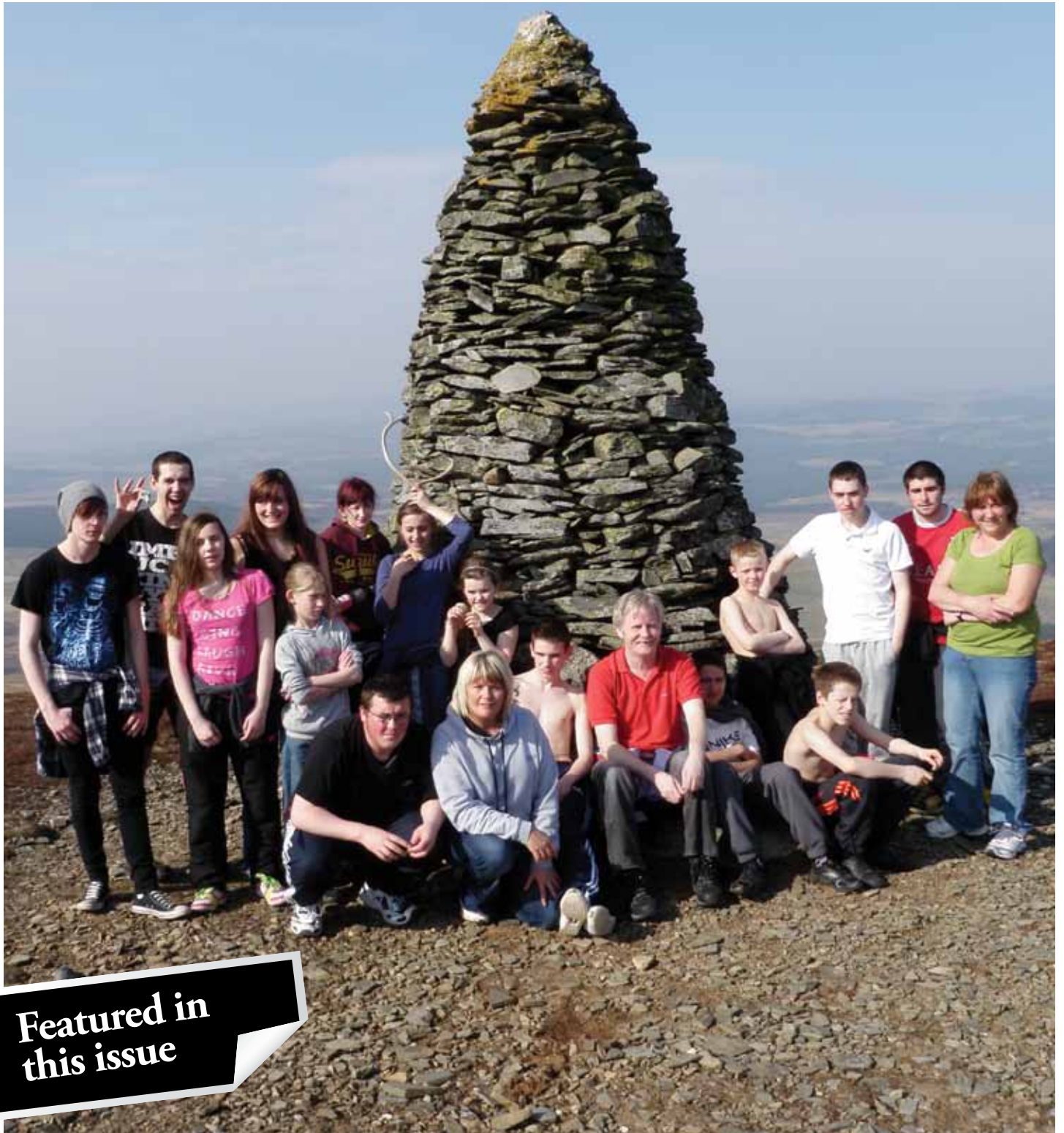


# Middlefield *Mirror*

Spring/Summer Edition



**Featured in  
this issue**

**Busy Bees**  
Nursery News

**Money Matters**  
Advice Page

**Middlefield**  
Parish Church

**Youth Flat**  
Update

# Middlefield *Mirror*

Spring Edition 2012

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## *Editorial*

Welcome to the long-awaited Spring/Summer edition of the Middlefield Mirror.

