

cumming north

Autumn 2022



In this issue:

NORTHFIELD POOL

YOUTH HUB

WAYS TO KEEP WELL

www.shmu.org.uk/press



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Welcome to another exciting edition of the Cumming North magazine.

Thanks again to all the contributors – we are incredibly grateful to everyone who submits articles and photos for the magazine. In this edition we focus on your wellbeing. Read on to discover community initiatives, services and ways to keep well.

You will also find a fabulous history piece and an assortment of quizzes to keep you thinking.

Fancy joining in on the fun? Our editorial team is always on the lookout for local people to get involved. There are a number of ways you can get involved, such as, taking pictures, sending us a story or information gathering. Or perhaps you would also like to join the editorial committee and take part in planning and producing the magazine.

Do you have a story to tell about Cummings Park or Northfield? Whether it's a historical piece about the area, a story about your time in the community, a group you're involved in we'd love to hear it! We're always looking for more people to get involved in the magazine.

Please get in touch with **Rose** at shmu on **07752586312** or email **rose.ross@shmu.org.uk**.

You can also get in touch with us via our new **Facebook** page - look up **'Cumming North'** and hit that like button!

You can be reassured that our distribution company is taking every measure to ensure they are delivering your magazine safely and within government guidelines.

Cumming North is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

Supported by



ST MACHAR CREDIT UNION

Northfield CREDIT UNION Point in the Community Thursdays 9.30 am to 10 am BEEHIVE / NORTHFIELD COMMUNITY CENTRE, Byron Square, Northfield, Aberdeen AB16 7LL

Seaton CREDIT UNION Point In the Community Fridays 10.30 am to 11.30 am S.T.A.R COMMUNITY FLAT, 14E Seaton Drive, Seaton, Aberdeen AB24 1UX

Look out for promotions for opening Junior Savings Accounts, Facebook Competitions, Event Draws like at our Annual General Meeting (AGM)

To open your own St Machar Credit Union account, bring along identification of who you are, where you live and proof of your income. Start your credit union pay-in plan, as once you start your savings you also have access to loans based on your affordability. You can also open Junior credit union savings accounts for your children or grandchildren. For more information contact the office and ask for Jodie or Michelle or look at our website stmacharcreditunion.co.uk

Annette's review "As a disabled person I needed a mobility scooter as I was more and more isolated, if it had not been for a loan from St Machar Credit Union, I would never have had the funding to buy one. It has changed my life so much, not just with the mobility part of it but being able to reconnect with people, attend groups, and build up my self-confidence. And being able to save money while paying off my loan at an affordable rate is ideal. Even visiting the office, you are made to feel welcome by all the staff who can't do enough to help you. Would and do recommend joining"

ST MACHAR CREDIT UNION main office 433 Great Northern Road, Woodside, Aberdeen, AB24 2EU

OPENING TIMES

Monday to Friday 9.30 am to 3 pm (Wednesdays close at 12.30 lunchtime)

Phone (01224) 276994 Email f-credit@fersands.org

Facebook [yourcreditunioninaberdeen](https://www.facebook.com/yourcreditunioninaberdeen)

Website stmacharcreditunion.co.uk

Boogie In The Bar Dates and Times For 2022

If you fancy a Boogie in the bar, there is plenty of opportunity! Sunnybank football club and the Abbot Lounge in Kincorth are host to Boogie in the bar events.

Boogie in the bar is an opportunity to have a good dance for those who can't or don't want to stay out too late! Sunnybank Football club host the event on Fridays and Abbott's lounge in Kincorth, on Thursdays.

These are the dates for the rest of the year!

Friday 2nd September – 12-2.30 pm

Thursday 25th August – 12-2pm

Friday 7th October – 12-2.30pm

Thursday 29 Sept . - 12-2 pm

Friday 4th November - 12-2.30pm

Thursday 27th October – 12-2pm

Friday 2nd December – 12—2.30pm

Thursday 24th November – 12-2pm

Thursday 22nd December – 12—2pm

You can also have a boogie in the comfort of your own home, tune in to Boogie In The Living Room on shmuFM 99.8FM on Sundays 9 - 11 AM with Dave White.



