ Working with marginalised groups within your community or similar projects, then please contact: gregory.welsh@aberdeenshire.gov.uk | www.livelifeberdeenshire.org.uk.

Councillor Ron McKail

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



1st Skene Girls' Brigade

We will be enrolling for our new session with an Enrolment/Fun Night on Monday 28th August in Trinity Church at 6-7.30pm where we will be hoping to meet our members and any new girls wishing to join too. The girls take part in a variety of different activities including games, crafts, singing, competition work and badgework also.

We have no waiting lists and all girls from P1-S6 are welcome.

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





Councillor Fatima Joji

The Westhill Spirit

It's brilliant to see the display of Westhill at its best, with many residents, the Church, and our local groups, banding together to donate items in support of asylum seekers. As always, we are here as councillors to respond to any queries. We will do everything we can to get answers. I can confirm that I have written to the Home Office from the communication standpoint, and to request an insight into any impact assessments they are doing which I feel is necessary for any future decision making and support.

To Our Young Learners: SQA Results

A massive well done to all our learners at Westhill Academy who received their SQA results on the 8th of August. I would just like to encourage anyone who didn't get the results they wanted, to utilise the support and resources available. As a former student of Westhill Academy, I can testify to that great level of support available. Please also remember, there is #NoWrongPath. You have many examples of alternative routes to realise your dream job!

Changes to Westhill Swimming Pool Timetable

On 6th July I attended the meeting on the future of our local swimming pool, following changes to the timetable and a reduction in the operational hours. It is important to state that there are no plans to close the swimming pool. It was well attended by residents of Westhill, demonstrating the large community interest and concerns around the changes. A massive thank you officers from Live Life Aberdeenshire who took the time to provide clear answers to questions, and their efforts to take the feedback on board, with action points proposed by you, the residents of Westhill.

Key points were raised such as the decision to close the pool on Sunday, staffing issues, waiting lists, percentage of cuts to services, issues around using the app, and more.

A suggestion was made to set up a Friends of Westhill Swimming Group, to help support improvements to the service through fundraising initiatives and more. We note a group has now been set up. The findings of a survey conducted by the group, was presented at our Community Council Meeting on 10th August. A massive thank you to Lauren and Mikaela for their work.

Bins

By now we will be using the new bins which have been introduced to maximise recycling. I appreciate many have been in touch and will still have questions about the bin schedule. Please don't hesitate to reach out if you have any questions around recycling and additional household waste. For anyone using the myAberdeenshire app which I would highly recommend, you can set reminders when your bins are due for collection and find out what goes in each bin. The myAberdeenshire app is also useful to report missed collections and check guidance and information on any other issues.

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



Westhill A2B is a council operated minibus service providing travel for shopping or other local services or facilities. The service is free to use and is available for people that have difficulty walking, people with other disabilities or residents who don't live near a regular bus route. It operates Monday to Friday in Westhill, Elrick and Kirkton of Skene. First pick-up from 8:45am, Last drop-off by 4pm.

You must book your journeys on this door-to-door service and can book up to 7 days before travel or 14 days for health-related trips, but no later than the day before travel. To make a booking please call the A2B dial-a-bus hotline on **01467 535333** or email a2bdialabus@aberdeenshire.gov.uk.

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Mon–Fri 9am–5.30pm | Sat 9am–1pm

ATMs IN WESTHILL

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



Out & About

Two Westhill pupils have achieved national recognition in the Rotary Young Environmentalist Competition for 2023, run by Rotary in Great Britain and Northern Ireland.

Following success at local and District competition levels, Eilidh Stewart and Myah Dempster from Westhill Primary School were then awarded second place in Great Britain and Northern Ireland in the Intermediate age category for their environmental project on 'Deforestation'.



Their narrated PowerPoint presentation covered various topics such as biodiversity, the link between deforestation and climate change, habitat loss, extinction of species and finally what we must all do to halt the rate of deforestation globally.

Eilidh and Myah received their trophy and certificates from Mr Angus Munro, the organiser of the Young Environmentalist 2023 competition at Westhill and District Rotary Club.

Our club continues to lead and support community events and the Lazy Sunday Afternoon in June was a great success once again – thanks to the support of Westhill residents and a hard-working team of Rotarians who put the event together. Our twice-monthly litter picks continue – helping to keep the streets, pathways and communal areas of Westhill free from litter. We assisted the Community Council with planting and tidy-ups of our green areas and we were once again helping with the car parking at the Echt show. Our youth committee is heavily involved with local schools organising Rotakids clubs, youth competitions and many other activities to help our children be involved in their community.

June marked the end of our current Rotary year and the start of our new year. Outgoing President Margaret Currie handed over the chain of office to new President Allan Wink at our handover night at the Holiday Inn, Westhill.

Ash Major assumed the post of Vice President and Steve Portelly took on the role of Vice President Elect.



In May next year Westhill Rotary will celebrate its 40th anniversary with a dinner at the Holiday Inn. 40 years of representing the community of Westhill and District by assisting in projects around the world, nationally and right on our own doorstep!

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](https://www.facebook.com/westhillrotary).

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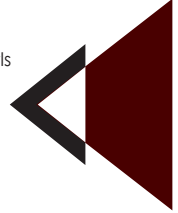
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Want to get involved?

- ✓ **Outdoor work:** gardening, woodland maintenance, composting, bee-keeping
- ✓ **Indoor work:** stripping out, reuse / recycle
- ✓ **Professional-led workshops**
e.g. dry stone walling sessions
- ✓ **Produce Pop-Ups:** firewood & organic food
- ✓ **Join us:** Wed PM / Thu AM / Monthly Sat

Find out more & get involved:

www.camphillwellbeing.org.uk/compass

Follow us: @CWTCcompass



Compass
Craigton Rd, Cults
Aberdeen AB15 9QD

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

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A Voyage of Discovery

Virgin Voyages are the new kid on the block when it comes to cruising and promises to shake things up, with a different take on cruising.

I was lucky enough to be invited onboard Valiant Lady in July and given the opportunity to discover the differences.

Boarding the ship, there was a warm welcome from the crew. My bags had already been delivered to my modern balcony cabin with a hammock.

This is an adults-only, informal cruise with a party atmosphere catering to the young and young at heart, with an emphasis on letting your hair down and relaxing. We set sail with a party on the pool deck with DJs and the entertainment crew, ensuring everyone was dancing and having a great time.

One of the standout features of the Valiant Lady is its food offering. With an astounding 20 dining options, we were taken on a gastronomic journey around the world. There is something for everyone, from Mediterranean cuisine at The Dock to the flavours of Korean BBQ at Gunbae and the six-course tasting menu at the Test Kitchen. There is no cover charge for any of the restaurants.

Entertainment is a departure from what I have experienced on cruising before. The Red Room hosted various performances from dancers, acrobats and comedians. Along with pop-up entertainment throughout the ship, from magicians to drag queens, it's quite an immersive experience. The private karaoke rooms are also great fun.

There are two well-equipped gyms for those who wish to keep active, and all group fitness classes are included. If you want to try yoga or discover what bungee is all about, you can give it a go onboard.

I did the French Daze and Ibiza nights itinerary. What I liked was the time spent in port. We had a full day and night on this cruise in Palma and Ibiza. Allowing you to go ashore and have a full day and an evening out. Virgin Voyages have worked all their itineraries to give you more time in port. For example, in Greece, you have a full day and night in Santorini.

The emphasis on casual luxury and a laid-back atmosphere creates a cruise experience unlike any other. It lived up to its promise of adventure, culinary delights and a fresh perspective on what a cruise can be. I look forward to being back onboard in the future.

