

AiR

Recovery Matters

Issue #01



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Editorial

Welcome to the first ever edition of Recovery Matters. This magazine has been put together by a group of people from Aberdeen in Recovery (AiR). We want to make recovery visible and celebrate the process, as well as tackle serious issues which are relevant to people who engage in problematic substance misuse and addictive behaviours.

AiR's has a **vision** of a society which celebrates visible recovery and accepts its responsibility to participate by identifying solutions to the conditions in which addiction thrives.

Their **mission**: to be a bridge from dependence to independence for the individual seeking recovery from problematic substance misuse and addictive behaviours.

Their **objectives**: the relief of the needs of those seeking to recover from addiction, their families, friends and in furtherance of this by:

1) promoting the availability of supportive services of all kinds

2) working in partnership with other bodies to achieve their purposes

For more information about AiR, or to get involved, contact info@aberdeeninrecovery.org, call **07936008808** or look them up on Facebook.

Recovery is possible.

This publication and the training required for all three stages of the AiR Time Project were provided by a grant from the Aberdeen City Alcohol and Drugs Partnership Communities Fund.



CUPPA WITH A PURPOSE Written by SG

Have you ever felt a bit low and in need of a fine cuppa and a good chat? Aberdeen in Recovery might have the answer!

For those readers who may have listened to our sister radio show, 'Recovery on Air' on shmuFM the cuppa with a purpose (CWAP) is a regular but casual series of drop ins that are put on throughout Aberdeen. These sessions run every week, six days a week, from Monday through to Saturday. Again, those who have listened to the 'Recovery on Air' broadcasts will be familiar with the CWAP timetable as it is broadcast during our 'what's on' feature. For those of you who are not familiar with the 'Recovery on Air' broadcasts (shame on you!) you can catch them on a Monday between 2 and 3pm on shmu 99.8FM. We've been studiously broadcasting every Monday afternoon for the past few months.

Getting back to the drop-in sessions – these are all manned by our AiR peers – people who are in active recovery from addiction themselves (whether it be drug, alcohol or any other form of addiction) and are willing to give their time and experience to help others. They are unable to provide you with a magic cure for your own

addiction but can suggest things that have helped them and try to guide and support you in the course of your own recovery journey.

To top it all off AiR peers running the drop ins will actively listen to what you may (or may not) want to talk about. If you do not want to talk 'recovery' and feel you do not want to participate in group discussion that is completely fine.

The volunteers will chat to you without judgement and can speak with you about anything that might be having a negative effect on your thinking/being at the moment. If this is sounding a bit too much then you have still come to the right place – you get to meet lots of really nice people and the group can generate some really interesting non-recovery based discussions so come along to one, try it out. At the end of the day we always provide a decent cuppa and a fine piece so you've nothing to lose – give it a try!

Cuppa with a Purpose Timetable

Mondays

11am – 1pm
Seaton Learning Centre on Seaton Place East
Facilitated by Graeme and Christina

Tuesdays

11am – 1pm
Tullos Learning Centre Café on Girdleness Road
Facilitated by Linda and Lynn

Wednesdays

2-4pm
ADA Office, 7 Hadden Street
Facilitated by Simon, Joan and Sandy

Thursdays

1 – 3pm
Northfield Community Centre on Byron Square
Facilitated by Graeme and Paul

Fridays

11am – 1pm
Tillydrone Community Flat, 3b Alexander Terrace
Facilitated by Graeme and Christina

Saturdays

1-3pm
ADA Office, 7 Hadden Street
Facilitated by Simon, Joan and Sandy



Supported by



INTERNATIONAL OVERDOSE AWARENESS DAY

Written by Joan & Zoe



International Overdose Awareness Day (IOAD) is a global event held on August 31st each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death.

It also acknowledges the grief felt by families and friends remembering those who have met with death or permanent injury as a result of drug overdose. Sadly, the latest statistics on drug related deaths in Scotland showed a record high number of fatal drug overdoses in 2016, a 23% increase on the previous year and the highest ever recorded.

In Aberdeen this year, families and friends of those individuals lost through drug overdose were remembered in a poignant event held at Alcohol and Drugs Action's Hadden Street premises by a "Time to Remember Time to Act" event. As well as remembering those who sadly lost their lives to overdose, it was also an opportunity to act and help prevent drug related deaths by training individuals in the use of naloxone. This is lifesaving medicine that can temporarily restore breathing in an overdose situation.