CUMMINGS PARK COMMUNITY FLAT

We were delighted to meet some new people this term. We had a visit to shmuHQ where we met with Kirsteen, who was kind enough to show us round the amazing new premises. Meeting Rose and having her come along to the flat to support the volunteers with the Cumming North magazine has been a delight. If anyone else would like to join the magazine editorial team, they would be made very welcome. Your ideas and input are very valuable.

We welcome back Councillor Gordon Graham who is going to offer a surgery within the flat every second Thursday of the Month, starting on Thursday 8th of September at 12.00pm. Come along and say "hello" and discuss issues that are

affecting you.

A session on energy saving with Diane from Home Energy Scotland was very informative. If more people want to find out how to keep themselves warm over the winter months, we could arrange for Diane to come back.

Bea and Elli from ACVO have been great sources of information and we continue to appreciate their support.

Nicky from CFine continues to provide information around food outlets and pantries.

Theresa from Pathways is at the flat every Thursday. If you need back to work advice, please get in touch with her on 01224 682939 or call us and we will pass your details on to her.

Wayne from Adult Learning is supporting people into Literacy and Computing classes within the flat. Contact us at the flat, or the adult learning team on adultlearning@aberdeencity.gov.uk if you are interested in Adult Learning Classes. Classes are being offered throughout the city.

Give us a call on 01224 681357 if you would like a chat, if you have ideas on group activities and can spare a couple of hours to lead or take part in a group, or if you would just like a little company and a cup of tea, please get in touch. dosim@aberdeencity.gov.uk

Donna Sim

Hello all, Mrs Meadows here!

Well, we have had such mixed weather lately, haven't we? It could be bad for the garden as the plants are drying out and weathering. Crops are not growing as they should. Berries are being taken by the birds.

However, we had a very good crop of strawberries over the very hot and dry period which meant the slugs and snails were not out to eat them. Apples, pears, and gooseberries are doing well now that the rain has arrived.

The garden assessors are visiting the community garden on the 24th of August, and we hope to get a glowing report.

If you want to learn some tips and gain some advice about growing fruits, vegetables, flowers and/or herbs, I would be delighted to share my knowledge. You may well have seen me in one of our gardens. Please come and say hello.

Cummings Park Community Flat.

122 Cummings Park Drive

Aberdeen

AB16 7BB

01224 681357

FROM ALL OF US

A big thank you to Pat for her continuous dedication to the flat gardens. This lady is amazing. We are truly grateful for what she has done for our gardens and for the community. She hates a fuss so we will say no more.

We thank Jim for coming to help us every week with digging, planting and clearing our garden, as well as helping a local lady with her garden. Thank you, George, for making our bug house, making the garden path edging, providing, and upcycling our seats and providing support for the bird house (and Theresa loves her hedgehog house). Thank you to Heather for helping to fix our greenhouse and to Mark and Gary for cutting our grass at the start of the season.

We would like to show our gratitude for the help and support provided by Willowdale staff and volunteers. What they have helped us with, far too many tasks to list, is exceptional. We truly appreciate the difference they have made. Thank you!



QUEST FOR COMMUNITY

By Sean Small



People have inhabited the lands of what is now known as Scotland for more than 9000 years. Initially, the first visitors would arrive in the summers to fish, hunt and forage the fertile lands. Two thousand years later, the visiting peoples of continental Europe settled down and called these lands their home. The first peoples to live in Scotland were small tribes of family and close friends. Life was structured around the needs of the community. Each person played a critical role of the continuation and survival of the community. The elders established laws, social structure and provided education. Farming was introduced to Scotland around 4000 years ago. While the change in lifestyle fundamentally altered the way that the people of Scotland lived, the community remained an important feature of everyday life.