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



Heather Reynolds, Travel Counsellors



WESTHILL SENIOR CITIZENS GROUP

I hope that you are well. June was a lovely month but at least you didn't have to water the gardens in July!! Hopefully you have become more confident at getting out and about and meeting with family and friends. I hope you have managed to keep active.

We had our last meeting this term on 8th June with Susan Zappert and Finzean Ukulele Group. We had a lovely afternoon tea provided by Marshalls Farm shop. It was funded 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 2023.

We meet in the Hall at the back of Trinity Church from 2.00pm until approximately 3.30pm. We have entertainment for an hour then refreshments. We have sanitiser and wipes on the tables.

Thursday 31st August – Singers (Sweet Adelines)

Thursday 14th September – Singer (Cat Macpherson)

Thursday 28th September –

Exercises, Bingo, Games

Thursday 12th October –

Dan Greavy (Singer)

The cost for the term (to December 2023) will be £20 per person.

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.

Thank you to all the Volunteers – Mika, Wendy, Moira, Jane, Wilma, Jennifer, Nancy and Shona – who have helped out this past year and continuing to do so in 2023-2024. It makes my job so much easier!

If you need any further information please get in touch.

Contact: **Heather Cook** – 01224 741194;
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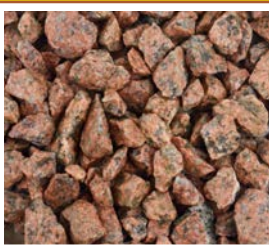
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6 SCOTT SKINNER SQUARE BANCHORY



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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 Monday, Wednesday and Friday 9.45-10.45am and also Wednesday 6.30-7.30pm.
- Westhill Sooyang Do martial art group hold classes for children and adults on Monday 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.

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 held a Fizzy Flycup at Milne Hall, Skene on Saturday 20th May which was a great success and we raised £2501.66, thank you to all who attended on the day.

Our next event was on Saturday 8th July where we had a stand at Echt Show, it was a beautiful day and a very good show, we raised a fantastic amount of £847.39.

We will be holding another collection at Tesco Westhill on Saturday 2nd September, followed by our Macmillan Coffee Morning at Lyne of Skene Hall, Lyne of Skene on Saturday 30th September.

In October we hope to hold another Bingo Night at the Ashvale in Inverurie, please check our Facebook page for more details.

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).

Please follow us on Facebook – [Skene Fundraising Committee-Macmillan Cancer Support](#) to read about these and future 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.

Charity No SCO039907
Alison Troup – 07974 790765



Fundraising for
**MACMILLAN
CANCER SUPPORT**



ASHDALE HALL (WESTHILL DRIVE)

HALL NEWS

We have had great help over several weeks from asylum seekers volunteering around the Hall, doing weeding and our front gardens, laying chuckies and painting our front fence. A great big thanks for all their hard work.

We are hoping to do a study on activities classes that local people would be interested on us putting on.

FUNDRAISING

We are planning fundraising later this year, including a Ceilidh and a Christmas Craft fair and others. But we really need people to join the fundraising committee and help come and organize.

We have applied for funding for Pickle ball equipment and hope to put on some free sessions in the future and have class bookings.

MANAGEMENT COMMITTEE

We are desperately looking for extra local people for the Committee. Please contact the Hall if you are interested.

LAZY SUNDAY

The Lazy Sunday held on June 4th was a great success and another will be held next year.

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.

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

Our monthly market is held at the hall car park and we have stallholders selling fish, bakery items, local fresh meat, pies, vegetables, loose tea, 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, for full details please see the next page and our online timetable: <http://www.ashdalehall.co.uk>. These are also displayed on the Hall noticeboards.

Artie's Singing Kettle is coming to Westhill! Sunday 10th September at 2.30pm.

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**.

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*Are you local? Have great ideas?
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**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 SEPTEMBER 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 1730 – **Free to book for classes or badminton**
1745 to 1830 – Matwork Pilates – Main Hall – Block booking required**
1845 to 1930 – Matwork Pilates – Main Hall – Block booking required**
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
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 0900 – **Free to book for classes or badminton**
0930 to 1730 – Footstars – Main Hall – 9.30am–12pm, 2–2.45pm, 4–5.30pm –
<http://www.footstars.co.uk>
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 1300-1530.**

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 1300 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 Physio Says.....

Strengthening Tips from the World of Dance with SPEAR Physiotherapy

Dancing is something we all do – think the ceilidh at weddings, a weekend party, or even toe tapping along to a favourite song. If we all danced a little bit more, the world would be a happier place. But – dancers in vocational training have comparable, or higher, training loads than athletes in competitive sports like football and rugby. Without strengthening the body in all the right places, injuries, especially in the legs and feet, can force dancers to take time away from the things they love.

Two exercises for dancers – or any normal person!

1. Calf rises

WHY? Strong calves are a must for those relevés up to tiptoes. Our calf muscles also do the heavy lifting to push off from the floor when we walk or run, so strong calves benefit us all.

Dancer – Relevé on one leg and count slowly to 4 on the way up and on the lower. Do as many as you can till you really feel the burn!

Normal person – Standing tall holding on to a tabletop with feet hip width apart. Slowly lift your heels off the floor rising to the balls of your feet. To keep good alignment, think of rising to the second toe. Slowly lower the heels back down.

2. Psoas Lifts

WHY? Your psoas (pronounced “so-as”) is a muscle from your lower back to your hip that helps lift your leg to the front. Yet did you know that a weak psoas has been linked to low back pain and sciatica? As the psoas attaches to the spine, it has the potential to influence spinal stability and healthy movement.

Dancer – Sitting high on your sit bones with your back straight up against the wall and leg stretched out in front. Lift one leg off the ground without tucking under from the pelvis.

Normal person – Sitting on the floor with legs stretched out front with hands on the floor on either side of your legs or slightly behind you. Try and lift one leg off the floor without sinking back at the pelvis. Lower it back down with control. The more you recline back on your hands the easier this will be!

For best results, continue to repeat each exercise till your muscles start to get tired – that’s when you know you’re getting stronger!

Meet your dance physio – Teegan – I am a former professional ballet dancer, but it’s through my current work that I have come to love watching EVERYONE dance. As a physiotherapist I want to get more people dancing and keep them fit throughout.

To make an appointment at SPEAR physiotherapy call 01224 900102 or book online at www.spearphysiotherapy.co.uk.



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We are a friendly social club who enjoy learning new challenges. We have beginners and improvers classes, meeting on Tuesday evenings at 7pm in the Westhill Holiday Inn, from 22nd August till end of November. Come for 3 trial classes at £7.50 each, then decide if you want to sign up for the rest of the term. We also have social dances when they can be arranged.

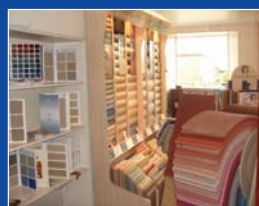
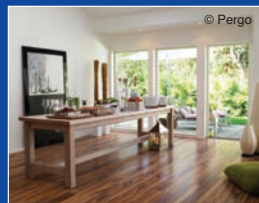
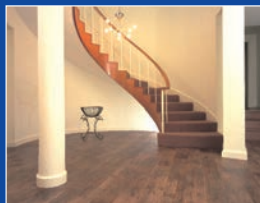
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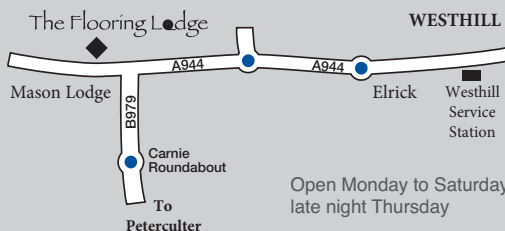
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Tax on Rental Properties

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

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

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Kingshill Parish Church

We were delighted to welcome so many people to our service of union and induction at the beginning of July. It marks a new stage in our life as a church and in the coming months we will be reaching out to the newest parts of our united parish to let them know who we are and what we can offer.

