

# mastrick Matters

Autumn 2024



## In this issue:

shmuFEST

ROCK UP & RIDE

COMMUNITY COUNCIL

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)

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### editorial

#### Welcome to the Autumn edition of the Mastrick Matters community magazine!

There's been lots on the go in Mastrick since our last edition! read on to find out about the new community council, Mastrick Community Centre's new website and Chess Club and much more!

If you would like to get involved and join the editorial team, or if you have ideas for the community publication, you can easily get in touch with us.

The staff at shmu are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography or proof reading.

So please don't be shy, this is your magazine written, edited and designed by the good folk of Mastrick. If you live in the Mastrick area and would like to come along to the editorial meetings (when it is safe to do so) or submit an article then get in touch with Rose at shmu on **07752586312** or you can email her on **rose.ross@shmu.org.uk**.

You can also get in touch with us via our Facebook page - look up 'Mastrick Matters' and hit that 'like' button, and you can view this magazine alongside previous editions on the shmu website: **www.shmu.org.uk** then click the '**PRESS**' option

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

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

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# Cups on a String

**On Sunday, 3rd November, Aberdeen North Church will welcome the Riding Lights Theatre Company for a special performance of Cups on a String, a heart-warming and powerful new play.**

This unique production is based on real-life stories of school mentoring relationships, highlights the transformative impact of connection, listening, and trust. The play powerfully shows the incredible difference that one caring adult can make in the life of a young person.

The Cups on a String performance coincides with the Church's launch of an exciting new mentoring initiative through a partnership with the charity Transforming Lives for Good (TLG).

Jay Thomas, the Church's Community Development Worker explained, "This play marks the beginning of our church's involvement in TLG's Early Intervention Mentoring Project, an initiative aimed at supporting young people who are struggling in school and beyond. The programme trains volunteers from local churches to mentor children, offering them practical and emotional support to help them overcome challenges and build brighter futures."

The Early Intervention Project will be delivered by volunteer mentors from Aberdeen North Church, Northfield United Free Church and Sheddocksley Baptist Church.

Jay added, "Our involvement in the TLG programme aligns beautifully with the themes of Cups on a String. Both the production and the mentoring project emphasise the importance of connection, communication, and community support in helping young people flourish and thrive."

The performance of Cups on a String takes place at Aberdeen North Church on Sunday 3rd November from 7.30pm. It promises to be a powerful, thought-provoking and entertaining night.

Tickets for the show can be purchased at: [www.ticketsource.co.uk/booking/select/RdiEJKhzXNnT](http://www.ticketsource.co.uk/booking/select/RdiEJKhzXNnT)



## Discover the heart of our community: Welcome to Mastrick Community Centre's new website!

### **D**iscover the heart of our community: Welcome to Mastrick Community Centre's new website!

We are excited to announce the launch of our brand-new website for the Mastrick Community Centre. With this platform, we aim to connect, inspire, and inform our wonderful community. Whether you're looking for information on upcoming events, want to book a space for an activity, or simply want to stay updated with the latest happenings, our new website is designed to make your experience seamless and enjoyable.

#### What to Expect on Our New Website:

**Easy-to-Navigate Layout:** We understand that your time is precious, which is why our website is built with a user-friendly design. Finding what you need is simple, with intuitive menus and a clean layout. From classes and events to community resources and volunteer opportunities, everything is just a click away.

**Stay Updated with Events & Programs:** The new events calendar on our website makes it easier than ever to stay informed. You can quickly browse upcoming programs, classes, workshops, and community events to find something that sparks your interest. With the

option to filter by date, type of event, target audience, you're sure to find activities that suit your schedule and interests.

**Convenient Online Booking & Registrations:** One of the standout features of our new website is the ability to register for classes, events, or book facilities online. Whether you want to join a yoga session, attend a cooking workshop, or reserve a space for your next meeting, the process is quick and efficient. No more paperwork or phone calls – just a few clicks, and you're all set!