Fast forward to one hundred years ago and we find ourselves in the industrial era. The Industrial Era once again transformed the way we live work and interact with one another. However, in comparison to the previous times, one difference is that the Industrial Age gave birth to the Age of the Individual. Individualism enabled more freedom in terms of how we choose to live our lives. But

it decreased the need to interact and cooperate with other people to the same extent. Writing in the 1950s, the sociologist Robert Nesbit raised his concerns about the impact that capitalism and individualism would have on community life in his book *The Quest for Community*. Only very recently have we begun to see the human cost of individual freedom. We are more isolated, depressed, neurotic, and disconnected from each other and the natural world than ever before. The main reason being, we depend on meaningful social interaction for emotional and physical wellbeing. In this article, I want to share with you some of the reasons why engaging in community-based activities can help to not only improve emotional wellbeing but help ignite a sense of community spirit.

There is strong evidence to suggest that engaging with your community helps to improve self-esteem and sense of self-worth. In his bestselling novel *Tribe*, Sebastian Junger writes that while working as a war journalist in war torn Afghanistan, he found that levels of crime fell. Junger also found that during the devastating events of Hurricane Katrina, despite the news reports of looting and crime, the evidence actually showed a marked decline in crime and

increase in social exchange. These events were an equalising force. During the time spent in and New Orleans and Afghanistan, Junger found that people from distinct social, cultural and economic backgrounds worked together to survive. Rich or poor alike, the people of these communities worked together for a common purpose. However, it is possible to achieve the same results without the need to have to experience war or natural disaster.

By engaging in community-based activities, you can help to reimagine and rebuild a thriving community. It is also known to boost self-esteem and a sense of self-worth. Community based work also provides a sense of belonging which is key to good emotional wellbeing. It also gives the opportunity to learn new skills and a sense of being in the present moment. Last but not least, engaging in community-based activity offers the opportunity to give to those in need. By working together for a common purpose, it is possible to improve the quality of life for all who live in the community without social exclusions.

If you would like to learn more about the issues raised in this article, I strongly recommend *The Quest for*

ways to get involved in your community

There are so many different ways to get involved with your community, and there is certainly no shortage of organisations in the area looking for participants to get involved! Whether you are looking to get involved with your community to try new things, build more skills, or get to know the area and your neighbours, there are many ways to get stuck in.

Donate resources

One key way to help out in the community is to donate your resources to community causes. Times are tough and hitting people harder and harder. Many who were once able to give what they could manage are finding that they can no longer manage that and be able to provide for themselves and their family.

If you are interested in donating to community causes but understandably cannot spare

anything material, don't be disheartened. Time is a valuable resource.

If you can spare any small amount of time to help out in your area, by volunteering, do so.

Volunteering

There are many places from the Northfield Community Centre, Cummings Park Centre or Cummings Park Community Flat in the area to volunteer at.

There are also a multitude of ways to volunteer. From volunteering an hour or two of your time at an event, helping at a foodbank or volunteering your services to teach a group, if you have a skill or craft that could be passed on.

Join Groups

There are plenty of established groups in Northfield and Cummings Park that are available to join. Joining

groups is a great way to meet new people and build friendships and while trying new things or building skills.

Why not get in touch with the various community venues and local places of worship, to find out what groups they run and how to join!

Key contacts

Donna Sim – Cummings Park Community Flat - DoSim@aberdeencity.gov.uk - 01224681357

Jacqui Innes – Northfield Community Centre - 01224695416 - jacqui@northfieldcommunitycentremc.org

Cummings Park Centre - cummingsparkcentre@aberdeencity.gov.uk - 01224694060

Middlefield Community Project - 01224697000

why is shmu not mentioned here?

better
Together



Northfield Community Centre Art Group

There are many fun groups which run at Northfield Community centre, the Craft Group which runs from 10am -1pm on Wednesday's is just one.

The craft group is open to all in the area, of any level of ability, the attendees tend to please themselves, crafting away on their own projects, sharing tips and tricks, sometimes working together on projects.

Loma, Isabelle and Hazel have been working on Decoupage trinket boxes recently but have tried their hand at painting, candle decorating and plenty of other arts and crafts.

The group is also known to turn into a right good catch up, the sessions had to be extended to accommodate some time getting distracted blethering, before the crafting begins.

"It's more of a chat and art group, a chat group! We talk about anything and everything. It's nice to have a chance to talk to people and keep up," said Isabelle.