But perhaps it's a good moment to remind everyone of the kinds of ways in which we can be of service and ways in which you can get involved.

It is a real privilege to come alongside families in the significant moments of their lives. From the birth of a child, to getting married, to providing pastoral support in the difficult times, to the death of a loved one. As a parish church we seek to be there for anyone within the community – you don't need to be a member. All you have to do is get in touch and we'll do our best to help.

On Sunday mornings we gather for worship as a church family, taking time out to learn about God and to grow in our faith. If you're curious about what it means to follow Jesus or about what faith means to us, why not come along, and find out for yourself. From 10th September, our worship services will be at 10.30am at Trinity Church, Westhill (which is also live-streamed) and 11.15am at Skene Kirk, Kirkton of Skene. You can find the specific details at www.kingshillparish.com.

Throughout the week we are working with other community groups to alleviate the challenges faced by many in our community. From collecting for the Community Church foodbank, to reducing isolation and loneliness through Warm Wednesdays, to working alongside many to help the recently arrived asylum seekers. We have a strong desire to show God's love in our care for others. And there is always space for more helpers.

August saw the launch of a conversation hub, which will run on Wednesdays to begin with. This is a community initiative, and we are delighted to have had such a great response to it. It is amazing how folks have stepped up to help in lots of different ways.

We continue to receive and sort clothing donations and you find details of specific ways in which you can help at www.kingshillparish.com/asylum-seekers.html. More details on page 46.

New Team Member

Fiona Blair will be joining us on 1st September, with a special joint service of introduction on Sunday 3rd September at 10.30am at Trinity Church. Fiona sends greetings to us:

"Hello, I'm Fiona your soon to be Deacon and newest member of the team. I'm really looking forward to moving up to the Northeast of Scotland. Getting to know you all and walking alongside you in this new chapter of ministry and outreach for us all.

I'm originally from a small village outside Glasgow called Lochwinnoch, I've lived in Edinburgh, on a farm in Hampshire, and most recently in the countryside just outside Beith.

I treasure my family and friends, and helping people realise their own worth is important to me. I live with Holly, a Westie/Pomeranian mix who is nearly 4 years old and full of fun.

Knowing that its God's plan for me to make the move up north and do the job I love is exciting. I'm looking forward to getting to know the area, the people and being part of a team. See you soon."

Fiona

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.livelifeberdeenshire.gov.uk/libraries

What's On?

Do you want to catch them all? Our new Pokemon club will run on the first Saturday of each month from 9.30-11.00am. Join like-minded trainers to battle, trade and hangout. Pokemon Go and The Trading Card Game players welcome!

Our regular activities include Lego club, Scrabble club, Alzheimer Scotland social club, craft sessions, Bookbug sessions, and storytimes amongst others.

To check what's on, visit:

www.livelifeberdeenshire.org.uk/libraries/
and search for 'Westhill' in Events.

Our cabinet needs you!

Do you have a collection you'd like to share with others? Our display cabinet has been home to Harry Potter Lego, Thomas the Tank engines, wrestlers, buttons from around the world, games consoles and football mascots. If you have a collection you'd like to show off in the library, please get in touch.

Need a bin strap for your new orange bin?

Free bin straps are available at the library as well as food waste bags.

Spotlight on:

ANCESTRY LIBRARY EDITION

Interested in researching your family history? Your library membership gives free access to Ancestry Library Edition on our public network computers. Ancestry is a great resource tool which provides genealogical information including censuses, vital records, immigration records, family histories, military records and court and legal documents.

Calling all knitters

We're looking for donations of knitted poppies for the amazing Remembrance Day display at Macduff Kirk. With currently over 13,000 poppies, any poppy donated would be gratefully received. As well as red poppies, we are also delighted to receive purple poppies for animal heroes, black poppies to remember those who gave their lives from the black, African, Pacific and Caribbean communities and white poppies to symbolise peace.

Summer of Play 2023

It's been a busy summer at the library! Clay models, hama bead creations, Van Gogh art project, puppet shows, Osmo and LegoWeDo coding, story sessions, board games, bagatelle and paper aeroplanes... just some of the activities we've been up to. Thanks to everyone who came along and participated, it was great to see you all. We're looking forward to more events over the coming months.

'The more that you read, the more things you will know. The more that you learn, the more places you'll go.' – Dr. Seuss

To see what we're up to, 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)



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, home-made 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.

Open Tuesday to Sunday, 6 days a week
All are welcome





WESTHILL BOWLING CLUB

Here we are in late August, approaching the business end of the bowling season where the accolades and prizes are handed out. It is perhaps a little too early to report on the achievements or otherwise of the season. We are only at the semi final stage of our club competitions so no congratulations to any winners yet but well done to those still with a chance of winning and commiserations to those who have been knocked out earlier.

At the time of writing we sit just off the top of the Bon Accord fours league with two round left to play and 10 points up for grabs. It's going to be tough with our perennial challengers Kittybrewster BC and Whitehall BC, just above us on points but, fingers crossed, we can do it.

In other competitions, after the disappointment of a 2022 final defeat in the Barclay Harvey Trophy, this year we went one better and lifted the trophy, playing the early rounds of the competition all over the North East. The final was held on the Inverbervie Green where we met Kincardine O'Neil. We saw them off quite comfortably. Well done to our team of Craig Burnett, Mark Birnie, Dave Cobban-Shaw, Scott Runcie, Andrew Reilly and Dave Farquharson.



Barclay Harvey Trophy winners

The trophy itself is a magnificent and valuable piece of silverware. We were only presented with the trophy on the night. Thereafter it was returned to its place of safe keeping. So, unfortunately, it isn't on display within our pavilion.

Our triples team of Dave Farquharson, Gary Forbes and Paul Reilly won the local Bowls Scotland area championship and went on to represent us at the Scottish national championships at Ayr. Unfortunately they didn't enjoy too much success but a great effort getting there.



Andrew Reilly and Andrew Thompson in contemplative pose on way to becoming European Champions

European Champions

It was in 1983, 40 years ago, that Aberdeen FC won the Cup Winners Cup and the European Super Cup to become champions of Europe.

But in 2023, Andrew Thomson and Andrew Reilly of Westhill Bowling Club were crowned European Pairs Champions. How good does that sound! **"European Champions"**.

The annual Westhill Open Fours event was held on Sunday 13th August. The event was over the whole day, starting at 10.00am and finishing about 6.30pm. Teams from across the North East of Scotland competed for a cash prize and a trophy. It involved a lot of work as we provided morning and afternoon teas and coffees as well as lunch to all competitors. We also offered them refreshments from a temporary bar on the day. We are once again grateful to Garry Smith and Aberbuild for their continued sponsorship of the event.

The event does help us raise some much needed funds to continue to develop bowling in Westhill.

Bowling is a sport enjoyed by all ages and all abilities. If you would like to give it a try, either as an individual or as a group, please get in touch and we can arrange a taster session. We have plenty equipment available. It could be the start of great journey lifting cups. Perhaps silver, or perhaps only with tea or coffee. If you would like to give it ago, please get in touch by email robert.mutch@btinternet.com or telephone 07562 696193.



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WESTHILL – BIKE CLUB –



Update of Club Activities

We have had a good response from newcomers to our regular club rides during the warm weather this summer, and we are keen to encourage more “beginners” to join us for our social rides.