**Get Involved: Volunteering & Community Resources:** The Mastrick Community Centre thrives on the spirit and dedication of our community members. If you're interested in giving back, our website provides detailed information on current volunteer opportunities. Additionally, our community resource section offers valuable information on local support groups, social services, and initiatives to help you stay connected and informed.

**Highlighted Community Stories & News:** We believe in celebrating the achievements and contributions of our community. The "Community Spotlight" section of our website showcases stories of local heroes, ongoing projects, and recent

successes. If there's a heartwarming story or an achievement you'd like to share, let us know! We love to spread the and inspiration within our community.

**What's New:** Keep updated on the latest programs, activities and events happening in and around our centre. We'll also provide some useful news topics from time to time, to keep everyone in the loop about the area. It's a great way to get more value from your community centre beyond the in-person experiences.

**Accessibility & Support:** We are committed to ensuring that our website is accessible to all. With adjustable text sizes, a simple layout, and clear content, we want everyone to be able to access the info.

#### How to Get the Most Out of Our New Website:

**Sign up for our Newsletter:** Subscribe to receive monthly updates on events, special announcements, and community news right in your inbox. **Follow Us on Social Media:** Our website is linked to our social media channels, making it easy to stay connected and engaged. **Share Your Feedback:** We designed this website with our community in mind, and your feedback is invaluable. Let us know what you love or what you'd like to see improved!



# North East Chess Academy

**The Mastrick Community Centre has added an exciting new feature to its roster of activities: a local chess club aimed at enthusiasts of all ages and skill levels. The club, which held its inaugural meeting on the 7th of October, is quickly becoming a favourite gathering spot for chess lovers in the area.**

Organised by a couple of local experts, the North East Chess Academy meets every Tuesday evening from 5:30 PM to 7:30 PM. The club's mission is to foster a welcoming environment where members can learn, play, and enjoy the timeless game of kings. Whether you're a seasoned player or just starting, the club offers something for everyone.

Sean Gordon, the club's founding member, expressed his excitement about the initiative. "This has been planned for a while, and it's fantastic to finally see it come to life. Chess is such a wonderful game—it teaches strategy, patience, and critical thinking.

We wanted to create a space where people could come together, have fun, and improve their skills," he said.

The first meeting saw a diverse turnout, with players ranging from young children eager to learn the

basics to retirees who've played for decades. The evening kicked off with a brief introduction to the club, followed by a series of friendly matches. The atmosphere was lively, with participants exchanging tips and strategies in between games.

The club plans to host a variety of events in the coming months, including workshops, themed game nights, and even local tournaments. This will include an annual championship, open to all members. There are also discussions about inviting guest speakers, such as experienced players and coaches, to share their knowledge with members.

We're really focused on building a community," said Sean. "It's not just about the game—it's about bringing people together. We're looking forward to seeing the club grow and to making new friends along the way."

The North East Chess Academy is open to everyone, and no prior experience is necessary. There's a nominal membership fee to help cover the costs of the venue and materials, but the club is committed to being accessible to all. The community centre has provided a fantastic space for the meetings,

complete with plenty of tables, chairs, and chess sets

For those interested in joining, the club encourages you to drop by during one of their Thursday sessions. Whether you're looking to sharpen your skills or simply want to enjoy a game with new friends, the North East Chess Academy is the perfect place to indulge your passion for chess.

To learn more about the club, you can contact the Mastrick Community Centre directly or visit the academy's website for updates and announcements.

The organisers are eager to welcome new members and hope to see the club become a staple of the local community.

Come check it out, and we'll see you on the board!

[www.northeastchessacademy.com](http://www.northeastchessacademy.com)





## MASTRICK, SHEDDOCKLEY & SUMMERHILL COMMUNITY COUNCIL ELECTION

**We are pleased to announce the formation of the newly appointed Community Council Board, set to steer our local area toward progress and prosperity. The induction ceremony for the board will take place on the 16th of October, 2024.**

This new board has been established to enhance community engagement, drive forward local initiatives, and serve as the voice for all residents. With a strong commitment to transparency, inclusiveness, and action, the board members are excited to begin their tenure in service of our community.