"There is no instructor, we are free to do our own thing and we can get hints and tips from each other."

The group have recently received a grant to spend however they like,

they have thought about the different equipment which may be useful such as new paints and brushes. Or even getting an instructor for some sessions to help build their crafting skills.

Get in touch with Northfield Community Centre if you'd like to join the group or if you have any crafting skills you could teach the group! You can email admin@northfieldcommunitycentremc.org or call 01224 695416.

Get active @ Northfield

The new swimming pool and Gym are prepared to open in late August.

Located on Kettlehills Crescent, AB16 5TL, the new facility will include, gym sessions, fitness classes, swimming lessons, Public and family swim sessions as well as Health and wellbeing support.

The 'Get Active 2' fitness membership gives members unlimited access to all gyms, classes and public swim sessions across all Sport Aberdeen facilities.

There are a variety of types of memberships on offer.

Visit sportaberdeen.co.uk/northfield to find out more.



Needs a title

Now summer is almost over and Autumn will soon arrive, it's a when nature begins to fall back and prepare for winter. I of course do not just refer to the changing leaves on the trees, I am fortunate to have a nature garden in which not only the birds and bees are present but also a range of creatures from beasties to passing badgers.

The most visible on the ground is our resident hedgehog, or bog the hog as we call it, this year as in the past we have hoglets, we need to be careful if strimming and mowing as not to harm or disturb them. They devour all sorts of bugs and our garden

is "snail heaven" so a plentiful supply seems on hand but extra food is always welcome as they need to fatten for winter, and hibernation.

However, if too small they will not hibernate and with no fat reserves will perish, we have field mice aplenty, fortunately they do not come into the house, water is an essential for all birds and beasts all year round so a clean supply is needed, take care of the nature you see, it is their home too. Enjoy

Mike Middleton



Pathways in Cummings Park

Meet Your Pathways Keyworker – Theresa McKay

Theresa is part of the experienced and dedicated team of Employment Keyworkers at Pathways, working in the Cummings Park area.

Theresa joined Pathways in 2013 but prior to this she was already gaining experience in the field of employability.

In 2007 Theresa became the Training for Work Co-ordinator Support Training / Lifeskills where she helped a lot of people gain valuable skills on their way back into work. As part of her role, she was also a tutor and invigilator for ECDL and Microsoft Word Specialist courses. Other courses delivered by Theresa covered topics for the hospitality and retail sectors

as well as general employment courses helping with creating CV's and running Interview Skills Workshops.

Theresa brings all this experience to her role as an Employment Keyworker with Pathways, where she helps clients to create CV's, job search, completing online applications and coaching through interview techniques.

If you would like to meet Theresa to discuss your employment options, please call her on 01224 682 939 for an appointment in your local community.

Connecting together

Local MSP Jackie Dunbar Visits Hamewith Lodge

Hamewith Lodge was visited on Wednesday afternoon 3rd of August by local MSP Jackie Dunbar of the SNP.

During the afternoon residents had a chat with Jackie and have discussions with her. The event was a lovely opportunity for the residents to come together and socialise while being able to meet with their representative in Parliament.

Activities coordinator Colin commented – it is great to have Jackie along, promoting opportunities for care home residents and staff to meet with the government and build relationships is key for helping Care to thrive. Working together we hope we can help build up our residents and each other as we work together as an industry.

little filler here?

Community Updates

New post office facility to open in Byron Square.

It's Been a few months since Northfield's post office counter in the Spar was closed. But Good news another shop is to provide!

A Post office Service for Northfield the Premier shop in Byron Square will have part of its premises turned into a post office counter.

This should be ready to open Around the 19th of September, is good news for all!



Getting recycling right

Aberdeen City Council opened its Materials Recovery Facility (MRF) and introduced the new recycling service in 2017. Household recycling rate has risen from 38.8% to 49%. Whilst this is good news, we would like to improve this and we need your help to do so.

Please consider whether you can recycle an item before you put it in your waste bin.

What can I recycle in Aberdeen?