Social Media

We have updated our Facebook page to make it easier to see when and where local rides are happening; we have also introduced the Spond App, a more efficient way for club members to register for rides and to renew membership.



Christmas Party

Our successful annual Christmas curry night will be held at the famous Echt Tandoori restaurant on the 1st of December. All members are welcome to attend this subsidised party evening.

Cycling Without Age Scotland (CWAS) – Westhill Chapter



As a result of successful applications by the Westhill & Elrick Community Council (WECC) we have now secured funding for purchase of two trishaws, one of which has already been delivered to Westhill for use in our community. We are awaiting delivery of a permanent storage facility at the Ashdale Hall and will soon be offering access to the outdoors to the less mobile members of our community on an improved network of paths in and around Westhill.

We now need volunteers to act as trishaw “pilots” If you enjoy helping people and like being outdoors in your local community, then why don’t you consider becoming a volunteer pilot for the Westhill Chapter. Your commitment could be as little as a few hours per month to suit your schedule or more if you like; full training will be given to those interested. Please contact us by email info@westhillbikeclub.org if you are part of a group who looks after people with mobility issues or want more information, please do contact us. Further details are also available at <https://cyclingwithoutage.scot/>.



Club Rides

Organised club rides for all members usually start from the Westhill Community Church, Old Skene Road, details of all rides are posted on our club Facebook and Spond App with a summary below:

We also have impromptu rides arranged by club members throughout the week. We are actively looking for new members, why not come along for a “taster” session, complete beginners, and experienced cyclists welcome.

- *Saturday and Sunday Morning Social – For all abilities (no one gets left behind and always a café stop)*
- *Midweek Ride on Wednesday – For those who can’t manage weekends*
- *Thursday Beginners – For newer cyclists and those who like a more leisurely pace*

As your local cycling club, we will continue to represent the interests of cyclists to increase and improve cycling infrastructure in this area. ***If you have any suggestions or comments on local cycling, please do let us know. If you are already a club member, we look forward to welcoming you back for some social cycling, if you’re not a member and would like to be, please do get in touch.***



info@westhillbikeclub.org / www.westhillbikeclub.org

Tajuddin's Story



My name is Tajuddin, I live in the city of Aberdeen, in Westhill town in the Hampton by Hilton hotel. I arrived in the UK almost two months ago. I stayed in a hotel in London for a while. And home office sent me to Scotland, where I live now.

When I came here, I didn't have any friends, but now I have many friends, including two very close friends, who are Wahidullah and Arsalan. They are the best of their kind, we ride bikes and exercise together. We didn't know each other before, they came here almost a month after me and we were introduced. I am not very fluent in English, but I can communicate well with the people and the staff at the hotel.

Westhill Community has provided many bicycles for the immigrants so that he can ride a bicycle so that they don't feel alone, and I also repair bicycles. I took it upon myself, if any bike breaks down, I will repair it. I have been introduced three days a week I work where I go there Westhill Men's Shed.

I also contacted the charity organization located in the city of Aberdeen, I asked them to help as we need clothes, boots, gloves, and soccer balls.

And I also have to remind you that the person in charge of the welfare here is Mrs Lewis, who is very kind and very knowledgeable, and who treats all immigrants in a wonderful way.

Clothing Donations – Can you help?

A huge thank you must go to everyone who has kindly purchased or donated clothing for the asylum seekers. As we anticipate the arrival of more individuals and as the weather changes over the coming months, we need your continuing help.



A range of **MALE** clothing items such as warm jackets, jumpers, t-shirts, trousers, gym wear and shoes are desperately needed to help provide the asylum seekers with essential support.

Donations should be in **clean, good condition** and we are looking for sizes **small, medium and large**.

There is also a great need for **new or unused underwear** including, boxers, briefs and socks. These can be purchased via our Amazon Wishlist.

Check out www.kingshillparish.com/asylum-seekers.html for more information.

Scarves, gloves and warm hats would also be greatly appreciated.

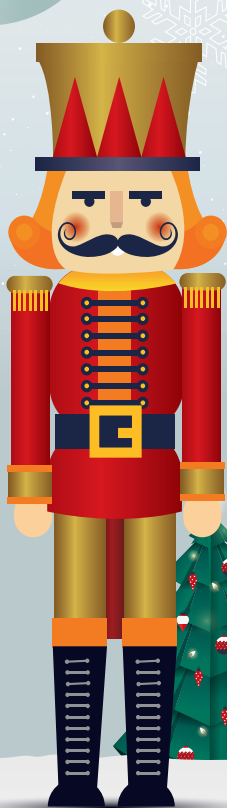
Clothing can be dropped off at Trinity Church, Westhill (Mon/Wed/Fri 9-12pm) or at Westhill Community Church (when the coffee shop is open).

If you would like to make a financial donation, you will find details on our website above. Monies raised will be used to purchase necessary items and provide welcome packs to all new arrivals.



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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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Westhill Tennis Club

The summer has meant that the courts at Denman Park have been well utilised over the last few months with our coaching proving very popular while our social tennis sessions for adults continue.

August is the month where we substantially reduce our membership fees and this year is no different.

Our half-year rates are:

Adult – £40, Family – £80, Couple – £70, Student – £20, Junior – £15, Child – £8

Packages can be found at:

<https://clubspark.lta.org.uk/WesthillLawnTennisClub/Membership/Join>

Benefits of membership include:

- Free court time for members with online booking sheet
- Social tennis sessions for adults on Mondays from 7pm and Saturdays from 2pm
- Coaching opportunities for all members and organised coaching sessions for minis and juniors from a qualified coach
- Entry to the Wimbledon Ticket Ballot
- Social events throughout the season

Our men and ladies have been in action again this season in the North East of Scotland Summer Leagues with the fixtures due to end early September.

Email: westhilltennisclub@outlook.com

Facebook: www.facebook.com/westhilltennisclub

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

Coaching: Vikki Paterson vikkipaterson@hotmail.com

Enjoy your tennis!



Westhill and District Gardening Club

The Westhill and District Gardening Club meet on the third Wednesday each month in the lounge at Trinity Church, Westhill at 7.30pm from September until May. In June and July, we have garden visits and no club in August.

We are always looking for new members to join us and find out about garden and nature related activities going on around the local area and the wider world.

Over the next few months, we have a variety of activities going on.

September 20th – local artist Nicola Seal from Seal Ceramics is coming to talk to us about her work.

October 25th sees the Inter-club gardener's quiz this year we are hosting. The clubs competing are Dyce, Newmachar and Brighter Bucksburn. We wish all the clubs the best of luck.

If you would like any information on the gardening club, please contact:

Press Officer – Pamela Mitchell at mither04@outlook.com or

Secretary – Janice Kennedy at westhillgardenclub@gmail.com.



1st SKENE BOYS' BRIGADE

Our last session of BBs finished with a walk up Scolty Hill followed by a barbecue. Over the holidays 8 boys and 5 officers enjoyed a summer camp at Midmar, where we participated in hillwalking, mountain biking, bushcraft and paddle boarding. Company Section boys then spent a night wild camping.



Our new session will start on Friday 1st September: Anchor Boys (P1 to P3) meet at Trinity Church on Friday 6:30 to 8:00pm, Juniors (P4-6) Westhill Academy 6:30 to 8:00pm and Company Section (P7 upwards) Westhill Academy 7:00 to 9:30pm. We will be delighted to welcome any new faces as well as all the familiar ones. If you are interested, please come along to see if you like it.

On Saturday 2nd September a group of officers and senior boys will complete a 40km cycle from Glen Feshie to Braemar as a fundraiser: we will be delighted to receive any support you can offer.

The Adventure begins here!