A key point of the new board is the appointment of Sean Gordon as the Chairperson. Known for his dedication to local issues and a proven track record of community involvement, including launching several small businesses, Sean brings a wealth of experience, leadership skills, and vision to the role. Under his guidance, the Community Council aims to build a stronger, more cohesive, and active neighbourhood.

"I am excited to take on this role and look forward to working closely with my fellow board members and all residents. Together, we will address the needs and aspirations of our community and build a future that we can all be proud of," said Sean

Gordon in a statement following his appointment.

Key Initiatives and Tasks for the New Community Council: The new Community Council Board has outlined several priority tasks and initiatives that will focus on improving the quality of life for all residents.

These include:

Fostering Green Spaces and Community Gardens – Encouraging the development of green spaces and community gardens that not only beautify the area but also provide residents with spaces to grow their own food, interact with nature, and strengthen community ties.

Organising Events – Hosting regular events such as local festivals, art shows, local fairs and potentially fun runs to celebrate the diversity of our community and promote the talents of local artists, performers and the public. These initiatives aim to bring residents together and boost the local creative and health scene.

Supporting Small Businesses and Entrepreneurs – Launching programs to help local businesses thrive, including business networking events, workshops on entrepreneurship, and partnerships with local authorities to offer grants or incentives to new startups in the area.

Improving Digital Access and Literacy – Recognising the importance of digital skills, the council will work to provide free IT and digital literacy workshops to ensure residents have access and knowledge to the tools necessary to thrive in a modern, connected world.

Promoting Healthy Living and Active Lifestyles – Introducing fitness and wellness programs, such as community exercise classes, walking groups, and nutrition workshops, aimed at promoting a healthier lifestyle and improving the physical and mental well-being of all residents.

Facilitating Youth Mentorship and Career Development – Creating youth mentorship programs in collaboration with local businesses and educational institutions to help young people with career development, apprenticeships, and personal growth opportunities.

The Community Council is a vital bridge between the local authorities and residents, and this new board is committed to ensuring open dialogue, accountability, and tangible results. With Sean at the helm, this board is poised to bring fresh energy and impactful change to the community.

**If you would like to share your thoughts, ideas, or concerns with the council, please get in touch via email at [councilmss@gmail.com](mailto:councilmss@gmail.com)**

# Mastrick Library

**M**astrick is one of ten libraries across Aberdeen City which, along with the Central Library, are all warm, welcoming spaces for their local communities and those visiting from further afield to use our fantastic services and resources. Visit [www.aberdeency.gov.uk/services/libraries-and-archives/find-your-local-library](http://www.aberdeency.gov.uk/services/libraries-and-archives/find-your-local-library) for information on all our libraries.

Mastrick Library's current opening hours are **Monday and Wednesday 10am-7pm, Tuesday, Thursday and Friday 10am-5pm and Saturday 10am-1pm 2-5pm**. We have recently extended our opening hours to include Saturday afternoons. Be sure to come in and pay us a visit!

**Pathways – Helping people find jobs since 1998!** Job coaches from Pathways meet at the library every week and offer 1 to 1 support with CV writing, training opportunities, online applications and interview skills. If you think this would be of help to you, please contact Pathways directly on **01224 682939** or email [info@pathways-online.org](mailto:info@pathways-online.org)

Our **Bookbug** sessions at Mastrick Library take place on **Tuesdays every 4 weeks**. Spaces are limited, and booking is essential. Look out for details on our Facebook page or check with the library staff to see when the next session is being held.

**Lego Club** for 8–11-year-olds is back. These sessions run every **4th Monday from 3.45pm-4.45pm**. Check with the Library Staff for the dates. We'd love to welcome more children to these sessions. Master Builders should book their place in advance. To register visit **Mastrick Library** or call **01224 788558**.

Visitors to the library can browse and borrow items. We offer books (including large print and audio books) and Junior and Adult DVDs. Borrowers can also request items, subject to availability.