Whether you use your own wheeled bin or a communal bin you can recycle the following:

- Glass bottles and jars;
- Plastics bottles, trays and tubs – all colours;
- Paper and cardboard;
- Metal tins and cans, including empty aerosols, foil and foil trays;
- Food and drink cartons.

All recycling should be free of food and rinsed.

What items are non-recyclable and should go in your waste bin:

- Plastic bags or bin bags – think about reusing plastic bags
- Plastic film
- Mixed material packaging e.g., crisp packets or crisp tubes
- Bubble wrap - reuse for parcels especially closer to Christmas
- Food waste - use your food waste bin for this
- Polystyrene/foam trays - use these to fill the bottom of plant pots to help drainage instead of rocks
- Nappies – please put this in your general waste bin or invest in reusable nappies for an improved environmental impact.
- Drinking glasses/Pyrex

Plastic plant pots - return to your garden centre for re-use

To find out more about what happens to your recycling after it gets collected, take a virtual tour of Aberdeen's state-of-the-art sorting facility <https://www.youtube.com/watch?v=C6XhtWgWQXQ>

Aberdeen residents can also now apply for Garden Waste permits for their brown bin for 2022 to 2023.

This permit costs £30 and covers fortnightly collections of two bins of garden waste for the year. For an extra £30, residents can apply for a third garden bin.

Apply for a permit via Aberdeen City Council's website.

Brown bins can still be used for food waste only, without a permit.

Gordon Graham

Things are getting back to as near normal as possible and it's great to be out and about and enjoying more freedom. The Last few years were extremely hard for residents with the lock downs and struggles to get repairs and other services.

I realize that the next few years are going to be tough and that we must deal with higher food prices, gas and electric going up as well as other costs. I will do my best to highlight concerns and put pressure on the government help the low paid workers and people in need.

I have now managed to arrange face to face surgeries and posters will soon be displayed throughout the community to advise people. In the meantime please note these times.

Mastrick Community Centre
- 1st Tuesday of the month at 1.00pm.

Cummings Park Community Flat -
2nd Thursday at 12.00noon

Northfield Community Centre -
3rd Tuesday at 6.00pm

Middlefield Community Project -
4th Thursday at 12.00noon

If people have any pressing matters, then I can be contacted at the email address and telephone number below.

I am due to attend Northfield swimming pool to see how progress is going however this will be too late to update you in this issue, the positive thing is that it should be open by the time you read this.

Despite sending numerous letters, I still have no answers to report in regard to Proposed New Health Centre/Doctors Surgery at Greenferns/Healthy Hoose Manor Avenue. Having written to the Scottish Government asking for their assistance in this matter and not

getting a response, I have enlisted the help of Michael Marra MSP.

We went along to the Hub and listened to the concerns of people and how hard it is now to get services that were easily accessible previously. Together Michael Marra and I will work hard to ensure the Scottish Government and Grampian Health Board keep to the promises made to people in the area and we get the services we deserve and once enjoyed.

As promised work has been completed to improve Byrons Square such as the pavements in front of the shops and the car Park. I will be having a tour of the square with council officials, and I will advise through the next edition.

Gordon Graham
ggraham@aberdeencity.gov.uk
tel 07736329751

half page filler needed here

Musical Memories

Musical Memories
shmu FM – Tuesday's 2-3pm

Musical Memories is a radio show on shmuFM that is designed for the elderly in our communities.

Residents and staff in Care Homes, Sheltered Housing and Day Centres can send in a list of requests to be played on a Tuesdays 2-3pm.

Each show requires around 15 songs and booking a show is easy. Just send a list of requests with a contact

name and number and we will be in touch to let you when your show will be on air.

Hosted by Dave White, Dave is always looking for song requests, if you'd love to hear a certain song, don't hesitate to get in touch!

Contact the station on 01224 515013 or email davewhite007@hotmail.co.uk to send request or to find out more.

Ukrainian Refugees

Many of shmu's various strands have had the wonderful opportunity to attend Rosemount Community Centre to meet with and deliver sessions to Ukrainian families who have landed in the city.

