

# Middlefield Mirror

Spring 2025



## In this issue:

ABERDEEN FESTIVALS

NURSERY NEWS

FORGET ME NOT

KMC

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

Photo Credit Ashleigh Mitchell

## Contents

3	Tribute to Ron
4&5	Nursery News
6&7	Aberdeen Festivals
8&9	News Bites
10	Free Things to Do
11	Northfield Academy Climbing Wall
12	UDecide
13	Step into Spring
14	shmu
15	KMC

## Editorial

### Welcome to the Spring edition of the Middlefield Mirror.

There's been lots of hustle and bustle in the Middlefield community recently. From exciting new funding awards, news from fantastic groups and paying a fond tribute to the late Ron Bird with a fitting event. after the sad loss.

If you would like to get involved and join the editorial team or if you have ideas for this 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 if they are interested in developing their ideas, or their skills in writing, proof reading and photography.

So, please don't be shy, this is your magazine, written, edited and designed by folk from Middlefield and Heathryfold.

**If you live in the Middlefield or Heathryfold area and would like to come along to the editorial meetings or submit an article then get in touch with staff at shmu on 07752586312 or email rose at [rose.ross@shmu.org.uk](mailto:rose.ross@shmu.org.uk).**

The magazine is now on Facebook as well so you can search for Middlefield Mirror and like the page for regular updates.

You can also view this magazine, alongside previous editions on the SHMU website [www.shmu.org.uk](http://www.shmu.org.uk) then click the 'PRESS' option.

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

LIFE MAY NOT BE THE PARTY WE HOPED FOR

BUT WHILE WE'RE HERE WE MIGHT AS WELL DANCE



Supported by







## Middlefield Pays Tribute to Ron Bird with Launch of the Aberdeen Jazz Festival

Well known community member, Ron Bird sadly passed away in January 2025.

Ron was known for his love of Jazz and was part of integrating it into the Middlefield Community, with the Jazz group at the hub and by organising a performance at the hub during the 2024 Aberdeen Jazz festival.

It was only right to honour him with a tribute when the festival came around this year.

Rhoda, Ron's wife was touched by the tribute and felt it was a fitting send off for him. "Ron was quite an active player, participant and really supportive of the Aberdeen Jazz Festival, he created this opportunity for Jazz music to be in the community, so as a tribute to him, the festival organisers arranged this event for him.

"He felt that Jazz is for everyone to experience and now it's just around the corner."

The concert was given by the Philip Adie Trio, A flamenco Jazz band,

who had travelled over from Seville to perform in the festival.

Philip Adie, originally from Aberdeen was pleased to return for the occasion. He said, "I am over from Seville, and I came over with my Flamenco Jazz Trio to open up the Aberdeen Jazz festival, at a concert that was a tribute for the fantastic gentleman Mr Ron Bird. It was brilliant, we had a great time, we've just finished playing."

The audience was impressed with the event, after all it's not every day you get to attend the launch of a festival, right on your doorstep.

One viewer said, "It's flamenco guitar you know, you can't beat it. There's not many folk in Aberdeen that do that genre of music, so to see someone come to Aberdeen from Seville to do that is just fantastic."

If you'd like to enjoy more Jazz in Middlefield, there is a group for you! The Jazz group meet every month at Middlefield Community Hub. Enquire for more details!

## My experience with The Healthy Hoose

About 10 years ago, I was awoken with my right cheek swollen like a chipmunk. Some people suggested it was the mumps, but it was just one side. The only thing I could think of doing was go to the Healthy Hoose that I knew was down the road from my partner's old house on Logie Place, so I waited a short while for a nurse to see me. She was also surprised by the swelling so managed to refer me to my GP.

The only issue at that time was I was still down as living with my Grandparents in Ferryhill, so was registered to Whinhill Medical Practice. I could've easily been told "no" because of catchment issues, but they saw how uncomfortable I was and got in contact with the GP to see how concerning my condition was and they really needed to at least do a swab test to see what's caused this anomaly.

This happened on the Thursday, and I was also seen to as soon as possible at my GP thankfully, I had to stay the weekend off work from the Friday, then all through until the Wednesday, when my results came through saying it was negative on the mumps and they figured it was a blocked saliva gland. It's a shame I lost out a few days' work to figure out whether I was contagious or not, but if it wasn't for the Healthy Hoose's persistence and care, I wouldn't have been seen to as quickly as I did and even being out of catchment at the time, their compassion really helped me be assured that I would still be cared for after seeing them.