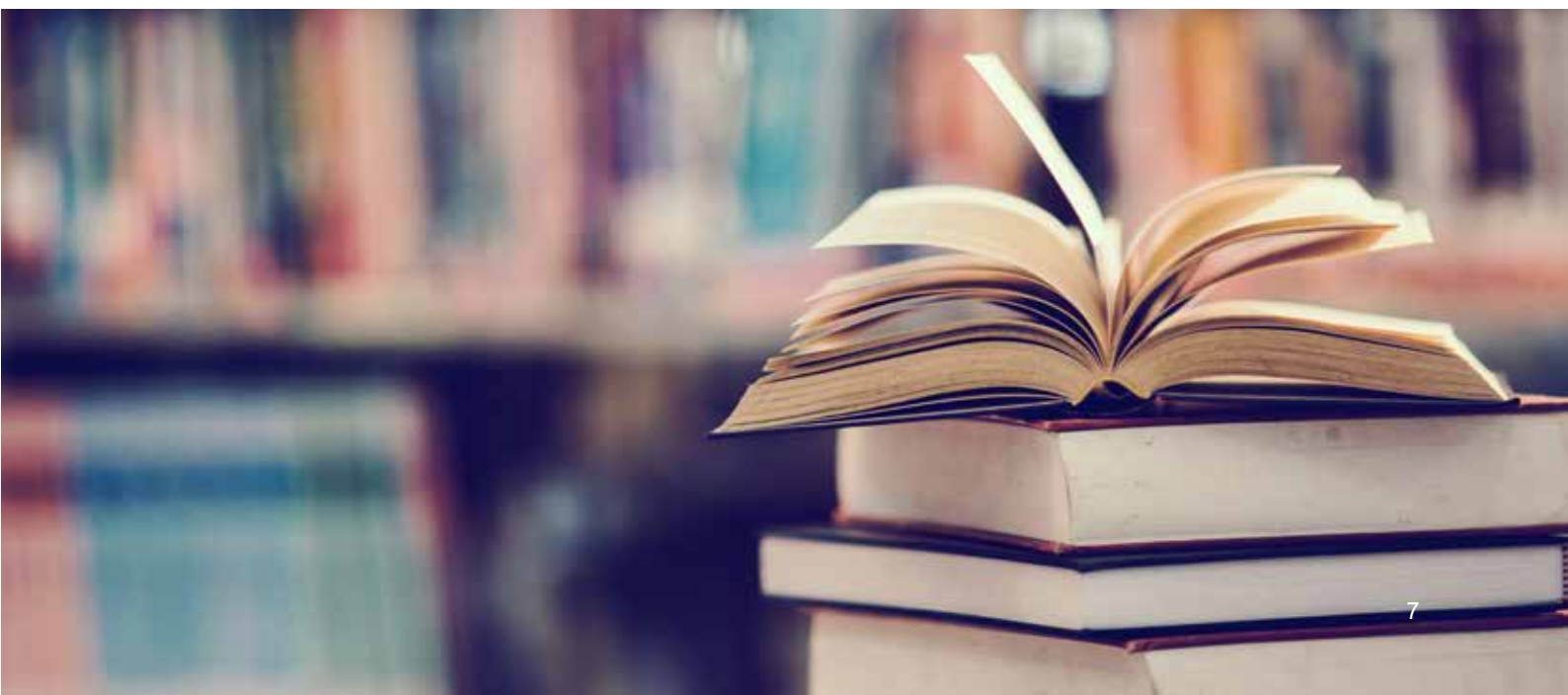
If you know anyone who would be interested in borrowing library items but are unable to visit the library due to disability or illness, give us a call and we can give you more information on our Home Library Service where we deliver items to

customers in their own homes every 4 weeks.

We offer up to two hours per day of PC access. These slots can be booked in advance online through our website or by contacting libraries directly. Walk-ins are also welcome. We have printing, scanning and photocopying services and our new Princh service allows files to be printed off from your own personal devices and is really simple to use. Library membership is not required for this service.

We are launching a new book group at the Library. Meetings are to be held monthly on the first Saturday of the month at 2:30pm. If you are interested in joining or would like more information please contact the Library using the details below.

**For information on our services and online resources, please visit [www.aberdeency.gov.uk/services/libraries](http://www.aberdeency.gov.uk/services/libraries) or contact Mastrick Library by email: [MastrickLibrary@aberdeency.gov.uk](mailto:MastrickLibrary@aberdeency.gov.uk) or telephone: 01224 788558.**



# shmu Turns 21 in Style!



Around 700 people gathered in Deer Road Park and shmuHQ to celebrate shmu's 21st birthday on the 22nd of September

The Community Media Charity couldn't have asked for a better birthday party than shmuFEST!

Guests showed up from across shmu's communities to enjoy the fun filled day. There was truly something for everyone, from live performances of poetry, music and dance throughout the day, to a silent disco, a BBQ, street art, craft, circus tents and more!

The day was an absolute hit with those who came along, across the day volunteers new and old attended, community members and partner organisations paid a visit. Here's what some of them had to say about the event, and shmu itself!



"The good thing about shmu is, it's open to everybody, you can see that looking round here, there's people from all walks of life and they're all enjoying themselves, there's not a frown in sight. Radio has been a closed shop for years; I started in the 70's and if you didn't know someone you didn't get in. But shmu opens the doors for so many different people for media, magazines, editing, they can do everything here."

PAUL HAZEL

"I thought it was a fantastic, fun day with lots of activities and really nice people! It was just great fun, I really enjoyed it, I liked the music, creating the artwork and listening to the stories."

MARK

"A big thank you to everyone who organised shmuFEST. It's been a good time spreading joy here in Woodside and a fantastic day getting everybody together!"

MIKE MELVIN





"I loved doing the dancing for Afristyle, representing and performing in front of everyone."

PERFORMER



"It was amazing, there were lots of familiar faces around, the weather behaved nicely, you've got a birthday every year, so I hope to see something next year too! It was a great experience."

COMMUNITY MEMBER



"It is such a cool day today; I really love it. I hope it happens on a regular basis, wandering about I have seen so many people that I know from all different places. Earlier on I was trying to explain to my family what shmu does and I was like 'well it does this, and it does tv and it does radio and it does youth employment and all sorts of stuff. But I couldn't explain it, I couldn't put it in a box, but coming along to shmuFEST, that explains it, that gives you an idea of how all-encompassing shmu is and how many different people come and what an amazing opportunity it is for so many folk."

MSP KIRSTY BLACKMAN



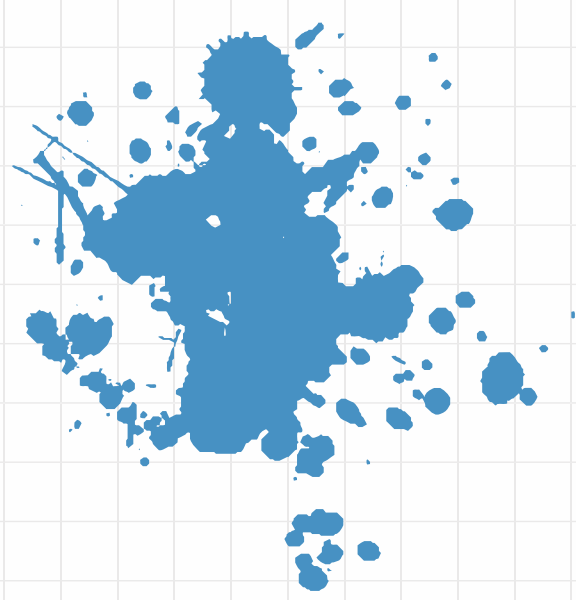
"I loved having a hotdog! I am in a great mood, and I can't wait to go on the bouncy castle next!"



"To have a shmuFEST and have us as guests is just brilliant! I have never been involved in anything like this before!" MURDOCH

# SCHOOL NEWS

Muirfield Primary School



## Making Muirfield Magnificent

### **Hello Mastrick Readers,**

We are the Clan Chiefs from Muirfield Primary School and we are working hard to make Muirfield School even more magnificent. As part of this we are recreating our Vision, Values and Aims so they are up to date and represent what's important in our school and community. To help us with this we have been learning about skills we might need in the future. We have learned that it's important for us to understand how we learn best, how to communicate and connect with others, how to manage our own health and wellbeing and how we will need to be creative to lead changes in our communities. We have learned that we need to work together and think about everyone's views and that is why we are asking for the communities' ideas to help us to develop our Vision, Values and Aims.

**Some ideas we have for our vision are;**

***Learning together today. Leading together tomorrow.***

***Helping each other to be the best we can.***

***Managing, connecting, creating together.***

**Some ideas for our values are:**

***Wellbeing, cooperation, community, innovation, fairness, self-care, fun, inclusion, curiosity, kindness.***

To help us get your ideas we have made pre-paid postcards which we will place up at the Mastrick Shops. Please give your opinion and ideas for what you think our vision and values should be and post them back to us. Once we have everyone's ideas we will vote for our favourites,

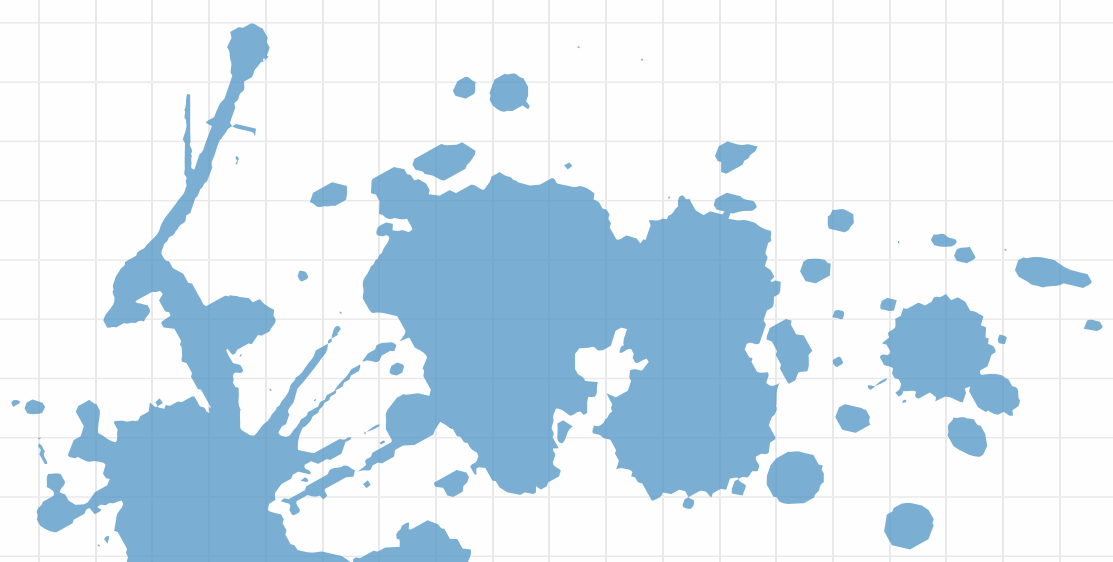
and we will let you know what we have decided.

### **Community Events**

In other news we are looking to hold more community events in school. So far we will be inviting the community along to one of our Christmas Shows. We look forward to seeing you there. We also have an idea for community roller skating discos, after school which we will be starting next term. Please can you pop any ideas you have for other community events that you would like the school to hold on our postcards too.

Thank you for reading and thank you for helping us. Remember to look out for our postcards. We can't wait to see all your ideas.

**The Muirfield Clan Chiefs**



# WORD SEARCH

## Kevin's Diary

June 16 2024: at the UEFA European championships today, the Netherlands played Poland. The Netherlands played in a blue kit, which to me is just wrong. Growing up, I always associated them with orange.

I'm a bit of a traditionalist and old-fashioned that way.

July 2 2024: today, I watched 'EastEnders'. It's not an uncommon occurrence but I decided to look it up on the TV guide, where it was described as a "fictional drama set in Walford".

Immediately, upon watching, I knew it was fictional as the characters were having breakfast and opening their mail simultaneously.

And that almost never happens here. Maybe it occurred before I was born, but I'm not aware of getting mail that early ever.