Niall MacBeath, Company Captain

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



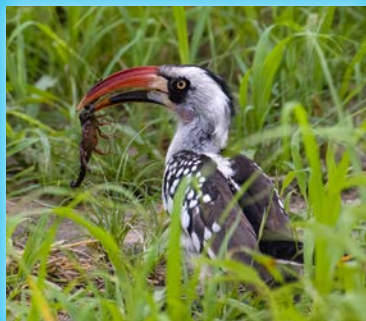
Westhill Photography Club meet at 7–9pm on a Thursday evening, from August to May, at the Milne Hall, Kirkton of Skene. We are a friendly Club that welcome all levels of photographers

from beginners to enthusiastic amateurs. Whatever the level, there is always someone there to lend a helping hand.

We have an exciting new programme planned for the months ahead, including indoor workshops, outdoor meets and talks designed to engage, inspire and challenge our members. As part of our next session we have a fun evening light painting, a trip to the Huntly Falconry Centre and a focus on portraits planned.

As well as our regular meetings we often plan trips further afield. Earlier this year we spent the weekend in Glencoe photographing the dramatic scenery of the west coast. This was a huge success and something we plan to do again in Spring 2024 at a different location.

We are always looking for new members and offer taster sessions where you can come along to the Club for a few weeks before committing to a membership. If this sounds like something you would like to try please email Westhill.Photography@outlook.com.

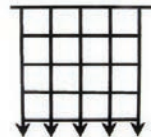




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In February 2019 the Legislation relating to smoke detection in your home changed. All domestic properties in Westhill could be affected.

You need to have the following:

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

The Regulations came into effect in February 2022.

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Garlogie Beam Engine Trust sign 99-year lease for Garlogie Mill

Although Garlogie is only about 5km west of Westhill, it may surprise local people to know that until the early years of the 20th century, there was a woollen mill operating on the site that is now partially occupied by Garlogie Village Hall.

The buildings that remain at the site of the mill adjacent to the hall, contain a beam engine (an old fashioned type of steam engine) that dates from the mid-1830s. This makes it the oldest steam engine in Scotland still housed in its original location. The beam of the beam engine comes from an even earlier engine manufactured in 1805, making it the oldest cast iron engine beam currently in existence. The beam engine was installed as auxiliary power for Garlogie Mill which was built in 1799 and closed in 1904. The mill operated under various owners and in its latter years spun wool for carpets.

Local landowner Lord Cowdray purchased the redundant Garlogie Mill in 1918 and all the buildings except the current Garlogie Village hall and the beam engine house were demolished. In 1923 he installed a hydraulic turbine and a 72kW alternator in a new turbine house to provide electricity for his estate workshops and Dunecht House. The power turbine and alternator last worked in the mid-1960s. The water supply for the turbine was provided by a dam on the Leuchar Burn which discharges from the Loch of Skene. This dam is in the process of being demolished to allow for salmon migration upstream.

The importance of the beam engine and turbine was recognised in the late 1980s when the forerunner of Historic Environment Scotland designated the remains of Garlogie Mill a Category A site, following which Lord Cowdray gifted the site to Aberdeenshire Council in the early 1990s. The beam engine house and turbine house (but not the contents) were refurbished and opened to the public as the Garlogie Museum of Power in 1995. The museum unfortunately closed in 2000 with no plans for reopening.

In 2019 some local friends decided to form the Garlogie Beam Engine Trust (GBET) with a view to making the engine and turbine once again accessible to the public and set about their restoration. The vision of the trustees is to create an important heritage museum where the exhibits can be viewed in operation and the story of the people that built and operated the mill celebrated. After lengthy discussions, a 99-year lease with Aberdeenshire Council for the Garlogie Beam Engine and Power Turbine was signed on Friday 21st July 2023.

For further information, please go to the GBET website at <https://garlogie-engine.org.uk>.

Leofric Studd – Trustee GBET





Community Action Plan for Kirkton of Skene

What is CAP

Community Action Planning is a process by which Aberdeenshire Council supports communities to work on local issues, as identified by the residents. Following a call for volunteers in last year's Westhill Bulletin, a steering group was set up to develop a Community Action Plan (CAP) for Kirkton of Skene.

Survey

During April, we delivered a survey questionnaire to all the homes in Kirkton of Skene and the immediate surrounding area, plus Skene school. This asked residents to tell us what they liked about Kirkton of Skene, and to suggest issues for improvement.

Thank you to the 115 people who responded to the survey, including 24 school pupils!

The questionnaire generated hundreds of comments, among which a few particular themes emerged. To help confirm the most popular issues, the Milne Hall committee hosted a coffee morning in May, at which residents could see the questionnaire results and comment further. There was also an online feedback opportunity for those who could not come to the coffee morning. Between the coffee morning and online, a total of 40 people gave follow up comments. This has helped us to develop a short-list of main themes.

Main themes

The following issues were particularly identified by residents:

- The appearance of our public spaces
- Traffic and road safety
- Paths in the countryside surrounding the village
- Playground facilities
- Activities and events

How will the plan be taken forward?

Progress will depend on community support. In due course, we will seek volunteers to help develop plans for tackling the various themes. Residents will be consulted as plans are developed.

Before we work on specific plans, we need to present the survey findings to Aberdeenshire Council and other organisations which may become involved, such as Dunecht Estate. A CAP summary will then be written up and made available to all residents.

Keeping in touch

We are grateful to Westhill Bulletin for providing this page. Updates on the CAP process will be provided in future editions of the Bulletin and on noticeboards beside the Milne Hall and Bothy 57. We will also explore the possibility of social media.

Meanwhile, if you have any questions/comments, or would like to get involved, please e-mail us on KirktonOfSkeneCAP@gmail.com.

Kirkton of Skene CAP Steering Group



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Compass Directions

Local medical charity, Camphill Wellbeing Trust (CWT), launched Compass in September 2020 to transform the former Waldorf School site on Craigton Road into a centre demonstrating practical solutions for healthy and sustainable lifestyles. Thanks to the support of our **local community** and over **7000 hours** donated by **712 volunteers**, our project continues to grow.



Have you seen us!

Following the successful public vote to **award £38,000** from the Scottish Government's Just Transition Participatory Budget to Compass in January 2023, we are delighted to announce the arrival of our **new 8-seater electric vehicle**. Complete with Compass branding, we will now be able to offer **easy access to the site** for a range of volunteers and Skills for Health [social prescribing] service users. We will also be out and about delivering weekly produce to Tory Medical Practice for residents of the local area to pick up and

enjoy freshly harvested, organically grown produce – **keep an eye out and give us a wave if you see us!**

Further progress has also been made on-site thanks to the amazing efforts of our corporate volunteer groups. Thanks to the enthusiastic attendees, we now have our first composting toilet building in situ as well as more no-dig beds, pathways and rainwater collection systems for the poly tunnel. It was lovely to hear their feedback: *"Really impressive facility... Aberdeen will be the better for it. Everyone was really helpful, nice and keen to share lots of gardening tips including advice on herbs to plant and I will be doing this with the kids all summer. I will definitely volunteer again with the kids in tow and spread the word."*

Produce Pop-Ups:

Take home the latest local, organically-grown seasonal produce harvested from the gardens of Compass. **A full selection of fresh fruit and vegetables** are available directly from Compass as part of our **Produce Pop-Ups: every Thur 2pm–4pm, Fri 10am–1pm and 1st Saturday of the month, 10am–4pm**. You can also find a selection of goods at Murtle Estate outside the Camphill Medical Practice between Monday–Friday, 9am–5pm.



Stop Press!

The refurbishment of our Multi-Purpose Hall is due to be completed by November 2023. We anticipate the hall to be fully open by January 2024 and invite community groups looking to hire a space to get in touch and find out more!

Join us!

If you'd like to learn more about Compass, discover ways to live sustainably and help support a local project, come along to one of our volunteering sessions:

- ☑ **Weekdays: Wednesday** (1.30pm–4pm) or **Thursday** (9.30am–12noon)
- ☑ **Saturdays:** volunteer days take place on the first Saturday of every month (9.30am–4pm).

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.

Pictures courtesy of Paul Glendell



WESTHILL AND DISTRICT MEN'S SHED

make friends, share interests and help our community

Sculpture

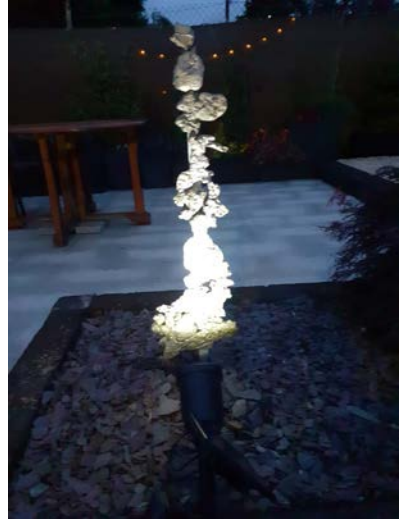
This is a sculpture made by a Sheshedder and put together in the shed. It used to be an alloy wheel.

The first social event since "covid stopped play"!

The shed held a BBQ in August. This being the first tentative step to reopening the social events to members and their families and friends following the covid lockdown. We have limited space and places sold out very quickly.

Tool sale

A tool sale in the Westhill shopping centre will be held on Saturday 26th August. We hope for a good sale to clear our feet before winter. A new container has been added to the shed with the co-operation of the Council so we have space for the increasing amount of equipment we turn over and save from landfill.



Shed operations

We are getting extremely busy with work coming in. Must be doing something right, I guess! We have had to temporarily hold off taking more woodworking jobs in. We have a big backlog. If we can get some more help in the wood shop we can restart taking jobs in. If you know someone who might like to come along, please suggest joining the shed to them. There are other benefits too – you can join in the conversation and make new friends.

There is our bread-and-butter bench refurbishments and making planters. Cala the housebuilder, for example, wants planters for their estates. It puts us in mind of the many P&J newspaper boxes we built. School and Nursery work continues to come in for clothes and shoe racks.

The Community Learning and Development (CLD) have been attending Westhill Men's Shed to show members around their phones and tablets and solve issues. This has been very useful for the members, especially the approach they took of doing individual sessions. So, a thank you to CLD for this – it has come to an end now as the workers move to other places.

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.

SheShed: ladies only, is on a Monday evening from 6pm to 8.30pm. No experience at DIY is necessary, we can teach woodworking from scratch.

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



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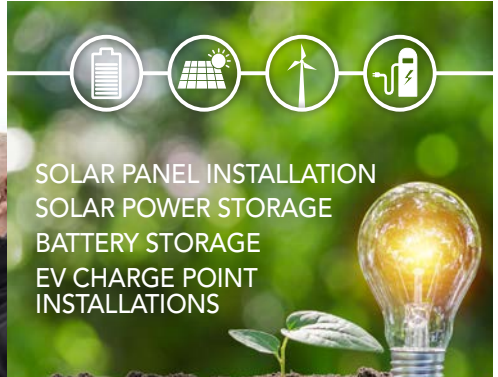
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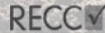
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The summer season saw a tremendous amount of golf played at Westhill Golf Club by members, guests and visitors! Whilst some left with sunburn and others left soaking wet, they all left having enjoyed the challenge and quality of the course. So as always, a huge thank you to the hard-working team who make it all possible.

We have seen a huge number of new members this year and it's really pleasing to see that our ever-improving reputation is catching the interest of keen golfers all over the city and shire region. However, further new members (or even returning faces) are always welcome. As the season turns to autumn keep an eye out for some fantastic membership offers which will allow you enjoy the tail end of the 2023 season as well as all of 2024!

In our summer article I highlighted that the wet winter and spring had left our 4th green struggling. Unfortunately, this continued into the summer and so we are drawing up plans to rebuild this green over the winter period. Whilst this comes at a cost, it is an opportunity to give this fun short par 4 a fresh appearance. Fingers crossed for a kind winter of weather so this project can progress quickly.

Our social membership category has continued to expand over the summer months as the reputation of the Feed Barron for providing a delicious plate of food continues to grow. It's great to see our clubhouse being enjoyed by both those who enjoy golf and those who don't yet see themselves as golfers.

Karen Templeton, Club Captain

Round Table/41 Club/Ladies Circle/Tangent – Round Table Family

The “Family” strives to engage people from the age of 18 years upwards both socially and to help in the community and worldwide if possible.

In the community Round Table organised and provided the Santa Sleigh which was enjoyed by the young children and some of the older persons – money raised went to various groups, some of them had come along to help on the evening collections, or to a local cause which was brought to their attention. To organise the transport, route, rota, music, etc. takes time and a lot of organising due to members work and family commitments, so planning must start very soon. The Gala was another community event which was led by Round Table. Besides these events, social evenings form the main programme of our activities, depending on the members' interests. 41 Club supports and helps Round Table and is open to those older members – a social calendar can help to continue the friendships made in Round Table. Ladies Circle is for females and works on the same basis as Round Table – but both groups can help and support each other.

Round Table/Ladies Circle are international groups and trips in the past have been to Germany, Romania, Switzerland, Holland, France, Iceland and England.

Interested in finding out more – Westhill & District Round Table Facebook Ladies Circle – contact Ann Hudson 01224 740080.

Westhill Paths Group Update

Since our last update in the Chairperson's report in Summer Bulletin, I'm pleased to say that our contractor finished upgrading the 480m section of the Westhill Orbital Trail [WOT] between **Broadshade Avenue** [bus turning circle] and **Westhill Golf Club** as illustrated by these before and after photos.

Improvements were jointly funded by FCC Communities Foundation and Paths for All Ian Findlay Path Fund, through support from Transport Scotland. Thanks must go to the funders, plus Aberdeenshire Council, Stewart Milne Homes and Westhill Golf Club for their support, and to the volunteers and our contractor for the physical transformation.

We ask users to please respect the privacy of local residents when using the path.

Also added in the last year is the cairn at the top of **Mains of Kinmundy Hill**, the highest point on the WOT [reachable from Hillside Road and Crescent] – a great place to rest and take in the fantastic panoramic views. Construction was a joint venture between the Community Council who commissioned it, and the Community Payback Service who crafted it. A plaque on the top shows the direction, linear distance and altitude of most of the hills visible from Westhill – *see the photo on the cover*.



Meanwhile, a core group of volunteers has been extremely busy pruning and strimming over the growing season, cutting back overhanging weeds and branches in many sections of the WOT, particularly at **Lawsondale, Peregrine Road, Silvertrees Drive and at the entrances to Carnie Woods**. Thanks to all. If you'd like to join in any time, please contact Gordon Prentice at prenticeg.wecc@gmail.com.

There will be no letting up in activity over the autumn and winter thanks to upcoming projects at Carnie Woods and Denman Park.

Carnie Woods Path Restoration [1.2km]

Our contractor is due on site week commencing 28 August, with some disruption expected for 6 to 8 weeks. The B979 car park will be closed for the duration for use by the contractor, so, if visiting by car, please use the car park at Carnie Crescent or lay-by at Peregrine Road. New paths between these car parks and their respective entrances to the woods will be included as part of the contract, thanks to additional funding secured recently from Aberdeenshire Council.