# Middlefield Nursery News

## **Supporting parents with school applications and the forthcoming transition to P1**

This term, we supported parents in applying for P1 at school. Next term we will look to build on this and work in partnership with the schools to help support our children to have effective transitions to move onto their new setting. This will involve trips to the schools and visits to our nursery from schoolteachers to meet the children. Staff will be working on completing end of year reports for the nursery children. We have updated our format and hope parents find it more user friendly.

## **Nursery projects**

The nurseries enjoyed celebrating Burns night. The children got actively involved in a variety of different arts and crafts activities e.g. making tartan, trying haggis, neeps and tatties and listening to traditional Scottish music and Scottish dancing.

The children have enjoyed looking at planting a variety of different items including vegetables, an avocado

plant and spider plants. On walks to the woods the children have enjoyed noticing seasonal changes with the growth of new flowers, daffodils and crocuses. If we find other plants and we are not sure what they are the children enjoy using the Seek app which is very useful in helping to identify different species. With this interest staff have also taken children to the winter gardens in Duthie Park to see a wider variety of different plants. Children enjoyed looking for bananas on the banana plant.

Children also enjoyed celebrating Chinese New Year, making Chinese dragons, lanterns and having Chinese food. The children enjoyed making cards for Mother's Day. The children will enjoy participating in a variety of activities to celebrate Easter.

We are grateful for the kind donation from a former parent of chocolate Easter bunnies for all our nursery children.

We are holding an Easter arts and crafts stay and play session for

parents to come along and enjoy doing a variety of different activities with their child.

**We would like to say a big thank you to Robertson construction company** who came to visit both of our nurseries. The nursery children enjoyed meeting their character Dave the Bear who was great at helping the children learn more about construction e.g. safety, clothing etc through some fun discussions and learning activities.

## **Bookbug gift bags**

We invited parents to come into our library in our Hub café to receive their child's Bookbug Explorer Bag.

The Bookbug Explorer Bag contains books and materials to encourage families to read, talk, cuddle, and share songs and rhymes with children. They're gifted to children aged 3 through their early year's settings.

We enjoyed sharing and reading one of the stories from the bag with parents and children.





## Nursery Parents Big Blether

We offered parents the opportunity to informally meet with Marie and Carrie-Anne in our café for a Big Blether nursery parents group. Our aim for the Big Blether is to have parents involved in discussing our nursery setting and sharing ideas in how we can improve and develop.

The discussion themes can be initiated by parents on the day or by letting us know beforehand.

From previous feedback several parents have said they prefer when we have planned themes to think about.

This time we looked at and discussed:

*The food management policy*

*New setting the table guidelines coming into force in August 2025 and the changes we will need to make.*

*We will look at 'setting the table' examples of meal planners.*

*We will look at examples of current food products that may need to be changed due to the new expectations on sugar, salt and fibre levels required.*

*Any other themes requested by parents.*

We will have another Big Blether next term.

## Litter pick/and helping with our Middlefield Community Garden

Some of the nursery children were involved in helping to do a litter pick around the hub building. We discussed how it was sad that people didn't put their rubbish in the bin as it makes our area look messy and can be unsafe for birds and animals. They can get hurt. The children were great helpers and soon learnt how to use the litter pickers.

Some of our nursery children also enjoyed helping our keen gardening volunteer Ashleigh plant some bulbs in our Middlefield community garden at the back of the hub building.

Ongoing activities and Therapets dog visits

The nursery children are continuing to enjoy going out on regular outings on the minibus. Trips have included Seaton Park, Hazlehead park pets' corner and Fittie.

The nursery children continue to enjoy going out on walks to the nearby local Auchmill woods, attend dance and gymnastics classes in our hall on a Tuesday and have visits from our Therapets dog Dottie

and her owner Alison. Alison also introduced our nursery children to her other Therapets dog, Hettie, who they loved meeting too. Hettie was a little nervous at first as she hadn't been in to see us before.






A large crowd of people is gathered on a city street, likely during a festival. In the background, a large sailing ship with many masts and rigging is docked. Modern city buildings are visible in the distance. The scene is bright and sunny.