Family and friends individually decorated hearts and personal messages to remember loved ones lost. The hearts were displayed outside ADA's Hadden

street office and everyone gathered around the tree in remembrance. The message about how naloxone can help save lives was well and truly out there too with everyone gathered around the hearts adorned tree wearing t-shirts with the message -Who Said You Can't Buy Time? #UNDO OD.

On the day, Simon Pringle, Service Manager from ADA told us a little about why they hosted the event and explained about what naloxone is and why it is important to carry it with us and use it in the event of overdose.

He explained that every year ADA mark International Overdose Awareness Day with a variety of activities including producing a

film about naloxone and overdose awareness. The idea for the tree and the hearts came from ADA service users.

Simon said: "I sometimes think those who die through substance use can be forgotten about so I think it's really important to highlight the loss. The more awareness we can raise, the better."

He went on to emphasise the dangers of multi-drug use as this is one of the most common causes of overdose.

He explained: "I think a lot of people forget that alcohol is a strong drug as well and mixed with other substances can increase overdose risk significantly."

A family member, whose son sadly died from an overdose spoke about why this day is important to her, and what support there is for families affected.

She said: "I think it is important to remember those that have been involved and became addicted to alcohol or drugs, because they are were somebody's son, daughter and a beloved family member."

There is a support group, formed eleven years ago, which offers support to families and friends who have suffered bereavement through their loved one's alcohol and drug use. They meet all the Health Village on Frederick Street.

Naloxone is used to reverse opiate overdose and lasts for

about 20 minutes. Overdose affects breathing and heart rate and naloxone effectively blocks any opiates from reaching the receptors which allows time for the ambulance to arrive. ADA are able to give Naloxone training to people who use opiates and their families and friends. **Staff at ADA are aware that the drug has been used 98 times in this area in the last year so has potentially saved as many lives.**

If you wish to be trained in the use of Naloxone to help save a life and to take carry a kit with you please contact ADA's helpline for further information, **01224 594700.**

Inside View



AIR TIME

Written by Autumn

AiR Time is a media project that Aberdeen in Recovery (AiR) have established in partnership with Station House Media Unit (shmu) and Alcohol and Drugs Action (ADA) to make recovery visible at local level. The project was funded by Aberdeen City Council Alcohol and Drugs Partnership (ADP). As part of this opportunity we are presenting a weekly radio show on shmu 99.8FM. The show was created by inviting members of AiR to take part in the radio training. We broadcast Recovery on AiR weekly on a Monday between 2 and 3pm. It started as pre-recorded show, but we have now been live since the 18th of September this year.

So far so good, still have had the odd blooper but no foul mouth mistakes to date. Each week we have group discussions on relevant subjects relating to recovery and important subjects for all to think about and learn

from, banter and as always cracking tunes to while away your hour.

We have an email address you can send requests for songs to be played on the show, please email requests@aberdeeninrecovery.org. The project has also allowed us to create this magazine which we hope you enjoy reading.

Meet some of the team...

Hi, my name is Autumn and I have been battling with addictions for many years, I started to have issues around the age of 19 as I would use substances to self-medicate instead of confronting the real issues around my addictions. I have been lucky enough to get into media work through my time with AiR and doing radio and magazine has helped me with my confidence and renewed my belief in myself that I can do anything if I put my mind to it. Being part of something like

this helps to make new friends and gives you a purpose each week to be part of something. I believe this is important to all in recovery as well as getting the message out there that you are not alone in your recovery and that recovery is possible.

Hi, I'm Joan and I'm 49. I started solvent misuse at the age of 13 due to bullying, low self-esteem and emotional issues. I have also battled with alcohol for many years and hated the person I saw when I looked in the mirror. Although I knew I had great strength within me I also knew I had weaknesses relating to my addiction, emotions and myself as a woman. Today thanks to AiR I am slowly addressing my issues and slowly starting to feel like a woman with self-worth and I am winning that battle with alcohol.

Check out the next edition of the magazine for more information on team members.

Often when we think of addiction we only focus on how it affects the person themselves. But what about their family members and friends? Here, one of our team members interviews his daughter and finds out her side of the story.

Q: Can you tell me how my addiction affected you affected you over the years?

A: I've always struggled with the idea of someone calling you an alcoholic. I think that comes from the idea that when you were drinking every day you still functioned as a normal person. You were still a proud man, you were still clean, you were still tidy and you still took pride in your home so for me I found it difficult the idea of someone calling you an alcoholic because you weren't someone who would sit on a street corner getting smashed and rolling around the floor, aggressive, not paying your bills. It was difficult on your worst days where you would be sitting in the house drinking yourself into a stupor and not giving yourself a good quality of life but at the same time you weren't the stereotypical view of an alcoholic. To me you just never fitted inside that box. I think as time went on and we saw the health implications that started to ring alarm bells in terms of this is the impact it was having on you. Even now I still struggle with the idea of the alcoholic status. It's just strange and I don't see you as

a recovering alcoholic because for me, you're just dad.

Q: Your brothers and sisters see it in a different way. How has that impacted you?

A: I've come to blows with my siblings on more than one occasion in terms of defending you because they see you as an alcoholic and I don't. I can't speak on how your drinking ever affected them growing up but we see you differently and I think that's something we'll always struggle with. I've seen how it affects the relationships I have with them and my mum because I would always be the one who defends the situation as much as I'm aware of what you used to do. I suppose it was always in my mind if we keep supporting you and showing you we're there then something's going to click and you might stop picking up the bottle.

Q: You had a set of keys to my house in the bad days, how did that make you feel?

A: I loved the fact I had a set of keys and being able to come and see you whenever I wanted as it showed me you weren't hiding anything from me. When you decided you were going to get sober it gave me the opportunity to come in and out and be part of that. There was also the other side of that where there was a fear of what am I going to walk into, am I going to walk into somebody who's just drunk themselves to death?

Q: Do you ever struggle with balancing what you do as a professional and then just being my daughter?

A: Always, my profession means I do have a duty of care towards people and I am aware of services and what help is out there for people but at the same time you're my dad. How do you separate that? There would be times where I would really want to take you to services that I knew would be able to help you but I also didn't know if it would be the right time. First and foremost, you're my dad but I found ways to link in with people who could help and would set you up to go for a coffee with them so it was really informal. So I still got to be your daughter but meddle at the same time and get somebody to give you the support that I wasn't able to do.

**A LITTLE
PROGRESS
EACH DAY
ADDS UP TO
BIG
RESULTS**

RECOVERY

WALK 2017

Written by James M

The Recovery Walk this year took place in Dundee on the 30th of September. There was a massive turnout of over 2000 people, with an additional 500 people taking part in the Prison Recovery Walks. They all came together, showing that recovery is possible and is happening in lots of communities. Last year the walk took place in Falkirk and over 1500 people showed up to support our message – recovery is possible. The walk gives a feeling of elation, joy, pride and togetherness. People who participate in the walk want to rid the world of the idea that once you're an addict, you're always an addict. There is a life beyond addiction and there are thousands of people going through it and working together to beat it. If you feel alone in addiction just reach out to people and you will see and feel the changes that are possible.

Check out some of the videos at www.scottishrecoveryconsortium.org. There you can see some of the joy and power from the Scottish recovery community.

We spoke to Kuladharini, Chief Executive of the Scottish Recovery Consortium, who oversees the Scottish Recovery Walks.

James: How did the concept of the walk first start and where did it come from?

Kuladharini: *In the UK the very first recovery walk was in 2009 in Liverpool and I think the idea had been imported from the states as making ourselves visible in public to show what recovery looks like. I remember the first walk I did was the Liverpool one I wasn't sure I was quite happy with going down the High Street and saying, "hey I'm in recovery" but when I went, and it sounds a bit lame, but I just thought something is happening. It was a very small walk compared to what they are now but something happened and that willingness to take ourselves into the public domain was brilliant. There was enough in it for me to get hooked! The first UK recovery walk in Scotland was in 2010 and the first Scottish Recovery Walk was in 2012 over the Forth Road Bridge and that was delightfully and absolutely chaotically fantastic.*

James: How do you feel about the walk?

Kuladharini: *I'm proud of every single walk and that gathering of all different groups of recovery from the very north to the very south. It's the one big day we get together and see each other. I'm so proud and every year we hit the ball out of the park. We got right through the city centre this year and it was just amazing to*

see people's reactions. We're becoming so strong and this year we decided to chant which we've never done before and you can see how we're becoming stronger in the public domain. We were chanting 'this is what recovery looks like' and people were going 'wow that's what recovery looks like' so I'm immensely proud.