N	E	G	A	H	N	E	P	O	C
I	E	O	H	E	L	O	U	P	M
Q	B	A	L	L	O	O	N	U	A
V	O	L	K	S	L	E	E	P	D
I	Y	K	M	I	O	F	O	R	R
E	L	U	B	N	A	T	S	I	E
N	J	O	A	K	T	R	E	G	T
N	B	K	Y	I	V	F	E	A	T
A	V	T	U	R	I	N	K	I	O
S	T	O	C	K	H	O	L	M	R

All the words below will be found in the puzzle below – except one.

The words that are there are found horizontally, vertically, or diagonally. In some instances the words are backwards.

The words listed below are Eurovision host cities – eleven of those that have held the contest, since its inception in 1956.

Can you spot the word that is not there?

### The words:

- ATHENS
- COPENHAGEN
- HELSINKI
- ISTANBUL
- KYIV
- OSLO
- RIGA
- ROTTERDAM
- STOCKHOLM
- TURIN
- VIENNA.

### MORRISON'S MELODY

Chumbawamba -  
"Tubthumping" (1997)

This song is often seen as throwaway but for some is an anthem of resilience and determination.

It is infectious and upbeat and has become a rallying cry for those facing adversity, encapsulating the spirit of bouncing back from disappointment.



## Sport Aberdeen boosts free cycling opportunities through Rock Up & Ride



**Rock Up & Ride is a Scottish Cycling funded project delivered by the community sport team at Sport Aberdeen, based at its Aulton Cycle Hub (Raymond Kelly Pavilion) in Seaton.**

Working closely with the local communities of Northfield and St Machar, the cycling sessions usually take place along the beach front and around Seaton Park.

As part of the project, the community sport team currently delivers one-hour led rides from

the cycle hub, as well as Learn to Ride, cycle confidence sessions and adult on-road cycle confidence sessions upon request.

Bikes and helmets can be provided so participants don't need to own their own bike to come along!

Since February 2024 – Sport Aberdeen, in partnership with Sustrans, has been running these public led rides on Tuesday and Thursday mornings. Bespoke led rides have also been organised

for a variety of groups including menopause groups, mental health groups, New Scots sessions and for youth work summer activity groups.

During the Easter and Summer school holidays, the community sport team as part of the Rock Up & Ride project worked in partnership with ACC's Family Learning department, at Bramble Brae Primary School and Aulton Cycle Hub, to provide children's Learn to Ride sessions, as well as covering how to ride safely as a family.

Led rides are delivered in a relaxed and sociable environment, aiming to provide an accessible pathway to recreational cycling, or simply capitalising on the various health benefits of cycling outdoors.

Everyone is welcome to join, rides are paced to match the speed of the least confident rider, and enquiries are welcome from those wishing to learn to ride and then progress onto led rides.

The project's emphasis is on building confidence for cycling and enjoying the benefits of gentle outdoor exercise in a social group.

Rides have attracted a variety of participants so far, ranging from local Mums enjoying some 'me time' to individuals new to Aberdeen hoping to improve their English or explore some of the city by bike.

Partnership working has been key to the success of the project, with strong links established with ACC's Family Learning Department, Community and Learning Development via the Healthy Minds project, and Aberdeen City Health and Social Care Partnership (ACHSCP)'s Wellbeing Coordinators and their Mighty Oaks Menopause support group.

Asylum & Refugee Care and Grampian Regional Equality Council (GREC) through their language café have helped to promote the work of the project to New Scots and those new to the city, whilst Fersands and Fountain Community Project has linked in local youths to the project.

Enquiries from volunteers looking to become ride leaders or assist with bike maintenance are very welcome to join, and any specific rides requests can be made by emailing

**[LBenson@sportaberdeen.co.uk](mailto:LBenson@sportaberdeen.co.uk)**





## Meet Becky - Part 2

The Mastrick Matters team wanted to use the shmu page to introduce you to some of the staff and volunteers who are involved with shmu. Recently we spoke to one of our Employability Support Workers, Becky Neil.

Here are some of the things Becky had to say about working at shmu.