The funds raised will restore the main route running west to east from the B979 car park to the Peregrine Road lay-by to a width of at least 1.5m. All boardwalk on that route will be replaced by substantial amounts of type-1 quarry material, and all ditch crossings will be replaced by culverts covered by quarry material. The path will be finished in a layer of compacted quarry dust which will leave a smooth natural surface suitable for all users.

Work to remove and replace the remaining boardwalk with quarry material will, for the time being, need to be planned and undertaken by volunteers. If you are interested in helping with this and haven't previously registered your interest, please let me know.

Denman Park – extension to path network plus additional rest areas

As mentioned in the previous issue, and in our release at the end of May [see website], this exciting project comes courtesy of funding secured from the Scottish Government's Place Based Investment Programme administered by Aberdeenshire Council following a detailed and competitive application process. WECC would like to thank all members of the community who responded to the user survey back at the turn of the year.

The main purpose of the project will be to extend the path network in Denman Park so that there will be two new parkland routes between the town centre and the ever expanding commercial and retail developments on the south side of the A944. There will also be three new bridges, one of which will replace the middle pond bridge, raising it at the same time so that it can be crossed by anyone on wheels. The other two bridges will straddle the burn to allow park users on the one hand, to walk round the pond and in the other case, complete a 1.4km circuit of the park without having to leave the park. New seating, signage and information boards will be included.

The community should benefit from much improved access, surfaces and connectivity, but also a greater choice of routes and rest areas once in the park. Spending time in green spaces is known to enhance physical and mental wellbeing.

A project team, comprising Council officials and members of WECC was formed and met at the beginning of August to walk round the site to agree outline specification prior to the work going out to tender. All being well, we hope to be in a position to award the contract in late autumn. Contractor availability and winter weather will play a part in determining exactly when the work will be carried out. If there is any significant activity before the next Bulletin, updates will be posted on our Facebook and web pages, so please keep checking.

Please note: addressing the ongoing pollution issues within the pond areas is not within the scope of this project, although both the Council and WECC are keen to see these areas returned to being a safe environment for wildlife. Please see separate article on page 4.

A Gordon Prentice *[on behalf of the sub-group]*

British Network International (BNI) Platinum

BNI Platinum is a Chapter within the BNI Franchise made up of a group of like-minded business people. The object of BNI is to find quality business for the members of the group by way of the passing of quality referrals. That is introducing one another to Contacts and providing the type of business they have actually asked for.

We meet every Thursday at Westhill Golf Club, 50 weeks a year; the formal part of the meeting begins at 7.14am and finishes at 8.30am. It is topped and tailed with conversations between the members and our visitors and invariably new business and contacts are made.

Steve Brand, a Founder Member of the Chapter achieved a million pound referral. That's right £1m. The referral was actually for a type of business he did not provide, but his company, G5 Technologies, quickly adapted. Steve often says that sitting in the car before his first ever BNI meeting, as a visitor, he tossed a coin to see if he would go in. Luckily for him it came down on the right side.

However, what if your business has an average sale of £50? That is absolutely fine, we are far more likely to pass you lots of business than to give Steve another £1m contract!

For my money BNI is easily the best means of growth that I can provide for my business. In the twenty years I have been a member I have benefited from over £2m of referral business. Not bad for a firm of 14 people.

If you are looking for more business or would actually like to replace some of the business you already have with quality customers then why not as a first step come along and visit us?

I can be contacted on 07917 215533.

Alan Moir

Westhill Couple Raising the Profile of Kettlebell Sport

Local kettlebell sport athletes Alan Lyon and Carol Forbes founded Garioch Kettlebells in 2013.

The only independent kettlebell training group in the North of Scotland, IKFF UK Master Trainer Alan and Instructor Carol deliver weekly kettlebell sport fitness sessions at Logie Durno Village Hall near Inverurie, which are suited to all levels of fitness with complete beginners always welcome.

Progressively there is the opportunity to take your kettlebell training to the next level by participating in competitions, both home and abroad.

Local, national and international competitions range from traditional 10 minute lifting events, to pentathlon, 30 minute half and 60 minute full marathons.

Utilising single or double kettlebells, the disciplines are similar to those of Olympic power lifting. Jerk, snatch, long cycle to the pentathlon lifts of cleans, clean and press, jerk, half snatch and push press.

2018-19 saw Garioch Kettlebells participants qualify for the Scotland National Team under the banner of Scottish Kettlebell Sport Federation, competing in 3 World Championships, with an impressive haul of 23 medals.

The Westhill couple have taken to the World kettlebell stage on 10 occasions, Alan is current IKMF World Pentathlon record holder (veteran over 40) achieving the honour of Master of Sport World Class in France 2021 and Belgium 2022. Carol earned her IKMF Master of Sport diploma (veteran over 40) last year and previously held the WKSF World record for one arm long cycle 16kg.

With training ongoing for the UK Pentathlon Open, the Garioch lifters are very grateful for the hire of the Westhill Community minibus for their group journey to Northampton in September. The focus then turns towards the IKMF World Championship taking place in Hungary in November.

For further information regarding the weekly fitness kettlebell sport fitness sessions, contact Alan on 07715 270522 or find us on Facebook, Garioch Kettlebells. Free inductions available in Westhill.



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What a fantastic summer we've had at SensationALL!

We held over 36 sessions for neurodiverse children and youngsters including Life Skills, Craft Sessions, Water Play, Sensory Play, Energy Buster Session and Superhero Club. We even had visits from therapy dogs and ponies! New in the summer timetable this year was a bootcamp week of our popular Chill-oot programme which helps those with emotional and behavioural issues learn vital coping strategies to build their resilience and confidence.

To support the whole family, we ran several play sessions where the parent/carers and siblings could come along and enjoy time together in a relaxed environment. In addition we had some information sessions when parent/carers could speak to staff about the challenges they face while the children were being looked after in our soft play and sensory rooms.

We also continued our training events during the summer with the 'Beyond the Label' course for professionals who want to learn more about neurodiverse conditions which was held at our Belgrave Centre in Rosemount.

Sadly, we have seen an increase in youths coming into our back garden and leaving behind their empty bottles, sweetie wrappers, used vapes, etc., and on one occasion, causing several hundred pounds worth of damage to some children's play equipment and our seating area. The vandalism was reported to Police Scotland who have been doing checks on our building to discourage any youths from hanging around. We have also had to pay out hundreds of pounds for additional CCTV to try and deter any incidents like this happening again in the future.

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**.



Your Local Buddhist centre:
Varapunya Meditation Centre
www.varapunyacentre.com



The 7th year 'Interfaith Mindfulness Day' on the theme 'anxiety' was held on 20th May at the Varapunya Meditation Centre. Anxiety is a continuous thought process, in our mind or 'head', which is often referred to as the 'talking head', 'chatting mind' etc. One of the main reasons for our experiencing this thought process is our tendency to re-think the past and worry about the future, what might be and might not be. It is often the fear connected with future expectations that amplifies worry and creates anxiety. One of the best remedies is meditation. Meditation helps to recognise the nature of thought and how to work with our thoughts. It is not about being free of our thoughts but 'working' with them. Seeing that they have no real substance and, anyway, they are impermanent, come and go and pass away.

'Past is history.' There is no magic spell that can undo it. Learn to accept and respect that reality, present in our thoughts, but not keep it as a burden. The 'future is a mystery'. No one knows what will happen in the future, even in the next few hours. One must learn to accept the 'certainty of uncertainty, to some extent, in our future. Lastly, the 'present moment is our master'. It is not the plan that is essential but working on the plan in each moment to get where we want to be. That is the mind process or 'training' that is meditation.

Practical guide: first, try to develop a sense of appreciation of little successes and those things to be grateful for, learn to spend time with those who help you smile more and feel happy, learn to pay attention to the 'breath', observing the breath for even a few moments will help you be calmer. Finally, try to remember that nothing is same as it was, even just from yesterday. Everything changes. Be aware of disturbing thoughts, notice them but without 'owning' the thoughts, without judging or 'taking them in' – leave that mental baggage behind! The Buddha said:

*“Gradually, gradually, a moment at a time,
the wise remove their own impurities as a goldsmith removes the dross”.*

The Varapunya Meditation Centre is an established Buddhist centre near Westhill for learning meditation, the Buddhist way of living and connecting with like-minded people. It is open to anyone who wishes to learn and practice. Teachings, courses and classes are free. We run on a donation basis only.

- Daily Chanting at 7am and 7pm – contact centre to attend.
- Weekly meditation at the centre on Wednesday 7-9pm, no booking required.
- Weekly online meditation on Wednesday 7:45-8:45am – contact meditationatvmc@gmail.com.
- Monthly in person meditation at Aberdeen Health Village, last Monday of month.
- Monthly online meditation on 2nd Monday of month at 1-2pm – contact for details.
- Also if you would like to learn practical meditation skills on one of our courses starting late summer please contact meditationatvmc@gmail.com.

Current Project:

On 28th May we also organised a very special blessing and 'ground-breaking' ceremony and installed a time capsule for a new Meditation Hall to accommodate those who are enthusiastic to learn meditation and/or the Buddhist way of mindful living. We are raising funds for this cause and look forward to whatever support you may feel able to give. Our next special event is the annual Kathina Robe offering on Sunday 5th November.

You are welcome to visit us, preferably contacting us beforehand as we are sometimes away. We also welcome volunteers for general garden and maintenance support. If you have some time and wish to help, please contact us at Easter Mains Cottage, Kingswells, Kinmundy, AB15 8RB.

Facebook: [Varapunya Meditation Centre](https://www.facebook.com/VarapunyaMeditationCentre) | Website: www.varapunyacentre.com | Email: varapunya@gmail.com



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Church Office

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

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

Food Bank

Contact the team on 07379 836380 or email foodbank@westhillcommunitychurch.org

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C.S. Lewis

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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)

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We have continued to celebrate the group's 50th anniversary this year, with a number of events.

Our all-section camp at Templars at the end of May saw around 140 Beavers, Cubs, Scouts and Explorers come together to enjoy a weekend of activities to help them earn their Chief Scout badges.

Excellent weather made for a memorable and fun weekend. All young people camped under canvas and each section developed their own programme of activities. Our young people enjoyed treasure hunts, games, pioneering, fire lighting, camp fires, an assault course, and many other activities.



In June a 50th anniversary oak tree was planted with the help of Mrs Easton, who started the first Westhill cub pack in 1973. It was a delight to hear about the early beginnings of Westhill Scout Group and discuss how much the group has grown and developed in fifty years. Our new pollinator hedge and signage was unveiled and Counsellor Ron McKail officially opened our refurbished workshop facilities.

In April our equipment trailer was stolen during the Easter holidays and sadly it has never been recovered.

We are now looking to replace it and invest in additional security measures to avoid a repeat incident. These are costs we didn't foresee or plan on. If anyone would like to contribute by way of a donation a fundraising page has been set up <https://localgiving.org/donation/1st-westhill-scout-group/start>.



We are committed to providing young people with #SkillsForLife, which is open to all. Our subs are kept at a level that helps contribute to costs but is affordable for all families in our local community. Any contributions made from the wider community will enable us to continue to offer memorable experiences to all our young people.

Over the summer, two of our Explorer members, Sarah Jane and Matthew, attended the World Scout Jamboree in South Korea. As many will have read, due to several issues the jamboree changed format, however with a revised programme put in place, all UK Scouts had a great time in Seoul.

Among their highlights was a visit to the Demilitarised Zone at the border of North and South Korea, an evening visit to the Seoul Tower, visits to museums and palaces, holding a ceilidh. They also enjoyed speaking to South Korean residents and Scouts from other nations and cultures. They had an amazing time and wish to thank those who supported their fundraising.

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



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Westhill Walkers

Open to all no matter what your age or ability

Our recent walks have included Mount Battock, Corgarff, Loch Kinord, Glas Maol and Creag Leacach (munros), Seven Brigs at Ballater and Lochs Wharral and Brandy from Glen Clova. Unfortunately our traverse from Glen Esk to Glen Tanar had to be cancelled for logistical reasons but our long walk from Spittal of Glenmuick to Glen Doll and back will hopefully have gone ahead at the end of August.

We walk on alternate Sundays throughout the year with a choice of walks during the summer months. New members will always be made very welcome. 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.

3 September	<i>Mayar and Driesh from Glen Doll/Glen Clova via Corrie Fee – 9 miles</i>
17 September	<i>Portsoy to Cullen with possible extension to Portknockie – 7/9 miles</i>
1 October	<i>Bennachie traverse and circuit from Bennachie Centre – 9 miles</i>
15 October	<i>Coyles of Muick and Linn of Muick circuit – 8.5 miles</i>
29 October	<i>Deveron Valley from Milltown of Rothiemay via Red Hill – 7-7.5 miles</i>





Making room for music as singing group moves to Garlogie

An Aberdeenshire singing group has moved to a new location after an influx of new members.

Albacappella, a ladies' four-part harmony chorus, has moved its rehearsals to Garlogie Hall, having previously rehearsed in Peterculter. The award-winning group has grown in numbers following a successful recruitment campaign earlier this year, and its previous rehearsal hall was too small for its swelling numbers.

The chorus, which sings traditional and modern songs, is part of the Ladies' Association of British Barbershop Singers and is preparing to compete in the Association's national competition taking place in Harrogate in October.

Chairperson Sylvia Sanguinetti commented: "We enjoyed rehearsing in Peterculter but needed more breakout rooms for small group practice, so the Garlogie Hall is a fantastic new venue. Our members come from across Aberdeen and Aberdeenshire, so the location is perfect for us. We are a small and friendly group of ladies, ranging in age from young women in their 20s to our mature singers in their 70s.

In Peterculter we welcomed many local ladies to our chorus who enjoy singing and hope women in Garlogie and its surroundings will come and join us too. We do not ask for any experience – just a love of singing and a sense of humour!

We are loving our new rehearsal space and hope to share our music with the local community soon."

Albacappella rehearsals take place on Wednesdays at 7pm until 9.45pm at Garlogie Hall, Garlogie. The chorus is available for events and celebrations, with a full repertoire. For more information visit www.albacappella.co.uk.

USEFUL PHONE NUMBERS

Aberdeenshire Council

All Enquiries	0345 6081208
Air Training Corps.....	01224 749151
Ardene House Vets.....	01224 740700
Ashdale Hall	01224 740137
Boys' Brigade	01224 742262

Childcare

Breakfast Club; After School Club; Holiday Club	07770 943723
Schools Out Club (Old School House).....	01224 465202
Church of Scotland Minister ..	01224 745955
Citizens Advice Bureau.....	01224 747714
Community Centre.....	01224 472874
Community Mini-bus.....	07989 637461

Dentists' Surgery

Abercrombie Dental Practice, NHS – Abercrombie Court, Prospect Road	01224 745447
Business, Private – Ashdale Drive.....	01224 742513
Westhill Dental Practice, Old Skene Road.....	01224 741339
Doctors' 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
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Childcare Info	0800 2983330
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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@scotland.police.uk
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Primary Schools

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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 6018 855
Westdyke Leisure Centre	01224 743098
Westhill Bowling Club	07562 696193
Westhill Community Church ..	01224 737380
Westhill Men's Shed	01224 917345

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