James: How are the public, were they supportive?

Kuladharini: *They see the walk and they're usually quite confused because they usually see people marching through the streets against something so to find a bunch of people going 'yay we're proud and we're out and in recovery' is a bit different. If you're at the front of the walk you see people's confusion and if you're at the back of the walk you see people's reactions change from confusion to 'oh that's amazing' and people are incredibly supportive and applauding and joining in.*

James: So how do you pick the city the event is held in?

Kuladharini: *It's always a difficult one. There's a period we're about to enter right now which I call the discernment period. In England for the UK recovery walk an area usually makes a bid and then they pick the area based on the*

criteria they have. Here we do that a bit differently so we look at who needs the recovery walk, what does the recovery walk need for itself and what is recovery asking from us in Scotland? We're clearly able to move 2000 people around the country, there's no question about it so the question is do we want to grow the walk and if so, that would determine where the walk might go, who else would want to take part in the walk. In 2016 we were in Falkirk and there's so many prisons around that area that we expanded the prison recovery walks that year which was amazing. The next location will be decided at the next Walk Council meeting in

the beginning of November to evaluate this year and then to choose where we're going next.

James: what would you say your dreams would be for the walk in 5 years' time?

Kuladharini: *Oh, I think 35000 taking over a town with love, putting out the hand of friendship to those who need it. A big gathering of the tribes of the wounded who are recovering. I just think whether it's mental health, addiction, economic, recovery from violence I'd love to see that happen. You know we're not the only people who hurt, the people in addiction, there are other people who hurt out there*

as well and making connections with all of that with what we're achieving, we manage to keep alive and well in this crazy world that we live in. There's something to be proud of in that.

James: Do you think recovery is possible

Kuladharini: *Absolutely, I'm in recovery myself and some of my family members are in recovery. I've seen people getting into recovery my whole life and I've also seen people hurt and die because they didn't get into recovery so of course I know it's possible and I know statistically most people will recover.*



Public Perceptions on Recovery

The AiR Media Team took to the streets of Aberdeen city centre and conducted an online survey to gain an insight into the public's opinion on substance and alcohol misuse. We also wanted to find out if they believed that recovery was possible. The team put together a set of five questions to gauge people's opinions on recovery journeys. Over 60% of

the people we spoke to knew someone living with an addiction to drugs or alcohol and 58% knew somebody who was in recovery from their addiction. We wanted to know if members of the public would know where to turn to for getting help with an addiction and 62% of the people we surveyed did. This is great but does show that we have a bit more work

to do to get the message out there more. We were happy to see that 96% of people we spoke to thought that recovery was possible, with the other 4% saying they thought it was maybe possible. This shows that the public don't think recovery is impossible!

THE STATS

Do you know anyone living with an addiction to drugs or alcohol?

Yes - 66%

No - 34%

Do you know of any places that offer help with recovery from addiction?

Yes - 62%

No - 38%

Do you know anyone in recovery from their addiction?

Yes - 58%

No - 42%

Do you think recovery is possible?

Yes - 96%

Maybe - 4%

WHAT WOULD YOU SAY RECOVERY IS?

"Restoring both mental and physical health after fighting an addiction."

"Getting back to a standard of living where you are not controlled by your addiction"

"A long and difficult process with hope for the future."

DO YOU THINK RECOVERY IS POSSIBLE?

"I am living proof, one day at a time"

"Not one of us so far down that they can't be helped"



Written by Autumn

There are many derogative words out there to hurt, stigmatise or put down certain people in our society.

Words such as alki, junkie or druggie. Do the meaning of these words or the way you say them distinguish in other peoples' minds what character this person has?

What do you think when people say the word "junkie"? If you are like me you may have thought that a "junkie" is someone addicted to heroin, perceived by the public to be the lowest of our society who beg and commit offences to fund

their addiction. In truth a "junkie" is addicted to any drug of any kind. Words such as this one are used to dehumanise and segregate people in society, to make it seem that it's us versus them when we should be including everyone in society and helping aid peoples' recovery.

Truth be told I have been shocked by things that I have learned since coming into recovery. Someone once pointed out to me that when I used the phrase 'clean from addictions', they pointed out that I was basically saying that I was dirty before I got myself in recovery.

Do people with addictions have a compulsion and get into the ongoing circle of need, known widely as the "monkey on their back"? It's always there laughing at them because they will move heaven and earth to get a fix but are less likely to ask for help as they can't break this cycle and are afraid of being stigmatised as "loser's and waste on society."