# Aberdeen's Festival Fever:

A Year-Round Celebration





**T**he Granite City is known for its rich history, stunning architecture, and vibrant cultural scene. Throughout this year, the city comes alive with a diverse array of festivals, offering something for everyone. From music, and light shows to crime writing and traditional celebrations, Aberdeen's festival calendar is packed with exciting events. Here's a glimpse into some of the upcoming highlights.

***A Celebration of Tradition:  
Scottish Traditional Boat Festival  
(June 27-29, 2025)***

Head down to the charming harbour of Portsoy for the Scottish Traditional Boat Festival. This popular event showcases the region's maritime heritage with a flotilla of historic boats, demonstrations of traditional crafts, and lively music and dance performances. The festival will take place on Saturday the 28th and Sunday the 24th of June. Tickets can be bought from the festival's website.

***Aberdeen Highland Games  
(15th June)***

On 15th June 2025, Aberdeen will host their Highland Games at Hazlehead Park. A staple summer event, which starts at 10am and will include a day of fun for all the family. You can expect traditional Highland game events, stalls and activities as well as entertainment from professional performers.

There will be more information relating to ticket prices released on Aberdeen City Government's website closer to the time and if you

are interested in applying to set up a trade or charity stall at the event, this can also be done via the website.

***A City in Celebration:  
Granite City Festival  
(June 28, 2025)***

The Granite City Festival is a highlight of Aberdeen's summer calendar. This vibrant event brings the community together with live music, street food, family-friendly activities, and a buzzing atmosphere. The music festival takes place at Hazelhead Park spanning the entire weekend. Tickets for the festival can be purchased on the website through upfront payments or a payment plan.

***The Tall Ships Races  
(19th July)***

After 28 years, the Tall Ships Races returns to Aberdeen to become the largest free family event being held in Europe. This four-day festival will start on the 19th July with 50 tall ships from all around the world arriving in Aberdeen Harbour. There will be an opening ceremony celebrating the fleet's arrival, over

1000 sailors will come together for a parade, there will be live music and entertainment and visitors will be able to board the tall ships for the first three days before they set sail.

In addition to these highlights, Aberdeen also hosts a variety of other festivals throughout the year, including:

***Aberdeen Comedy Festival  
(September 22-28, 2025)***

Get ready for laughs with a lineup of top comedians.

***Aberdeen Fringe Festival  
(October 24, 2025)***

Showcasing a diverse range of performances, from theatre to music and comedy.

With such a diverse and exciting lineup of festivals, Aberdeen offers a year-round celebration of culture, arts, and community.

# FORGET ME NOT GROUP UPDATE

**I**n the last two magazines I have written a bit about the 'Forget Me Not' group that was created in August 2024 shortly after I lost my husband, suddenly in February that year.

At this time, I could not find any face-to-face bereavement support to help me through this awful journey.

The Forget Me Not group has gained momentum with members who have lost their partners like me, increasing in number.

We now consist of 7 and occasionally 8 members who all contribute to the journey each of us have had to travel.

Our meeting consists of a quick catch up, checking how everyone is, providing support where we can and similarly at the end of our group, we check in on each other again.

We have had several different activities throughout our sessions ranging from flower arranging, painting, talks relating to 'Scams/fraud', 'Digital Skills' etc.

The group leads itself and any activities/visitors, agreeing what if anything they would like.

I cannot tell you how much this group has helped and supported me through this worst time of my life. We are not alone and gain strength in knowing we have one another who understand.

'Forget Me Not' group held on Thursdays 10-12 noon at Rosemount Community Centre. This group is specific to people who have lost their long-time partners.

**By Gail Groves**



## Talking Hands

**I**n last Spring's Middlefield Mirror 2024, I put in my story about my deaf awareness project for (HIC) Health Issues In the Community course that ran at the Middlefield Hub, Manor Avenue. As part of the course, I wanted to make people with hearing loss, due to age or illness, be more aware of the help that they can get.

I then started a BSL class at the Hub to teach British Sign Language (BSL) and how to lip-read and found that it was hard for certain people to make the commitment to attend weekly and to keep up with the classes.

Two months ago, I changed the BSL Class to a Talking Hands Group which it much better for everyone including myself. We meet at 12.30pm on Thursday to bletcher, sign and lip-read and we joke, play games, do a quiz and sign songs. It is a big hit with the ladies who attend. They agree that it's more relaxing and stress free and they pick up sign language with ease. It is much easier for anyone just to come in and

join the group, they do not have to learn the sign language but can learn to lip-read.

Just learning how to cope with deafness and build up our confidence.

It's great fun for me too and certainly builds up my confidence and is just a fantastic way to make friends. I must say I'd rather be their deaf friend than their BSL tutor!

Hope you've had a lovely Easter.

**Winnie Shepherd**

**We meet at 12.30pm on Thursdays at the Middlefield Hub during school term times. New members welcome.**





# The 'Local History Group'

**The purpose of the group was to gain knowledge of history of our local area where many of us grew up and have fond memories.**

Initially the group looked at several maps, one from 1869 OS Map, displaying, what was then, the landscape of the Middlefield/ Smithfield areas. There were many names on the map that linked to the names we know now.

It was fascinating to try and work out where different landmarks were then and now. We looked at the quarries, farms and discovered that there had been a private asylum, called Middlefield House located between two farms, Middlefield and Smithfield.

Lesley Dunbar who leads the group, shared some of her knowledge relating to this, whetted our appetite to find out more, we were hooked.

The group decided that we would investigate further Middlefield House Private Asylum along with the Psychiatric Hospital, we know today as Royal Cornhill Hospital.

The original Middlefield House Private Asylum had once been a private home. It consisted of two storeys and could accommodate up to 14 patients.

There were 6 rooms on the ground floor and 8 rooms on the first floor. Each patient's accommodation consisted of a parlour, bedroom and a third smaller room. This was supported by 1 male attendant,

salary £25 per year and 2 female attendants, salary £6 per year. The asylum was also supported by the owner, Dr Poole's wife and daughter at this time.

Lesley shared with us, a past patient's life in the mid 1800's, some of which had been spent in Cornhill Hospital. The lady's name was Christian Watt and during this time she wrote about her experience. There has been a book published 'The Christian Watt Papers', author David Fraser.

Although I have not read all the book yet, what I have read, depicted their lives, hardships and surprisingly the community spirit within their community.

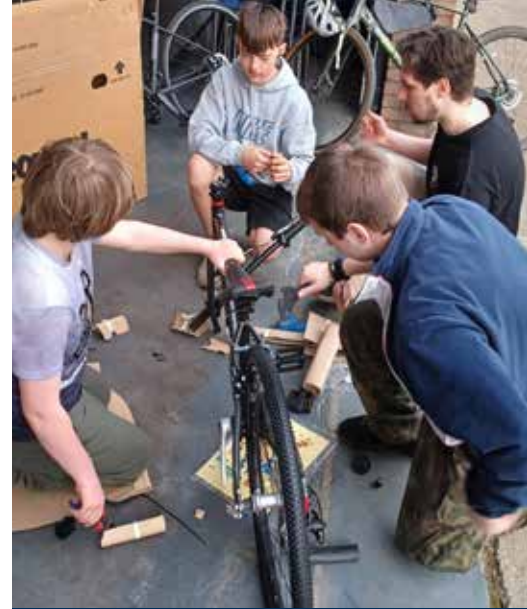
We have also touched on crimes committed and the consequences at that time if convicted of three offences - were transported to Australia to serve their sentence, sometimes with or without their children.

Our interests within the group have grown rapidly and in different directions, most of which we still need to investigate.

Personally, and I think I speak for the other members, we have all enjoyed the group, the things we have already learned and most of all being able to investigate further, with support of Lesley who has wetted our appetite.

Lots more to learn and investigate.

**Gail Groves**



## BECYCLE

**Fersands Bike Club will soon be starting thanks to Becycle.**

Becycle a local charity run by volunteers to promote cycling and re-cycle used bikes, has won a grant from Nescan to promote cycling for local youths.

They are working with Fersands and Fountain SCIO to give over thirty brand new bikes to young people in the community. Youths will be able to pick up new bikes and helmets. Locks and other accessories are totally free if they join the Bike Club.

The Bike Club will try to measure how much the bikes are being used and will offer bike maintenance and road safety workshops.

Some of the new bikes have just arrived and the first group of teenagers were there to receive them and even help assemble them.

This is such a great idea and a great support to many youths who otherwise wouldn't get the chance of such good bikes and can now develop their skill and gain an interest in bikes and cycling. Youths in Woodside will become more mobile, more skilled and live a healthier lifestyle!



## *Discover Aberdeen Without Spending a Penny: Free Activities in the Granite City*

### **Embrace the Outdoors**

**Aberdeen Beach:** Miles of golden sand await you at Aberdeen Beach. Stroll along the promenade, build sandcastles, or watch for dolphins in the summer months. The beach is also home to the free Queens Links, offering a place for picnics and games.

**Hazlehead Park:** This expansive park, gifted to the city by Robert the Bruce, is a haven for nature lovers. Explore the walking trails, admire the flower gardens, and let the kids loose in the playground.

**Footdee (Fittie):** Wander through this charming fishing village with its colourful cottages and unique character. It's a great place to experience the city's maritime heritage and take some memorable photos.

**Donmouth Local Nature Reserve:** Observe seals at play in their natural habitat at the Donmouth Local Nature Reserve, where the River Don meets the sea.

### **Delve into History and Culture**

**Aberdeen Maritime Museum:** Discover Aberdeen's seafaring past at this fascinating museum. Explore exhibits on shipbuilding, fishing, and the North Sea oil industry, including a massive model of an oil platform.

*Aberdeen, the "Granite City," is a captivating blend of history, culture, and natural beauty. While some attractions come with a price tag, there's plenty to see and do without opening your wallet. Here's a guide to exploring Aberdeen on a budget.*

**Tolbooth Museum:** Step back in time at the Tolbooth Museum, housed in a 17th-century prison. As you explore the historic cells, learn about crime and punishment through the ages. Closed for refurbishment at the moment but plans are to reopen this year.

**Aberdeen Art Gallery:** Immerse yourself in art at the Aberdeen Art Gallery, which boasts a diverse collection spanning centuries. Admire works by Scottish artists and international masters.

**Old Aberdeen:** Take a walk through the historic heart of Aberdeen, with its cobbled streets, medieval buildings, and the impressive St. Machar's Cathedral.

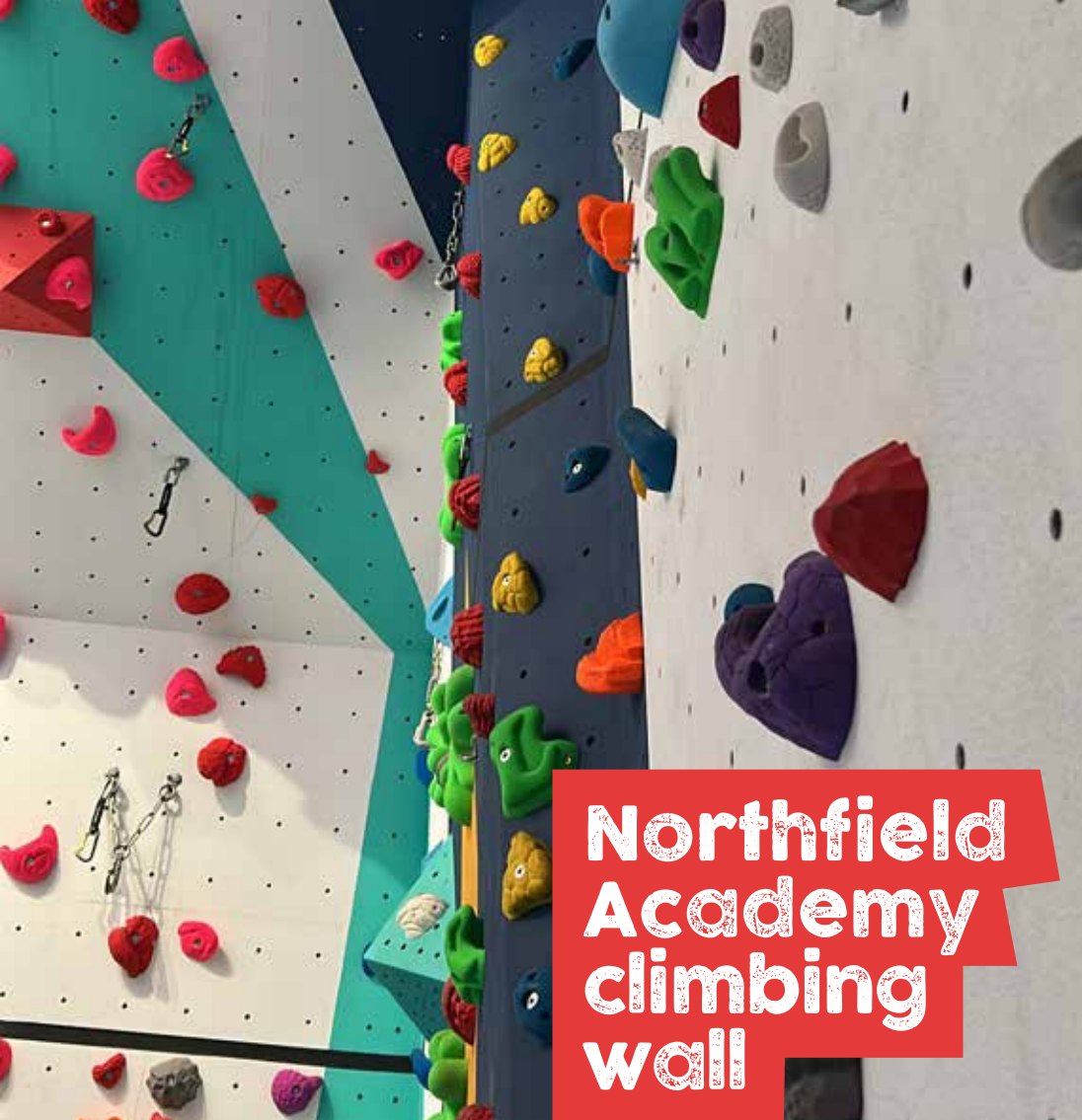
### **Other Free Experiences**

**Sculpture Trail:** Discover public art as you follow the Aberdeen Sculpture Trail. Encounter statues of historical figures and contemporary creations dotted throughout the city center.

**University of Aberdeen's Zoology Museum:** Get up close with animal skeletons and specimens from around the world at this free museum, perfect for families with children.

**Cruickshank Botanic Garden:** Explore a diverse collection of plants from around the world at this tranquil garden, located next to the Zoology Museum.





## Northfield Academy climbing wall

The placement students from shmu headed to Northfield Academy a couple weeks back to get a first look at the very newly renovated climbing wall inside the school.

The community showcase featured a presentation given by the lead coordinator for sport Aberdeen plus a slide from the pupils involved in the project gave us all an insight into the sport of bouldering and what the wall gives to the school and community as a whole.

The wall had been out of use for a few years before Sport Aberdeen got in touch with the school and decided they wanted to re-invent what it was originally built for.

Head teacher of Northfield Academy Mr. McDermott insisted that the teachers and staff undergo training to

be able to use the wall and hold classes for people who want to learn the sport of bouldering which is a little bit different to normal rock climbing.

18 individuals representing six organisations have also been trained to deliver bouldering sessions with 50 young people taking part in school taster sessions to perhaps become the next Max Milne who is a National and International winner in the sport.

The wall is an amazing piece of equipment for the school to use and the creativity of the room and how they use the space is exceptional, if you ever get the chance to take on the wall it is definitely worth a try!

**Get in touch with [communitysport@sportaberdeen.co.uk](mailto:communitysport@sportaberdeen.co.uk) to find out more about using the wall!**

## fear fascination a gothic exhibition

19 May – 7 December 2025

*The Gallery, Sir Duncan Rice Library*

Step into a world of Gothic terror in this newest exhibition from the University Collections. Showcasing the extensive collection of Gothic novels, the exhibition explores how these texts used fear to both terrify and excite readers with their tales of monsters and villains, and exploration of transgressive themes. Discover hidden meanings within these classic tales that question, are the monsters truly monstrous?





## Middlefield's generations come together

**M**iddlefield Community Project recently secured funding from Aberdeen City Council's UDecide fund and are set to put the fund to good use and bring multiple generations of Middlefield residents together.

Middlefield Project secured £2880 from the participatory budgeting fund, meaning that it couldn't have happened without the help of the Middlefield community and residents from the North locality voting for them.

Generation Games, the project which secured the funding will be a monthly session, beginning in summer and will see older residents from Middlefield participating in games and fun activities once a month with the Project's nursery pupils, such as singing, telling stories and art. The Youth Hub will also reap the rewards too!

The idea was first generated after the success of a Christmas games night the Youth Hub hosted for residents at Granitehill House. Both parties gave brilliant feedback on the impact the opportunity had, and the project felt it only right to build on that success.

Project Coordinator, David Smith said, "Both groups feedback how much they had learned and how much of a buzz it had been afterwards. They felt that they'd all helped each other out for the better as well."

So, both groups asked to take part in more of these sessions. David was more than happy to oblige. The benefit to each generation is clear to see for David. "The good influences young people have in their life, the better. So, having an adult around, that's giving them a good role model or giving them some advice or some life lessons, is beneficial to them.

"I think the experience has also helped to humanise the young people for the older residents and challenge their perception of teenagers, showing they're not all hooded, motor bike riding hooligans, they are really kind and there to help. Some of the young people were even helping show them how to use their phones and teaching them things.

"I also know from previous roles, having nursery children, younger people around kind of older adults as well is really beneficial for the health and wellbeing everyone as well."

If you'd be interested in getting involved with this fantastic project, make sure you keep an eye on Middlefield Community Project's Facebook page for details of events coming up, starting in the summer. It will be open to those within the Hub's catchment area, so don't miss out!





## Oot and aboot

Our fantastic Multimedia Team volunteers and placement students have been enjoying getting oot and aboot recently.

They have been chatting to locals across shmu's communities about the latest goings on, for our social media series 'Oot and Aboot'.

So far, we have enjoyed catching up with Printfielders about the brand new Denis Law Mural, Middlefielders on the launch of the Aberdeen Jazz Festival, Mastrick locals on the closure of Lidl and more.

Make sure to check it out on our social media pages. If you have any ideas on what we should check oot next, leave a comment and let us know!



## Women's Wellbeing Hub

shmu are delighted to launch a Women's Wellbeing Hub at our media suite in Greyhope Community Hub.

In partnership with Aberdeen FC Community Trust and Aberdeen City Health and Social Care Partnership, we look forward to having you join us!

The hub is a cosy space to relax, enjoy a cuppa, connect with others and take part in engaging activities.

It runs on the first Monday of every month from 9:30am to 11:30am and is totally free.

No sign up is required, but for more information contact Sarah on [sarah.igesund@shmu.org.uk](mailto:sarah.igesund@shmu.org.uk) or call 07592 355 131.



## Where to find us?

We get up to so much exciting things at shmu, it's so hard to choose what to keep you up to date with in Torry's Vision! There is a way you can keep up with it all.

Follow us on our social platforms, Instagram and Facebook. Find out when we have upcoming courses, volunteering opportunities and get all our fabulous content from videos to podcasts and more!

Find us on:

Instagram – @shmumedia Facebook - @StationHouseMediaUnit



# KMC's Spring clean

In March and April 2024, Keep Middlefield Clean (KMC) was involved in Keep Scotland Beautiful's Spring Clean, which, for starting in February, was a great success. The plan for the year's clean-up was 4 weekly picks each Friday between the 15th of March and the 26th of April. It was a very hands on operation to get the greenspace next to the Middlefield Community Project back to not being a target for fly-tipping, littering and the elements travelling the contents from overfilled bins.

Pick 1 of the Spring Clean started at the bottom of the area, where the nursery manager, Marie attended and helped with our first pick. For it just the 3 people (Marie, Charlotte and Ashleigh, who founded KMC), it was still part of a big change of getting rid of a mattress, 2 recycling bins and some buckets that were managed to be upcycled for gardening.

Pick 2, on the 22nd of March, had children and staff helping with some other residents, which was uplifting to see that there are people that do care and to help the children be aware of how to look after our environments.

Pick 3 and 4 had only Charlotte and Ashleigh attending but altogether got 17 bags from the 2 picks including many bike frames.

This year for the Spring Clean, KMC has been doing the same approach, but managed to fit in a 5th date. The Spring Clean started on the 21st of March and will be every Friday until the 18th of April. The times are between 11am until 1pm and will be covering the greenspace next to the Hub again and the Logie greenspace. For more information on the picks, check Keep Middlefield Clean on Facebook for upcoming events and recycling information!

KMC would also like to thank Clean Up Aberdeen for helping with providing equipment and spreading the word around the city!



# 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** - 0345 013 0740

## **DOCTORS**

**Northfield Doctors Surgery** - 111

**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**

07876760760

Dacameron@aberdeencity.gov.uk

**Councillor Donna Clark**

07977399622

donaclark@aberdeencity.gov.uk

**Councillor Steve Delaney**

01224 346614

Sdelaney@aberdeencity.gov.uk

**Cllr Kate Blake**

07977399530

kablake@aberdeencity.gov.uk

**Jackie Dunbar**

– MSP for Aberdeen Donside

01224 011936

Jackie.Dunbar.msp@parliament.sco

## **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: [sdafmh.org.uk](http://sdafmh.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)