**WHAT IS YOUR FAVOURITE THING ABOUT SHMU?**

**B:** Volunteers.

I meet so many people coming into shmu and the relationships you form with these people is, it's just something else. Its incredible journeys you see people go on and how a little bit of support from us can really contribute to their journey.

So I'm really proud of being part of that. So yeah, that's my favourite thing!

**WHAT WOULD YOU TELL SOMEONE WHO WAS LOOKING INTO WORKING IN EMPLOYABILITY?**

**B:** I think, although sometimes employability can be quite dry, it's one of the most important things out there. Because we all want jobs, because we all want the money to put the roof over our head, etc, you know.

We're the ones that, you know, that can give you the information about getting interview skills and getting that job and having the CV that somebody is going to have a pile of 20 on their desk and yours is going to stand out.

## Digital Media Skills

We will be running a new round of our fantastic Digital Skills Course in January!

The programme will support you to learn essential skills that may support you to a role in social media marketing, communications or promote yourself and your business and products on social media platforms or simply learn some great new skills. General employability skills will also be included to help you on your journey!

Learn to take engaging photos, create fun videos and audio and the basics of putting together a website template.

This is open to anyone living in Aberdeen aged 16 and over and not in education, employment or training.

For more information contact shmu at [employability@shmu.org.uk](mailto:employability@shmu.org.uk) or 01224 515 013

# GROWING FOR WELLBEING:

## CULTIVATING MENTAL HEALTH AND COMMUNITY AT THE SNUG

At Aberdeen's SNUG Community Garden, something special has been growing – and it's not just plants! Our "Growing for Wellbeing" course brought together a fantastic mix of people, all looking to boost their mental health, learn new skills, and connect with their community. Led by the amazing Viktoria Szilvas, participants got their hands dirty, learned the ins and outs of gardening, and discovered the joy of working in nature.

### **Growth, in more ways than one...!**

People come to the course hoping to ease stress, anxiety, or simply to find some peace away from life's daily pressures. They find a supportive group where people can grow – in the garden and personally!

Each session provided a chance to learn new gardening skills while participating in mindful techniques.

### **The impact went beyond fun in the garden:**

**Interest in others went up by 50% as social connections blossomed!**

**Feelings of usefulness and productivity increased from 6 to 10.**

### **Participants reported improvement in physical activity and self-esteem.**

By the end of the course, the participants weren't just better gardeners, they were also feeling more connected and relaxed. One participant summed it up: "We came out from stress and had a funny, relaxed time with friends."

### **Wellbeing in nature...**

Feedback from the course was overwhelmingly positive. One participant said, "I feel good and relaxed in the garden." The simple act of gardening turned into a powerful tool for improving both mental and physical health.

### **Looking ahead...**

The "Growing for Wellbeing" course has been a huge success, giving people a chance to connect with nature, meet new people, and find a sense of purpose. We're excited to keep this momentum going with future courses, helping more people take control of their wellbeing - one plant at a time!

Interested in joining? Register here: <https://forms.office.com/e/L1wk2SCNEF>

New dates will be announced soon, so don't miss out!

The SNUG Community Garden is run by FRESH Community Wellness. You can find out more about the community garden and how to get involved by attending one of their regular volunteering sessions – they are very friendly and anyone is welcome! – or contacting them using the details below.

The SNUG Community Garden,  
Fresh Community Wellness  
SCIO, Seaton

**Regular volunteering sessions:  
Thursdays 10-12 and 2-4,  
Saturdays 2-4**

**Phone: Dave 07572112974**

**Email: [secretary@freshcom.org.uk](mailto:secretary@freshcom.org.uk);  
[chair@freshcom.org.uk](mailto:chair@freshcom.org.uk)**



# Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

## 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

Mastrick Doctors

01224 662933

## YOUR LOCAL ELECTED OFFICIALS ARE:

### Local Councillors

Councillor Ciaran McRae

01224 346630

cimcrae@aberdeencity.gov.uk

Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councillor David Cameron

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## 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](http://sdfmh.org.uk)

### Grampian Women's Aid

Telephone: 01224 593381. Website:

[grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932.

Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)