Don't judge people by what society says, try to put yourself in other people's shoes and having to deal with the way people treat you because of your addictions.





Recovery Star Awards

Written by James M



The Recovery Star Awards is an event to celebrate the recovery achievements of people, families and supporters of people who have had problems with alcohol and drug misuse in Aberdeen. The event is held annually and is an overwhelming success.

In 2016, on the 25th of November, 132 people received awards for achieving personal milestones or for their role in supporting others. There were also 25 staff members awarded for their amazing work helping people in their recovery journey.

Last year saw a 94% increase in the number of nominations which just shows how much recovery is growing in Aberdeen.

We spoke to Luan Grugeon, Chief Executive Officer at Alcohol and Drugs Action (ADA) about the event.

How do you feel about the event?

The Recovery Star Awards is a huge highlight for me. Seeing people get awards for their personal achievements and seeing people's growth in confidence is so inspiring. It makes all the hard work behind the scenes to deliver services totally worthwhile.

What was the inspiration behind the ceremony?

This is our 4th year of doing the Recovery Star Awards. The reason we set up the awards is that we wanted to make recovery visible in Aberdeen to celebrate people's achievements and to give hope and inspiration to people and families who are still struggling.

What would say the main message of this event is?

The main message from the event is that no matter how difficult things may seem, recovery is always possible. Help is here every day, and no one need struggle alone. We also have a growing community of people in recovery willing to help and support people so if you or a family member is struggling with alcohol and drugs, take a brave step and come to ADA.

How does it feel seeing this ceremony grow every year?

I find the event quite emotional. It makes me really proud of integrated work happening within services in Aberdeen and the huge efforts made by people to sort their lives out and the strong support that you can feel in the room. The event has a sad part for me as it is a time when we also remember

people who have passed away as a result of their problems, who you wish could still be around and celebrating with everyone.

What is your dream for the recovery community of Aberdeen?

I don't have a dream, I have a plan! What we are going to do at ADA is to build on the great progress we have made, continue the strong partnership working, help more people access recovery supports so our recovery community continues to grow and flourish and everyone knows where to get help.

Do you think recovery is possible?

I totally believe recovery is possible for everyone. Each person's recovery journey is different and there will be bumps in the road, but our Recovery Star Award winners are living proof that recovery is a reality.



DART

Written by Joan

Overcoming an addiction from drug or alcohol is never easy and for some can be a lifelong battle in which strength and resilience will be needed throughout the journey to recovery.

DART (Drug and Alcohol and Recovery Training) has been specifically designed for individuals who are looking to challenge and change their addictive behaviour and live a drug/alcohol free lifestyle. The course puts you at the centre of your world and does not compare or judge your world to anyone else's. It is a self-coaching course that focuses on you as the unique individual person that you are and helps you to know yourself, be yourself and look after

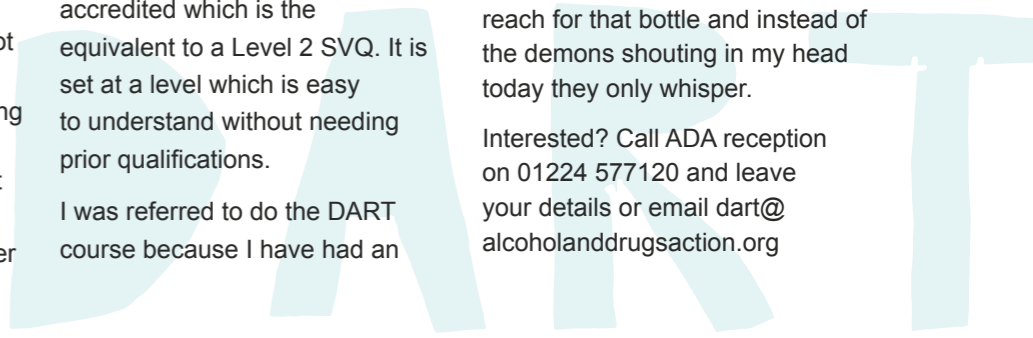
yourself to the best of your ability. DART runs for six weeks and focuses on goal setting and solutions for change which is a motivational technique used in some addiction services. By the end of the course you will have learned positive qualities that you never knew you had and work out who or what you really value in life.

The course has been running for over two years and has had around 200 referrals with a 62% pass rate. The course is SCQF accredited which is the equivalent to a Level 2 SVQ. It is set at a level which is easy to understand without needing prior qualifications.

I was referred to do the DART course because I have had an

alcohol addiction for many years. My community psychiatric nurse (CPN) knew I was at a stage in my life where I wanted to change and was desperate to find a way of helping myself to make that change. I would highly recommend the DART course to others who are seeking that change as it really helped me to challenge my thoughts and behaviour towards my addiction. I still battle with alcohol but am at a place in my life where I feel I have more control and understanding of the circumstances that led me to reach for that bottle and instead of the demons shouting in my head today they only whisper.

Interested? Call ADA reception on 01224 577120 and leave your details or email dart@alcoholanddrugsaction.org



MY RECOVERY STORY

In each edition of this magazine we will feature an individual's story to celebrate their recovery journey.

My problem started when I was young although I didn't know it then. I started drinking cider and anything me and my friends could get our hands on. I also took every type of drug I could get my hands on. That felt like the norm though and I still think that is how a lot of youth culture can be. I got a stomach problem which caused me to leave college and eventually stop working.

I got stuck in a rut and eventually it got out of control. I started drinking every second day; one day getting wasted and the next hungover, recovering. That eventually led to drinking every day, recovering in the morning and drinking a bottle

of vodka from afternoon until I ran out at night. I said every day I wasn't going to drink that day but between 3 and 5ish in the afternoon I just couldn't stop myself.

The doctors couldn't find a reason for me still being sick so I finally opened up about how much I was drinking. That's when they referred me to Cornhill and Alcohol and Drugs Action (ADA).

It was at ADA that I met two lovely people who were there for me and helped me work through my problems. They eventually helped me to work to stop drinking. After getting help my life has changed so much it's unreal. I've done

the self-coaching course through D.A.R.T with ADA. During those classes I also joined the music group which ADA runs. A spark was lit inside me during the first music session so I decided to go back to college, with the aim of becoming a music teacher. I not only passed my first year of college but I also received the Inspirational Student of the Year Award. I'm now doing the radio and journalism courses at Station House Media Unit (shmu). I know now that my life is now what I make of it and recovery is possible. I have a big future ahead of me and I have the recovery community of Aberdeen to thank for that.



ADA

Drop in service at Hadden Street

Monday - Friday
9:30am – 1pm, 2 - 5pm
Saturday – Sunday

Drop in service at Hadden Street

1-2pm

Needle Exchange at Exchange Street

Monday – Friday
10:30am – 1pm, 2 - 5pm
Saturday – Sunday 2 – 5pm
Mondays and Thursdays
5:30 – 7:30pm

Mastrick Needle Exchange and Drop In

Tuesdays, 2 – 4:30pm
Mastrick Community Centre

Northfield Needle Exchange and Drop In

Wednesdays, 2:30 – 4:30pm

Northfield Community Centre

Seaton Drop in Service

Thursdays, 10am – 1pm
Seaton Learning Centre

NARCOTICS ANONYMOUS

Mondays

7 - 8pm
St Peter's Catholic Church
Share session for addicts only

Tuesdays

5:30 - 6:30pm
Timmermarket
Share session - open to all
8 - 9:30pm
St Peter's Catholic Church
Share session for addicts only

Wednesdays

12:15 – 1:45pm St Mary's Cathedral
Share session – open to all
7 - 8:30pm

Ferryhill Community Centre

Share session – open to all

Thursdays

8 - 9:30pm St Andrew's Cathedral
Share session for addicts only

Fridays

5:30 - 6:30pm St Mary's Cathdral
Share session – open to all
8 - 9:30pm
Clerkseat Conference Room, Cornhill Hospital
Open to addicts only

Saturdays

11am - 12pm Aberdeen Foyer
Share session – open to all
8 - 9:30pm
St Andrew's Cathedral
Share session for addicts only

Sundays

11am – 12:30pm
Clerkseat Conference Room, Cornhill Hospital
Open to all – children welcome
7:30 - 9pm Old Torry Community Centre
Open to all

ALCOHOLICS ANONYMOUS FOOD PARCELS & MEALS

Lohead Centre, Cornhill Hospital

Monday and Wednesday: 8pm
Sunday: 7pm

Linksfield Centre – 8 Linksfield Place

Mon, Tue, Thurs, Fri, Sat: 8pm
Wednesday: One Step at a Time Group,
12:30 – 1:45pm, Back to Basics 12 Step, 8pm

Mondays

Aberdeen Morning Step / Tradition Discussion
St Peter's Church - 10am
Aberdeen Women in Recovery
St Mary's Cathedral - 6pm

Tuesdays

Aberdeen: Afternoon
St Peter's & St Columba's -12.30pm

Aberdeen Rubislaw Tuesday

Rubislaw Church Centre,
Beaconsfield Place - 7:30pm

Wednesdays

Aberdeen Step
Rubislaw Church Hall - 8pm

Thursdays

Aberdeen Castlegate Women
St Peter's Church Hall - 1pm

Aberdeen Share

St George's Church - 7:30pm

Aberdeen Beechgrove
Beechgrove Church Hall,
7:45pm

Fridays

St Peter's Catholic Church - 12pm
Rubislaw Church Centre - 8pm

Sundays

Ferryhill Parish Church - 1:30pm
Cults Parish Church - 6:30pm
Mastrick Community Centre
Time: 7:30pm

Monday – Friday 09:30 – 16:30

Instant Neighbour, 5 St Machar Drive
Non-perishable Food Parcels

Monday – Friday 09:00 – 15:30

Somebody Cares, Trafalgar House,
Hareness Road, Altens, Non-perishable
Food Parcels

Monday – Friday

Monday: 09:00 – 13:00

Tues, Wed, Thurs: 10:00 – 4:00

Friday: 12:00 – 16:00

CFINE, 2 Poynerook Road

Non-perishable Food Parcels

Contact No: 01224 596156

Tuesday and Thursday

17.30 – 20:00

The Cyrenians, 62 Summer Street

Free Evening Meal Contact No:
01224 625732

Tuesday 19.30 – 20.30

Saint Vincent de Paul Society, St Marys

Cathedral, Huntly Street Food &

Clothes Parcels

Contact No: 01224 640160

Saturday & Sunday 12.00 – 14.00

The Cyrenians 62 Summer Street

Free Lunch, Contact No: 01224 625732

Sunday 10.00 – 11.30

Integrate Scotland in Association with City

Church Aberdeen, 49 Gilcomston Park

Non-perishable Food Parcels available from

'Storehouse' before or after church service
which runs 10.00 -11.30.

Recovery Matters community contacts

ADA Helpline

01224 594700

Aberdeen in Recovery

07936008808

Timmer Market

01224 651130

AA

0800 9177 650

NA

0300 999 1212

Frank

0300 123 0600

Drinkline

01224 651130

01224 651130

Al-Anon

020 7403 0888

SFAD

0141 221 0544

Smart Recovery

01224 594700

Gamblers Anonymous Scotland

0370 050 8881

Samaritans

116 123

Breathing Space 24hr Helpline

0800 83 85 87

Penumbra

01224 621 266

Aberdeen Foyer

01224 373880

Healthy Minds 01224 49 81 30

Aberdeen Cyrenians

01224 625732

Citizen's Advice

0808 800 9060

Reach Out

01224 640811

LGBT Scotland

0300 123 2523

Rape and Abuse Support

Aberdeen 01224 591342

Grampian Women's Aid

01224 593381

Cash in your Pocket

0800 953 4330

St Machar Credit Union

01224 276994

North East Scotland**Credit Union**

01224 899688

Grampian Credit Union

01224 576990

Community Food Initiatives**North East (CFINE)**

01224 596156

Pathways

01224 682939

Families Outside

0800 254 0088

Aberdeen Multicultural Centre

01224 478203

Social Work Duty Team

0800 7315520

Emergency Out of Hours

01224 693936

Water**Scottish Water Emergency**

0800 0778 778

Gas Emergency

0800 111 999

Gas Emergency with a Meter

0845 606 6766

Housing**Aberdeen City Council****Emergency Repairs**

01224 219 282

Grampian Housing**Association Emergency****Repairs**

0300 123 9279

Langstane Housing**Association Emergency****Repairs**

03000 200 292

Castlehill Housing**Association Emergency****Repairs**

01224 628104

Call Centre Emergency

0845 608 0929

Electricity**If you have a power cut**

0800 300 999

Crisis loan

0800 03 04 713

Home-Start

01224 693545

Instant Neighbour

01224 489955

Family Planning

0345 337 9900

NHS 24 111**G-Dens 111**