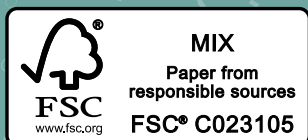
As ever, thanks go to all those who have submitted content and supported the development of this publication. Middlefield Mirror is your magazine and has the potential to be a real voice in your community.

But this cannot happen without your input – we need people of all ages to get involved with the editorial team. This may involve attending meetings whenever you can, helping source content and proofing the magazine. Training can be provided.

Alternatively, if you are a budding photographer or keen creative writer, we'd love to hear from you!

If you would like to get involved and live in Middlefield, please contact Mary Clare: [maryclare@shmu.org.uk](mailto:maryclare@shmu.org.uk) or 01224515013

FUNDED BY





Jordan:  
"worms"

Lucy:  
"a cup  
of tea"

Shona:  
"listen  
to this"

## Middlefield Community Project

# Busy Bee's Nursery

Recently Middlefield Community Project nursery staff and children have been developing their outside space. The children are having great fun learning through outdoor play experiences which shows the importance of being outside in all weather. The Curriculum for Excellence and Pre Birth to Three are both very focussed on outside learning and spending as much time outside as inside. To be able to do this, staff have attended training courses to extend their knowledge and skills. These courses included "outdoor problem solving" and "free flow play".

Our garden consists of climbing frames, slides, tunnels, bikes, scooters and balls for the children to use. Through developing this space we are now providing areas of learning such as a natural musical instrument area. Using the surrounding fence, we tied up old pots, pans and plastic

containers. The children can make sounds using kitchen utensils such as wooden spoons and whisks.

Using a toy kitchen, the children have created their very own 'Mud Pie Cafe'. With these appliances and utensils, the children role - play, using the mud pit and picnic bench to cook and serve 'delicious' mud pie meals. This area encourages communication between the children, bringing in experiences they have learnt from home. The children have great fun and make LOTS of mess!!!

We have been lucky to receive donations from local areas to develop the garden with open ended materials such as guttering and car tyres. The guttering is tied to the fence and children can slide things down such as water, cars, stones and small balls. The children enjoy watching what happens. The car tyres can be rolled around

the garden and used as part of an obstacle course. There are tubes, boxes, tubs and other materials to construct dens and form of 'transport' such as trains, rockets and buses.

The next step for our outside play area is to provide outdoor clothing such as waterproof overalls, jackets and trousers for all the children in the nursery. The outdoor suits would be kept at the nursery and would allow us to be outside, whatever the weather. Unfortunately these are proving very expensive, we are currently exploring our options and hope to loan out a set to show the importance of them.

**As a nursery we rely on local donations of equipment. If you have any old pots, pans, containers, oven trays, wooden spoons and other useful household goods, we'd happily except your contributions.**

2 tbsp sundried tomato paste  
1 garlic clove, crushed  
375g ready-rolled puff pastry sheet  
125g ball mozzarella, cut into chunks  
100g mushrooms, sliced  
1 courgette, thinly sliced  
1 tbsp olive oil  
2 tbsp dried oregano  
Fresh black pepper

1. Heat oven to 220C/fan 200C/gas 7.
2. Mix the tomato paste and garlic together.
3. Place the pastry on a baking sheet and score a border about 1cm in from the edge. Prick the pastry within the border all over with a fork then spread with the tomato mixture.

## Courgette, Mushroom and Mozzarella Tart

4. Top with the cheese, mushrooms and courgette, drizzle with olive oil.
5. Then evenly scatter over the oregano, along with a little salt and pepper.
6. Bake for 20 minutes until risen and golden.
7. Slice up the tart and serve with salad.



Serves 4  
Ready in 28 minutes,  
8 minutes prep  
20 minutes cooking time

Courgette, Mushroom & Mozzarella Tart

Recipe page!

### Ingredients:

350g of madeira Cake  
Strawberry jam  
Strawberry or Raspberry Liqueur  
or Crème de cassis  
400g of sliced strawberries  
1tbsp of caster sugar  
500g pot of good quality vanilla custard  
284ml pot of double cream,  
lightly whipped.

## Individual Strawberry Trifles

1. Slice the cake and sandwich the slices together with jam, and then cut into cubes.
2. Sprinkle the sugar over the strawberries in a bowl.
3. Divide the cake between 6 glasses and sprinkle a little liqueur over each.
4. Spoon over the sliced strawberries and any juice and then top each with a layer of custard and a layer of cream.
5. Decorate with strawberries.

## Middlefield Womens Group

# Problem Page

*The women's group who meet at the Middlefield Community Project at 8 Logie Place and meet every Tuesday have decided they would like to have a problem page within the magazine.*

*They would like to discuss any issues that affect the local area, and hope that other members of the community will get in touch and give their thoughts on these issues.*

### 0845 Numbers

#### ***What are your feelings towards having to call 0845 numbers?***

The 0845 prefix can be very expensive to call, especially to those earning a basic wage or living on benefits. If you are calling from a landline you can expect to be charged between 3p-5p per minute but if you are calling from a mobile it can cost anything up to 35p a minute. Nowadays, with the decrease of landline connections in favour of mobile phones, making necessary calls can prove very costly to a lot of people.

Worryingly, more and more important numbers have converted to the 0845 prefix. Organisations such as NHS 24, Benefits Advice, Aberdeen City Council and Grampian Police, to name but a few.

To make matters worse, contacting these organisations means navigating through complicated and frustrating menu options, which end, more often than not, with the caller being placed in a queue for several minutes, or even more annoyingly, being given another 0845 number to dial.

One example of this was when Angie (*from the women's group*) used the local phone box to call and make an appointment with her GP.

The total cost of her call came to a staggering £3, all because of these time consuming call menus.

There have also been instances of other women in the group running out of money during a call or not having the money to contact their GPs at all.

For those that have access to a computer, there is some help available online: DontPayToCall.com provides local-rate alternatives to non-geographic (0870 / 0871 / 0844 / 0845) numbers for over 14,000 companies and organisations. They help save you money one call at a time. Using their database is completely free and requires no sign-ups or subscriptions.

If you have experienced problems or have found a solution to 0845 numbers then please pass it onto the women's group. You can call the project on 697000 or pop in past 8 Logie Place and leave your comments.

### Child Care

***Are you a working, College or university parent with a child over the age of five years old going to Manor Park School? Are you finding it hard to find child care for your child?***

A lot of mums have recently voiced the fact they are finding it hard to get childcare for children aged 5 and over. There are no after school clubs in the Middlefield area, the nearest one being in Woodside for children from that area only. There is also a worrying shortage of Registered Childminders.

So why isn't there an after school club in Middlefield or in the surrounding areas? Lack of childcare is the major reason why some parents can't return to work, finding jobs that work round school hours can be difficult.

The current government scheme urges parents into employment when their child reaches the age of 7. Worrying, MPs are trying to lower that age to 5. This begs the question - just who takes care of these children before and after school, in-service days and during the school holidays?

Why not write to your local Councillors, MSP and MP about this and see if we can get agencies to work together to provide a better service?

Again if you would like to comment on any issues raised please contact the group through the project or e-mail [mcp@middlefield.org.uk](mailto:mcp@middlefield.org.uk)

# MIDDLEFIELD Y

## MUSIC PROJECT

So now it's the summer term – we've managed to continue some of our music tuition and surprisingly we have found somewhere to rehearse (thanks to Colin and all at Northfield Community Centre). We have also upgraded the music room facility by importing a few pieces of the Middlefield portable practice equipment.

We are working with two main groups at present - 12 to 15 and 16 and 19. The younger ones are learning melody lines and basic chord shapes. The older ones are working as a group and have just completed the first song with a cool, stripped back musical arrangement. Maybe they can get it played on SHMU?

For the present and future I want the youngsters to enjoy their music experience – and that will include sessions where we sometimes just have a singsong. Numbers are fairly consistent at a regular 10 to 12 young people.

Sessions are on Monday:

5pm for young ones

6pm for older musicians

Alternate weeks are available for developing playing skills - between 7 and 8pm.

On a personal note, I want to thank the staff at the Youth Flat for their patience and help they give me.

Mike - Music Development Worker

## MIDDLEFIELD YOUTH FLAT JUMBLE

### HENRY RAE CENTRE

21st July 10.00-12 noon

All welcome, entry fee 50p/children free.

Donations welcome - can collect. For more info please call Charlie or Sharon 01224 687362

Or Helen at the project 01224 697000.

## MOVING ON UP!

Farewell to our p7's. Don't worry, they're not going anywhere apart from moving up to the next session at 4.45pm-6.00pm.

## EASTER TRIPS

The trips consisted of Dundee and Stonehaven swimming, Blair Drummond Safari Park, ice skating and even a trip to the cinema, not a usual choice but due to extreme weather conditions on the way down to Blair Drummond the group decided to stop in Dundee to see a film.

## OUTREACH

Look out for Angie and Sharon on a Thursday evening walking around the area, informing local people of the facilities and services in the area. For more information about the youth flat phone 01224 687362.



"I use the flat so I can socialise with other people."

- Connor

# OUTING PROJECT



"I like the youth flat because when we go on trips we have a laugh."  
- *Chloe*

## CROMDALE 2012



Twenty young people, five staff, two Outdoor tutors had a fantastic time up in Cromdale. The weather was great and on a par with the Mediterranean. The weekend consisted of a wide range of activities from canoeing, mountain biking, night walk, and hill walking. Catering was provided for us this year and was greatly appreciated.



## ROCK CLIMBING

Recently the young people have been taking advantage of free sessions at Transition Extreme. The rock climbing sessions are provided by the community access fund but unfortunately they end at the end of May. We hope Transition can source more funding as the young people have benefited from this experience.



# Money Matters

## WORKING TAX CREDIT CHANGES

On 6 April 2012, a new rule means that Working Tax Credit may completely stop for some couples with children, but there may be ways to keep it. If any of the exceptions below apply, the couple must tell Tax Credits on **0345 300 3900**.

### The new rule from April 2012

The minimum hours that a couple with children must work to get Working Tax Credit (WTC) is increased from 16 to 24 hours a week, with at least one parent working 16 hours.

### Exceptions to this rule:

This new 24 hour rule does not apply if at least one in the couple is working 16 or more hours a week and she or he is either:

- 60 and over
- Or entitled to the WTC 'disability element' (such as on a sickness or disability benefit)

Another way to avoid the 24-hour rule is if one of the couple works 16 or more hours a week and the other person:

- Gets a sickness benefit (like Employment and Support Allowance or Disability Living Allowance),
- Or is in hospital,
- Or is in prison,
- Or receives Carers Allowance,
- Or has underlying entitlement to Carers Allowance.

## What this change means for those who cannot use these exceptions

If a couple with children is not working 24 hours or more from 6 April 2012, they will not be entitled to Working Tax Credits. For example:

- A couple earning £10,000 a year, may lose about £45 a week.
- A couple earning £8,000 a year, may lose about £61 a week.
- A couple earning £5,000 a year, may lose about £74 a week.

This is why it is vital that people get in touch with Tax Credits or contact Welfare Rights.

Please note that they should still get Child Tax Credit. There may be other financial help available too - it is worth checking if there are benefits that can help with the shortfall. For example Housing Benefit and Council Tax Benefit.

## CHANGES TO INCOME SUPPORT REGARDING LONE PARENTS

**Effective from January 2012** lone parents with a youngest child aged five or above will no longer be eligible. Instead, they must claim Jobseeker's Allowance and be available for work. Alternatively, they can claim Employment and Support Allowance (ESA) if they are incapable of work.

In partnership with:



## TO GET HELP OR ADVICE WITH BENEFITS, TAX CREDITS OR ANY OTHER FINANCIAL ISSUES

### You can contact:

**Cash In Your Pocket -** Visit our website at [www.ciyp.co.uk](http://www.ciyp.co.uk) and click 'Get help' or text 'CASH' followed by your name to **07624 802721**

**Aberdeen Welfare Rights** on **01224 523203** or e-mail [welfarer@aberdeencity.gov.uk](mailto:welfarer@aberdeencity.gov.uk)

**Citizens Advice Bureau Advice** Line on **01224 586 255** or Citizens Advice Direct on **0844 848 9600**

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Marquis Road, Woodside,  
Aberdeen AB24 2QY

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# Middlefield Parish Church

A word from Rev Anita van der Wal...

*Do you ever have that strange experience when you pass a certain building or signpost for weeks, maybe even years then all of a sudden think, is that new, I have never noticed that before? And with great embarrassment you have come to the conclusion that the building is older than you or that signpost has been there for ages.*

I have to admit I am not a stranger to these experiences. It often happens when I am out and about in the car.

All of a sudden my eye catches something that I hadn't seen before while that must have been there for a long time.

I think of these experiences when I hear people asking if the church is still open, and I have to say this question doesn't surprise me. Seen from the Manor Avenue, the church is up the hill hidden behind a fence (which is sadly necessary) and a garden. When you come through the gate there is the manse on the left and the old church on the right. At the moment a church family is living in the manse and a few years ago the old church was sold to a builder, so what is going on in the church through the week is not really visible from the Manor Avenue. The entrance that leads to the church sanctuary is only used when services are held in the church.

Although we are not a big congregation we are very much alive, not only on a Sunday but also through the week, inside the building but more often outside

in the community. The church is not only open for those who are regular attendees. It is there for everyone who would like to use it.

If you would like to come to our Sunday services, they start at 11.00am on a Sunday morning. At the same time there is also a Sunday Club for nursery and primary school children.

On Tuesday there is the Friendship Group from 1.00pm to 3.00pm. After some time of devotion there is a varied program of speakers and activities. The afternoon is closed with a cup of tea and home bakes. Everyone is very welcome to attend.

But if you just want to experience some peace in our garden or you would like to speak to the minister, please feel free to do so. As a church we would like to be part of your community, and we hope that the community will see the church as part of the area you all live in.

With every blessing,  
**Rev Anita van der Wal**

**Middlefield Parish Church of Scotland, Aberdeen**

75 Manor Avenue,  
AB16 7UT

**01224 682310**

**Minister:**

Rev Anita van der Wal

**01224 865195**

**Outreach Worker:**

Sumtende Chaba

**01224 682310**

**Session Clerk:**

Linda Forbes

**01224 691165**

## Middlefield Community Project Volunteering and Under 12's Work

*I am glad to say that we have once again received funding for our under 12's work and supporting volunteers from Fairer Scotland Fund and would like to thank the board for continuing to support the work of the volunteers and staff.*

This is an important resource as, without this funding, we would be unable to run the Primary 1-3s (Monday 3.15 to 4.45pm) or Primary 4-6s (Thursday 3.30-5.00pm), as well as other small groups that run through the year. We would also be unable to fund the playschemes which give children a chance to go on trips and a summer residential.

I imagine you will be thinking that, as parents, you pay for these, but this is a small contribution which does not cover staff costs. Parent contributions amount to about £2200 over the three playschemes, however, the Fairer Scotland grant of £7000 is needed for Under 12s staffing and the ACC playscheme and Kyber Pass Charity grants of £1000 each pay for buses, snacks, entrance fees and accommodation. So, as you can see, we are fortunate that in the Middlefield area we can still access good services that are subsidised by public funding.

### Playschemes

Parents will notice that we did not have swimming in our Easter programmes. The children were disappointed about this, but due to having fewer volunteers available to help out over the Easter holidays, it was decided that it would have to be left out of the programme this year. We would like swimming to be run in the summer holidays, but

may need to enlist the help of parents who can come along to the swimming sessions so that we have the required number of adults in the water with the children. If you are interested in supporting us with this, please give me a call and we will make the necessary arrangements so that we can comply with the guidelines for keeping children safe.

### Volunteering

I would like to thank all the volunteers who attended planning meetings, distributed leaflets and helped out with registration and the playscheme, as without this help we would not have been able to run the various groups.

If you would like to help out at the summer playscheme, please contact Helen.

### Volunteer interviews with Sami Jo Inkson and Charlene Howie:

**Why did you decide to get involved with the club/playscheme?**

**Sami Jo:** *It gave me a new hobby and I enjoy working with the children.*

**Charlene:** *I started because my son wanted to go to the club but did not like me leaving him. I also wanted to build my confidence, but most of all I enjoy working with the kids.*

**What volunteering do you do in the project?**

**Sami Jo:** *I help out at the primary 1-3's club and the playschemes.*

**Charlene:** *I help out at the primary 1-3's club and the playschemes.*

**Do you attend meetings to help plan the next playscheme. If so, what do you discuss?**

**Sami Jo:** *Yes, we put forward ideas for future trips and activities.*

**Charlene:** *Yes we discuss activities, prices, times and many other details that goes into the planning of the playschemes.*

**Can you take us through a day at Primary 1-3's club?**

**Charlene & Sami Jo:** *We start at 3.15pm after picking my child up from school. I meet up with Sami Jo and we go down to the club. The staff (Helen and Kevin) are already there setting up the activities when we arrive. I often do the register when the children are coming in, then I will support the children to do activities like the Wii, X box games, Lego, puzzles, arts & crafts.*

*At about 4.15pm we start to get them ready for snack and we all sit down and have some fruit, juice and normally some toast, then tidy this up. Children then either go back to playing their games or go into the hall. I sometimes play some running around games. Then between 4.45pm and 5pm parents collect their children. We then do the tidy up and make sure the centre*



*is left clean and tidy and fill in recording sheet. We discuss ideas for next session or go over any thing we felt needed to be discussed with each other.*

**What do you get out of volunteering?**

**Sami Jo:** *Qualifications and experience of playing with kids. Charlene: I have become more confident, I can deal with some tricky situations involving children arguing with each other and I really enjoy volunteering.*

**Comments from other volunteers:**

*Through volunteering, a person can gain a wealth of experience working with children, volunteers and staff, being involved in all aspects of planning and decision making for these groups. You are given access to training. Many people have credited volunteering with building their confidence and providing a stepping stone*

*into work or further education through invaluable references and support.*

**Was it difficult to get a Scotland Disclosure check done?**

*No, I had to have a wee chat with Helen to see if I had anything in the past that might stop me from being able to work with children. Depending how long ago an offence happened determines whether you can apply for a disclosure. For example, minor offences might not be a problem but things like violent assault or other serious crimes depending when, sexual offences against children would stop you from getting this. However, not paying your TV licence 5 years ago would not be a problem. If unsure check with Helen.*

*You need to provide three different items to prove your identity and where you are living - this can be birth certificate,*

*driving licence, bank statements, benefits letter and this is sent away with the form stating how long you have stayed at the address and anywhere else you have stayed over the last five years. A check is then done and if all is okay we should get this back within a few weeks and then you are able to help out with the under 12's volunteering.*

**Primary 1-3's** group meets at the Henry Rae Centre on a Monday 3.15pm to 4.45pm.

**Primary 4-6's** group meets at the Henry Rae Centre on Thursday 3.30pm to 5pm.

Please come along and join in. Summer playscheme leaflets will be coming out beginning of June.

## **CANCER, DON'T GET SCARED, GET CHECKED.**

If you're worried about cancer, the best person to speak to is your doctor. It could be nothing, but it's better to be safe than sorry, outcomes are much better these days. In fact, twice as many people survive cancer compared to 30 years ago.

Whatever you do, don't worry that you might be wasting your doctor's time - they want to see you. All you have to do is make an appointment.

### **A FEW SIGNS TO LOOK OUT FOR:**

*A new lump which appears or gets bigger, in the breasts, testicles or anywhere else.*

*A sore that doesn't heal up - in the mouth, throat or skin.  
A mole that changes shape, size or colour.*

*Any growth that appears on the skin and continues to grow.*

*Coughing up blood, or blood in the urine or mixed through stools.*

*Things that refuse to clear up, ie. a cough that never goes away, or a pain somewhere that won't settle.*

*A change in pattern of going to the toilet.*

*Unexpected weight loss (that's not because you've been on a diet).*

Please remember that these symptoms don't necessarily mean you've got cancer, but they could indicate that something else is wrong. So it's still important that you talk to your doctor anyway.

Don't just rely on screening. Although it is important, you should still check yourself regularly and keep an eye out for any of the above changes in your body.

For more information on signs or symptoms and signposting to local cancer support organisations, contact your local NHS Grampian healthpoint, call the free healthline on 0500 20 20 30 or log into [nhsinform.co.uk](http://nhsinform.co.uk).

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## LEWIS MACDONALD MSP

Regional surgeries in North East Scotland



Lewis Macdonald MSP is available to listen to your concerns, make representations on your behalf, and put forward your views in the Scottish Parliament. He holds surgeries on Fridays between 2pm and 4pm at his regional office in Aberdeen.

If you would like an appointment with Lewis Macdonald at a surgery, please contact his regional office, as shown below:

**80 Rosemount Place,  
Aberdeen AB25 2XN  
Tel: 01224 646333  
Fax: 01224 645450**



# Family Learning



## Challenge Dad

The project organises events where dads/male family members can actively engage in activities with their children. Events in the past have included Tubing, Football and Rock Climbing.

These fun events encourage dads/male family members to support their children's learning as well as supporting and identifying their own learning skills and needs.

They run bi-monthly and are free. To sign-up, call Family Learning on 260028.

## Challenge Mum

The project organises events where mums/female family members can actively engage in activities with other women, and in some events also with the children. Events in the past have included Coasteering, Theatre visits and Reiki.

These fun events encourage mum/female family members to support their children's learning as well as supporting and identifying their own learning skills and needs.

They run bi-monthly and are free. To sign-up, call Family Learning on 260028.

## Family Fun Challenge

Family Fun Challenge has the best bits of Challenge Dad and Mum combined. All family members can come along with the children to these events and it gives the whole family time together and supports the children's learning. Events in the past have included Doonies Farm and Reptile Rapture.

They run 4 times a year and are free. To sign-up, call Family Learning on 260028.

## I'm a Parent....get me out of here!!

Parenting is one of the hardest jobs in the world which doesn't come with a manual. Don't panic, this 8 session course offers parenting skills and tips to positively enhance your role as a parent/carer.

The course is free and crèche is provided. The next course starts at the end of August. If you would like to know more or sign up, call Family Learning on 260028.





Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.

## The Health Show on *shmu*FM

Nothing is more important to your wellbeing and happiness than your health, so here at *shmu*FM we've teamed up with NHS Grampian to broadcast the Health Show.

Each week the show will cover the important stories from the past week, the best health advice and the latest campaigns being launched - all presented by a SHMU volunteer and a guest from your local NHS services.

We are live on 99.8FM on a Thursday from 9-10am, then a repeat goes out on a Monday between 2 and 3pm. Alternatively, you can listen again online by visiting: [www.shmu.org.uk](http://www.shmu.org.uk)

We'd like you to get involved too, so if you wish to suggest any topics or guests to be included in the show, or give any feedback to the Health Show team, just email: [healthshow@shmu.org.uk](mailto:healthshow@shmu.org.uk)

## Introducing Michelle....

SHMU is delighted to introduce Michelle Trail, our Employability Support Worker. Michelle has recently moved to Aberdeen from Edinburgh where she worked as an Education and Training Officer for Connected, an employability project of the charity Foursquare. Michelle has supported many people from different backgrounds who have a variety of barriers to employment.

Michelle has brought her skills and experience to our *shmu*TRAIN initiative; employability and skills development programmes which support people into work, training or education:

**Early Interventions** offers support to 14-16 year olds in local academies and will soon be launching a City Campus programme.

**Positive Transitions** provides 12 week training courses for people aged 16-19 who are not currently in education, employment or training.

Our current trainees have also been delivering the community magazines, providing them with valuable work experience and ensuring that the fantastic articles, stories and photographs in the magazines are distributed to everyone in the

community. **Positive Transitions 11** begins on 9th July – contact us now to find out more and to arrange a visit.

**shmuWORKS** offers training courses to 18-25 year olds, and also provides employability advice and guidance for **SHMU** volunteers, from regular group sessions to individual support. If you would like to find out more about the employability support we offer please contact Michelle; (01224) 515013 [michelle@shmu.org.uk](mailto:michelle@shmu.org.uk)

## NEWS JUST IN..

### Youth Radio Project

### SUMMER SCHOOL TASTER SESSIONS

Tuesday 3rd July 2pm - 3.30pm  
or Saturday 7th July 1pm - 2.30pm

Phone SHMU on 515013 to find out  
more and sign up!





# Aberdeen **DRUGS** Action

Drugs Action (Fiona and Pam) are in Mastrick Community Centre (Greenfern Road) every Tuesday between 2pm-4pm.

We have a drop-in service providing information, advice and support regarding all aspects of drug use. We also provide a needle exchange service.

If you or any one you know is experiencing problematic drug use, or you would like more information please come to the

Community Centre between 2pm-4pm any Tuesday.

We also provide basic life support and Naloxone administration training. On completion of the training you can then be prescribed Naloxone (reverses the effects of an opiate overdose) from specific pharmacies. The training will give you the skills and confidence to deal effectively in an overdose situation.

## Drugs Action provides:

- Immediate advice and information on any aspect of drug use.
- Support to family / friends affected by someone else's drug use.
- Naloxone Training – Learn what to do in an overdose situation and how to potentially save a life. Referral and signposting to other services as appropriate.

## Naloxone can be a life saver!!

It reverses the effects of an opiate overdose. We can train you in basic life support and Naloxone administration and you can then be provided with your own supply of Naloxone at specific pharmacies

You can contact us by phone call or text  
 Fiona: mobile 07740441413  
 or Pam: 07545204199



# COMMUNITY CONTACTS

## Alcohol

Alcoholics Anonymous **0845 769 7555**  
Drinkline **0800 917 8282**

## Benefits

Benefits Agency Advice Line **0800 587 9135**

## Crime

Crimestoppers **0800 555 111**

## Drugs

FRANK – National Helpline **0800 776 600**

## Dentist

Emergency - G-Dens **01224 558 140**

## Doctors

NHS 24 Emergency **08454 242 424**

## Electricity

If you have a Power-Cut **0800 300 999**

## Family Planning

Square 13, Support & Advice **01224 642 711**

## Gas

Gas Emergency **0800 111 999**  
Gas Emergency with a Meter **0845 606 6766**

## Housing

Emergency Repairs **01224 480 281**  
Call Centre Emergency **0845 608 0929**

## Police

Non-Emergency **0845 600 5700**

## Samaritans

Need to talk **01224 574 488**

## Social Work

Social Work Duty Team **01224 765 220**  
Emergency Out-Of-Hours **01224 693 936**

## Young Carers

Support & Information Service **01224 625 009**

## Water

Scottish Water Emergency **0845 600 8855**

## Alkohol

Anonimowi Alkoholicy **0845 769 7555**  
Problemy z alkoholem **0800 917 8282**

## Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

## Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

## Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

## Dentysta

Nagłe wypadki **01224 558 140**

## Lekarze

Nagłe wypadki **08454 242 424**

## Elektryczność

W wypadku odcięcia energii elektrycznej **0800 300 999**

## Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

## Gaz

Nagłe wypadki **0800 111 999**  
Nagłe wypadki w związku z licznikiem **0845 606 6766**

## Pomoc mieszkaniowa

Nagłe naprawy **01224 480 281**  
Centrum pomocy **0845 608 0929**

## Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji **0845 600 5700**

## Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

## Praca społeczna

Dyżur pracowników społecznych **01224 765 220**  
Nagłe wypadki poza godzinami pracy biura **01224 639 936**

## Pomoc w karierze

Wsparcie i informacje **01224 625 009**

## Woda

Nagłe wypadki **0845 600 8855**