The Rosemount Community Centre have been host to a weekly event which allows refugees to access help, support and a chance to discover Aberdeen's organisations.

shmu's employability team have been to the centre a few times to deliver a give support and employability advice. Laura and Alison also held a fantastic CV workshop which had a great turn out and allowed them to further support some of the Ukrainian women looking for employment.

The strands shmuPRESS, FM and TV have also delivered media tasters, to give the event goes an idea of what shmu can do and how they can get involved. The creative bunch were keen to try using some of the equipment such as the podcast kit, they enjoyed discovering what it would be like to have a radio show!

We are looking forward to having them join the shmuCREW and welcoming them to Aberdeen.



DAVE'S QUIZZES

BIG 20 QUIZ

- 1-- What is the longest river in Australia?
- 2-- If a river has a meander ,what does it have?
- 3-- In which river was Jesus baptized?
- 4-- Name the country the Rio Grand river forms a border with?
- 5-- What year did Scotland's second oldest university Glasgow open?
- 6 – Who claims to have the oldest golf club still in use today?
- 7 – In 1958 the worlds first first traffic cones were made where in Scotland?
- 8-- Where in Europe will you find the last private boatbuilders making traditional craft?
- 9-- Who sang the song – Bridge Over Troubled water?
- 10-- Freddy and the Dreamers & The Hollies both come from which city?
- 11-- Which city is the proud home of The Barrowlands?
- 12-- Judith Durham was lead singer with which Australian folk group?
- 13 -Prior to the advent of oil Aberdeen was famous for what?
- 14- Aberdeen's Astoria was what type of entertainment place?
- 15- Aberdeen was once known as The Silver City with the –WHAT?
- 16 – What took place at The Heading Hill opposite Castlehill?
- 17 – What nickname is given to people from Newcastle (keep it clean)?
- 18- Who produced the first ever canned salmon?
- 19- What is the oldest Burgh in Scotland (1066)?
- 20- Who boasts Scotland's oldest repertory Theatre?

Bonus Question -

Aberdeen FC 's biggest crowd ever was 45,061 give me all their names and addresses

KIDS QUIZ (TODDIE - CULT FO ADULTS)

- 1 – How many bears did Goldilocks Meet –?
- 2 – The Seven Dwarves had a lady friend what was her name?
- 3 – Noddy and Big Ears both live in which town?
- 4 – On What childrens show would yo find – Zippy, George and Bungle?
- 5 – When Pinocchio told a lie what happened to his nose?
- 6 – The Big Bad (what) wanted to eat Little Red Riding Hood?

MATHS >>

$$25 \times 6 \times 2 - 180 \div - 3 + 45 + 65 = ?$$

Very best of luck

Bonus question

Muir Of Aberdeen 19- Tain 20 - Perth
of execution (heads removed and hangings) 17- Gordies 18- John and Granite - 14- Picture House 15- Golden Sands 16- it was a place
Garfunkel 10- Manchester 11- Glasgow 12- The Seekers 13 - Fish
6- Musselburgh 7- Castle Mill Edinburgh 8- Macduff 9- Simon &
1 - Murray River 2- A Bend 3- River Jordan 4- Mexico 5-1451

Answers Big 20 Quiz

1 - Three Bears - 2 - Snow White --- 3 - Toy Town - 4 - Rainbow - 5 - It Got Bigger - 6 - The Big Bad Wolf

Kids Quiz Answers

ANSWERS

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen Carers Support Service - 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at **CFINE** 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Northfield Medical Practice 01224 662911

Woodside Medical Group 01224 492828

Penumbra First Response 0800 234 3695

LOCAL COUNCILLORS

Councillor Donna Clark

07977399622

donaclark@aberdeencity.gov.uk

Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councillor Ciaran McRae

07500 999617

cimcrae@aberdeencity.gov.uk

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

0131 34 85067

Jackie.Dunbar.msp@parliament.scot

Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

kirsty.blackman.mp@parliament

DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

Police Scotland

If you are in danger and it is an emergency, call 999.

For non-emergencies call 101

National Domestic Abuse Helpline Free and

confidential advice. Open to all. 24 hours a day.

Telephone: 0800 027 1234. Website: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website:

grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk