

# seatonscene

Spring 2023

## In this issue:

CAKE FEST

WALLACE TOWER

FRESH COMMUNITY

READY SEATON, COOK

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

Photo Credit - Mike Arthur

Spring Edition 2023

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## Seaton Community Centre



Seaton Community Centre is located next to the primary school on Seaton Place East and is open for residents to use. Get in touch with the staff team for more information about the activities they have on offer.



# editorial

## How we get it all together

Seaton Scene is YOUR quarterly full-colour community magazine produced by Station House Media Unit (shmu) and is one of seven community magazines produced for Aberdeen's seven regeneration areas with the printing costs being met by the Fairer Aberdeen Fund. Read all about the return of Cake fest, try a tasty recipe from Ready Seaton Cook and find out about loys of amazing groups in the area.

If you would like to get involved and join the editorial team or if you have ideas for articles, you can easily get in touch with us. Please contact Rose at [rose.ross@shmu.org.uk](mailto:rose.ross@shmu.org.uk) or call **07752586312**, if you are interested in getting involved. The staff at shmu are able to support and train anyone living in Seaton who are interested in developing their ideas and skills in either writing, photography or proof reading.

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

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

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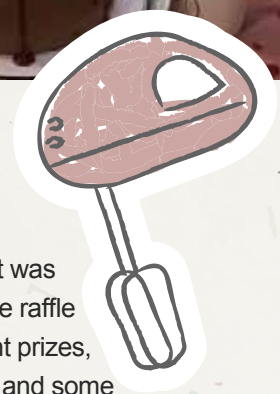
Supported by







Photo: Mary Stephen



## CAKE FEST RETURNS!

Friends of Seaton Park hosted their first Cakefest since 2019.

CakeFest 7 was meant to happen on 23rd March 2020. However, it became a victim of the pandemic. It was so sad to have to cancel, to watch all our posters being taken down and to pack away all the things we had prepared. Never mind, we thought Autumn 2020 and it will all be over. Little did we know!!

Three long years later and we could finally get back to holding what has over the years become a much-loved local event. This event has grown and developed since the original concept back in 2014. Grown so much that we booked slightly larger premises at the Mission on St Machar Drive. It was with a great deal of trepidation that we set about planning the event for 2023. Several of the people who had organised the event in the past had moved on, so a band of old hands and new starts worked

on re-vamping previous plans and developing new. Still, come the day, it did feel a bit like winging it! We hope not too many people noticed!

This event is for amateur bakers to bring along their best bake. We put no restrictions on what is made, we just ask that the cakes are home made. This year we had a total of 38 cakes all laid out and ably cut up by Kelly & Co, our regular cake cutting volunteers. £3 paid for a drink and three slices of cake. Extra slices could be purchased and once a favourite had been decided on, a voting token was placed in the voting cup. The votes were counted and verified, and the winner declared. This year it was Simona Kuli. Second was Evie Murphy and third was Hannah Taylor. Well done to the winners! Well done to everyone else who baked a cake and to all the people who came to eat cake.

As well as eating cake, it was also possible to purchase raffle tickets for some excellent prizes, crafts from the craft stall and some recycled and repurposed items from Frances. The monies are still being collated but with deductions for costs and expenses, the total is over £800. We are yet undecided how to use the money raised but the aim is to continue to work with Aberdeen City Council to make the park a great place for everyone to visit and enjoy.

Despite our misgivings, it all worked out well and we will probably do this event again in 2024. We had some splendid volunteers who shall remain anonymous but should consider themselves thanked and applauded for their great work done in delivering a successful event.

**Sheila Gordon**



## A word from Carol Hannaford – Development Officer for Tenant & Resident Participation in Aberdeen City Council

I appreciate it has been difficult these last few years but as we move forward, I would like to try and encourage you to get involved in your Housing Service. The main aim of Tenant Participation is to enable Aberdeen City Council Tenants & Residents – we all now live in mixed tenure estates – to have real opportunities to contribute to and influence all decisions relating to their homes and the communities they live in. Effective participation gives you an opportunity to influence decisions about the housing services you receive, and it helps the Council deliver better services that focus on your priorities.

We have restarted Community Led Walkabouts, which take place all over the city four times a year. At these walkabouts officers are present from various services in the Council as well as our Partners led by a member of the Senior Management Team. I have attended

a few and it was great to see pupils from Woodside Primary School walking with Council Officers highlighting what they would like to see where they live – of course top of list was a better play area for older children.

We also have the Resident Led Inspections in all our mainstream multi storeys – where all tenants and residents are encouraged to attend and tell us what you would like to see in your multi. These are led by your Housing & Support Officer supported by the Senior Housing & Support Officer and take place every six months in each multi.

These are just two ways you can get involved but of course if you want to start a local tenant group in your Multi, Sheltered Housing Complex or area then why not speak to your Housing & Support Officer who is there to assist you. There is lots of funding available for these groups.

However, if you want to be more involved at a strategic level, for example you might want to:

Find out where your rent money is spent or how your housing service is performing.

Be interested in finding out more about Sheltered Housing policies or Multi Storey fire safety.

Find out how decisions are made at Committee – reading the reports, then the citywide groups are for you. Please see the Tenant Participation web site <https://www.aberdeencity.gov.uk/services/housing/tenant-and-resident-participation>

We have many Housing Volunteers who work with the Council because they care about where they live, and their community so why not join them – give it a go.



# Bother Me!

I was recently privileged to join a 'Leet'. This involved reading teacher CVs and then interviewing for the Head Teacher post at St. Machar Academy. The Leeting process really opened the world of teaching to me and I was deeply impressed by all of the candidates as their CVs littered with many extra qualifications, demonstrating their personal commitment to their own continuing professional development. It became clear to me that many teachers are eternal students themselves, who love to learn as well as sharing their learning with others.

There was more learning for me as the University of Aberdeen invited me to view their exhibition on enslavement and how it related to Aberdeen and Scotland. The exhibition is set up within the Duncan Rice Library, which is open to everyone and now contains a leisure library too. Next on my tour was the University's new Science Building, which is a big beautiful, restful and almost

church-like space that is also open to the public. The laboratories can't be accessed by the general public but there are interesting science exhibitions set into the walls, which are well worth viewing. I was privileged to be shown around the new labs and they really are state of the art. The Zoology Building Museum was my last stop and the university has plans to make it even more accessible in the future.

I've had lots of case work and walkabouts, but one recent phone call really struck me when at the end of our conversation the resident said to me "sorry to bother you". In response I replied to her "no, please do bother me, that's literally my job". All the city councillors rely on the eyes and ears of their constituents to let them know when things are not working well in their respective wards, so phone, email or message us so that we can better look after our respective wards.

***Cllr Kairin van Sweeden***

## Shelter is fighting for better housing and conditions in Seaton.

Everyone deserves the right to a safe, secure, and affordable home - right?

But too often, this vision for modern Scotland just isn't grounded in reality. It's a fact that many of us are still living in accommodation that's damp, overcrowded, and expensive.

Communal issues can range drastically, but all of them can make a tenant's life a misery. Anything from damp and mould, to extensive repairs that have been ignored for years.

That's where Shelter Scotland's community organisers come in. We're here to help residents and their communities to get organised in the fight back against the housing emergency.

We provide training, equipment, resources and encouragement to give tenants in Aberdeen the best chance at creating housing change for their community.

If you'd like to fight for housing change in Seaton, contact Jacob Campbell at [Jacob\\_Campbell@shelter.org.uk](mailto:Jacob_Campbell@shelter.org.uk).

Jacob also runs sessions at the Seaton Star Flat on Tuesdays between 1am and 12pm.





# The restoration of Benholms Tower

I have often wondered about the landmark old building, with the boarded-up windows in Seaton Park and its history since moving to Aberdeen for University.

Since my walks through the park in my first few months of living in Aberdeen, I have learned about the history of the Wallace Tower, as I found out it was called.

I was delighted to find that the Tillydrone Community Development Trust had plans to bring the building back into use. However, before I tell you about these plans for Wallace Tower, I will briefly tell you about its unusual history.

The Wallace Tower, originally called Benholms Lodgings is a historic building dating back to the early 17th century. In its time it has served many purposes, it has been used as a private residence, commercially as a variety of shops, as a public house and as a community resource.

But what makes it especially interesting, is that it was moved brick by brick from the city centre in the 1960s in order to make space for Marks and Spencer. It is now located in Seaton Park, where it was used as a residence for a while. However, it has been left empty for over 20 years now.

Local residents are making plans to bring it back to its former glory.

Having seen the building derelict for many years, residents set up the Tillydrone Community Development Trust. They came up with a plan to bring Wallace Tower back into use, as well as plans to set up a sensory garden and play park next to the tower. Their aim is to create an integrated and accessible community space that people can spend a day at, all in a sustainable manner.

A café will be on the ground floor of the building, which will serve as a space for people to meet up. On the first floor there will be an exhibition space, which, by the way, is exactly what the floor was originally intended for. And finally, top floor there will be used as office spaces for local businesses and organisations.

The building needs some work for these plans to become reality. The Trust aims to restore the Tower as well as adding a small extension. These modifications will be made with feedback from the Aberdeen Heritage Society, to ensure the historical character isn't lost. After all, the aim of this project is to save the tower, and its history. In line with this, there are plans to signpost some of its history around the building.

Despite various hurdles in the planning process of revitalising the B-listed building, the Tillydrone Community Development Trust has remained steadfast in its

determination to bring the building back into community life.

Plans are once again in motion: the trust has hired a new architect and is in the process of drawing up plans to submit to the council for planning permission. At the same time a community asset transfer is being organised, which transfer the ownership of Wallace Tower from the Council to the trust. Community consultations, in which the Trust explains their plans and collect feedback have been set up. Additionally, fundraising for the project is in process, taking the shape of various cultural events that can be learned about on the Tillydrone Community Development Trust Facebook page.

Within the last month the Tillydrone Community Development Trust has been successful in a grant application, helping the trust along significantly in their endeavour to bring the Wallace Tower back into use.

I hope to be in Aberdeen to see the Wallace Tower brought back to its former glory and bringing the community together.

**Article by Emma Johnson**

**Photography by Mike Arthur**



# Plans to redevelop the Wallace Tower Continue

Tillydrone Community Development trust has been updating the Tilly Tattle with plans for the Wallace Tower (also known as Benholms Lodgings) for a number of years now and momentum has continued to build.

A new architect ( Tinto Architects) was appointed last Summer and since then we've reviewed the comments from previous planners and public consultations and a different design for the Tower has been developed.

The overall plan is still for a café on the ground floor and for a meeting/ exhibition hall on the first floor and flexible work spaces on the top floor but the previous glass clad conservatory has been replaced with a single story design. In the words of the architects; "The extension, as now

proposed, sits relatively discreetly at the rear of the Wallace Tower, with materials which complement and contrast the original stone of the tower.

"Views are captured to the surrounding building and tree line through strategically placed windows and roof lights, giving a visual link to the parkland surrounding but maintaining a high level of energy efficiency."

The renewed planning application for this design was lodged with Aberdeen City in November and should be considered by the planning authority before Spring.

Tillydrone Community Development Trust have also submitted a Community Asset Transfer Request to Aberdeen City Council to take ownership of the tower on behalf

of the community and while there are still some steps to follow in that process it was approved in general by the Council in December and the request is moving forward.

The Trust is also developing the plans for a sensory trail, an all inclusive play trail leading from the Tower through Seaton Park towards St Machar Cathedral.

Tillydrone Community Development Trust is a charity, set up and managed by members of the local community and we are always open to new members. Although there are no opportunities currently to get involved in hands on building or renovation, we would be happy to speak to anyone interested in helping with fundraising, communication and public engagement.

*Images: Tinto Architects*



# Ready Seaton, Cook!



shmuTV have launched a brand-new cooking show, Ready Seaton Cook. A show that plans to put your food, in the middle of your community.

The very first episode of Ready Seaton Cook is out now, hosted by Tim Brown and Lucy Urasa-Skiba of Seaton Community Centre.

Tim and Lucy made a delicious Chinese Vegetable Curry with ingredients kindly supplied by the Seaton Pantry.

Why not have a go at making it yourself.

## Simple Chinese Vegetable Curry

Ingredients: Use whatever you have lying around. It's your curry remember, it's your choice.

### *Mixed Vegetables*

*Oil for Cooking, a Tablespoon should be enough.*

*Chinese Curry Powder, 2/3 Tablespoons*

*Hot Water*

### **METHOD:**

Add the Oil to a Wok or Deep Pan. Get it HOT!

Add your Vegetables: We used Peppers, Aubergine, Sweet Potato, Onions etc. Remember to cut them to roughly the same size so they cook at the same time. If you're using a cooked vegetable add it last

Cook the veg to your taste, some like a bit of colour others like them al dente, it's your curry.

Have your hot water by your side.

Sprinkle the curry powder over the veg stirring vigorously. It'll go sticky almost at once.

Add your hot water gradually and stir while it cooks out. If it's a bit too thick add water, to thin add curry powder.

Taste and check seasoning and serve.

Helpful hints: You can use any ingredients, meat or fish. Also, if you want make extra, it'll freeze for later and reheat just fine. Serve with what you have, breads, rice, noodles, chips or on its own.

If you'd like to cook along with Tim and Lucy, head over the shmucommunitytv on YouTube and keep your eyes peeled for more episodes in the future.



## A Brighter Future

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**CONTACT US: Tel: 01224 682 939**  
**Email: [info@pathways-online.org](mailto:info@pathways-online.org)**

**Pathways, First Floor, Powis Community Centre, 11 Powis Circle**

## Summer fun day planned for the Seaton Community

Spring is on us once again and summer is fast approaching. Now the crew down at the Seaton Community Hub felt that we should mark the summers arrival with a celebratory event, a Seaton Community Fun Day on Saturday the 8th of July. Howz about that then?

Now the important stuff, yes it's free entry and yes there will be a BBQ and refreshments as well as entertainment. We're planning live music and a Disco for the youngsters. Some Bouncy Castle type things and our friends from Pittodrie the Aberdeen Football Club Community Trust are going to bring along their Target Cage which is pure dead brilliant.

In the Marquee we hope to have ceilidh lessons and lots of stalls from our partners such as shmu, cfine and ACVO to mention but a few to let you know what support and services are available for you in Seaton. Now let's not forget about the face painting and interactive events with Love Ra Ra. Also, as this is above all else this is a community event, so you'll have a chance to tell us about what you feel Seaton needs and your hopes for the future.

## ARE YOU A PARENT UNDER THE AGE OF 25?

Family Learning run a Young Parents Group every Wednesday between 11:30am and 1:30pm at Seaton Community Centre.

It's free to attend and open to any parent in Aberdeen aged 25 and under and children can come along too.

The activities are planned by the parents attending the group and we make lunch together as part of the session.

Some of the things we have done before include, a bake off, a trip to Aberdeen Art Gallery, talks with helpful community organisations, creative sessions and Bookbug activities.

Come along and meet other young parents in your community!

The group is friendly and welcoming, one parent said, "I go to young parents to socialise with parents who are the same age as me. I've found in other groups with mixed ages, younger parents get a lot of judgement but in this group it's very welcoming and no one judges anyone! You can get help and advice or even just an ear to listen to your rant! It's a great environment and I love going every week!"

**If you'd like to find out more message or call Laura on 07919394142 or Andrea on 07739934680.**



# Restore Cafe

CONNECT SUPPORT ENCOURAGE

SEATON COMMUNITY CHURCH  
MONDAYS 10AM - 3PM  
ALL WOMEN ARE WELCOME



## Restore Cafe - Women's drop-in

Restoration. When I think of that word, I think of an old car that needs fixing up with new, more reliable parts to make it run better. When we look at Restoration like that, doesn't it make it seem so detached from our own human experience? After all, as each birthday passes and one-year rolls into the next, we are taking part in the natural process of aging. Whether we choose to engage or not, it could seem like the counter to restoration.

I wonder what happens when we think of those rolling years? A lot can happen in a relatively short space of time, can't it? Life can go from being straight forward to seeming very complex, anxiety provoking, grief ridden, out of control, lonely and isolating.

Changing situations can take us by surprise, making us realise that we didn't have the resilience

we once thought or hoped we did, so, life knocks us for six. Often unexpectedly, taking us totally unawares.

When we start to think of ourselves in that way, don't we humans start to seem quite a bit more fragile than first thought? More complex than we often like to admit and yes, maybe even at times, in need of a sense of restoration for our souls, if we are honest with ourselves.

This was the heart that Restore Cafe, our women's drop in at Seaton Community Church, came from.

Being real about the fact that life can be difficult at times, is hard for most of us to admit. I know there have been times in my life, when I've had to reach out. At those times, I've often felt like I've failed at something, or even worse I've personally felt like a failure, or that I would be judged for bad choices, or I would have to take responsibility for the

consequences of decisions I was embarrassed about.

In those times, it can feel difficult reaching out and asking for help, particularly in a post pandemic world where social anxiety, isolation and loneliness seem to be on the rise, rather than the decline. The purpose of the Restore drop in, isn't to judge or cast opinion. It's to provide a safe place where women can build connections within their local community, be given a listening ear if needed and feel supported by other women who may have been through similar life situations or events.

We love opening the church to help bring the Seaton community together, and we are passionate about providing a place of Restoration for those who are weary from life and need a place of non-judgmental peace & safety.

## **Renaë Relph**

*Family Worker*

*Seaton Community Church*





## YOUTH MEDIA TAKE ON SOCIAL ACTION

**At shmu, we have no shortage of creative and passionate young people, who want to make positive differences to the world and our environment. Which is why our youth media crew are delighted to be exploring the world of youth social action, with the help of funding from Children in Need and the Hunter Foundation.**

shmu's young activists are impassioned about a host of social issues, especially climate justice.

The Youth Social action fund has created a wealth of opportunity for the young people to explore their passions, act for the future and learn from others doing the same. The group had the amazing opportunity to interview Climate activist Lee of the global environmental movement, Extinction Rebellion.

Lee joined Extinction Rebellion, after taking part in the Just Stop Oil Campaign and meeting other activists in the city. Both groups operate through non-violent disruptive protesting. Lee has been involved in various disruptive protests from oil terminal occupations to roadblocks and throwing paint at buildings.

"One of my favourite protests I've been involved in, is the first disruptive protest that I ever took part in where

I occupied an oil terminal." Lee explained, "that was a very scary one. I had to get up at stupid o'clock in the morning and climb through these bushes behind this oil terminal to get up to this really tall fence.

"We had ladders and everything and we had to hop over the fence. There was a security guard with a dog as well. It was terrifying. I managed to climb over the fence after a struggle, grab my backpack and leg it through the oil terminal up to the loading bay.

"So, I climb up into those pipes that are high off the ground and basically hunker down for as long as possible because they must get heights teams to come in to take you down. We were there for about six hours which is on the shorter end of how long oil terminal occupations tend to last. The police were ready, and the heights team came quickly so we were taken down by early afternoon and were just in a jail cell for the rest of the day.

"That one was one of the more intense actions I've done. It was just so insane."

There is often lots of risk involved with disruptive protesting, from legal ramifications to danger to personal safety and it's important to be aware of and prepared for all the risks before taking part.

"I'm currently dealing with two different court cases. If taking part in climate activism in that way is something that people are interested in, then it's important to think through those risks and be sure that's a risk you're okay taking."

Lee's advice for anyone who would like to get into activism is, "You have to really go for it. One of the things with activism is that if people can ignore it, they will, so you have to make yourself as un-ignorable as possible. Shout as long and as loud as you can to the chants and just really belt it out. I think those are my two biggest tips."

Taking part in disruptive protests, of course, is not the only form of activism, there are plenty of other important roles when it comes to making change for a cause you're passionate about.

If you're between the ages of 12 and 17 and have a passion for activism or would like to find out more about Youth Media, Email [shelley.mackenzie@shmu.org.uk](mailto:shelley.mackenzie@shmu.org.uk) for more details. If you would like to hear more of Lee you can watch Youth Media's interview with them on our Youtube channel, shmuTV.

# Nuart came to Seaton

Everyone who lives in Aberdeen has heard of Nu Art. The festival which started in Stavanger is run by Leeds artist Martin Reid. Who is actually a mate of Banksy's from back in the day! It has been thriving in the silver city by the sea for the last six years. Considered one of the top international street art festivals, the event draws top experts, artists and academics for as far away as Melbourne and New York. As well as a wide range of top Scottish and European talent. Run by the Stavanger group and a dedicated local team headed up by John Reid. It is backed by Aberdeen Inspired and project managed by our own local councillor for Seaton and Tillydrone, Ross Grant.

Recently local artists were excited to find out that the beach tunnel by Seaton has been turned in to an art friendly zone by the council and will be managed by the Foyer charity. The tunnel has always due to its remote location and ease of access been a target for Graffiti taggers and other more "adventurous" artists.

Further to this, employability candidates aged 16-24 and people who are being brought back to

readiness for work. Have been involved in painting the beach shelters and making them more beautiful for those who use the beach to walk dog and for recreation. They even participated in doing a large mural with "Reckless graffiti" and local top poet "Jo Gilbert" further down the beach.

"This year The Foyer has recruited and delivered two community wellbeing teams, and the young people have achieved some amazing things including the huge improvements at the beach – The Seaton tunnel. With the help of paint donations from Aberdeen City Council and Dulux paint centre" Nicky Donelan of Aberdeen Foyer said in Green times.

Unfortunately, according to the Foyer, pending structural inspection of the tunnel by the council, the project has been put on hold. However, should this go without hitch the tunnel will be back to being community art space and hopefully more in the future!

Towards the end of last year BBC Alba screened a documentary on the 2022 Nu art festival. The programme comprehensively covered most aspects of the festival in detail.

Looking at murals, the team and the artists. They interviewed volunteers also and went into a lot of detail on the general week's affairs.

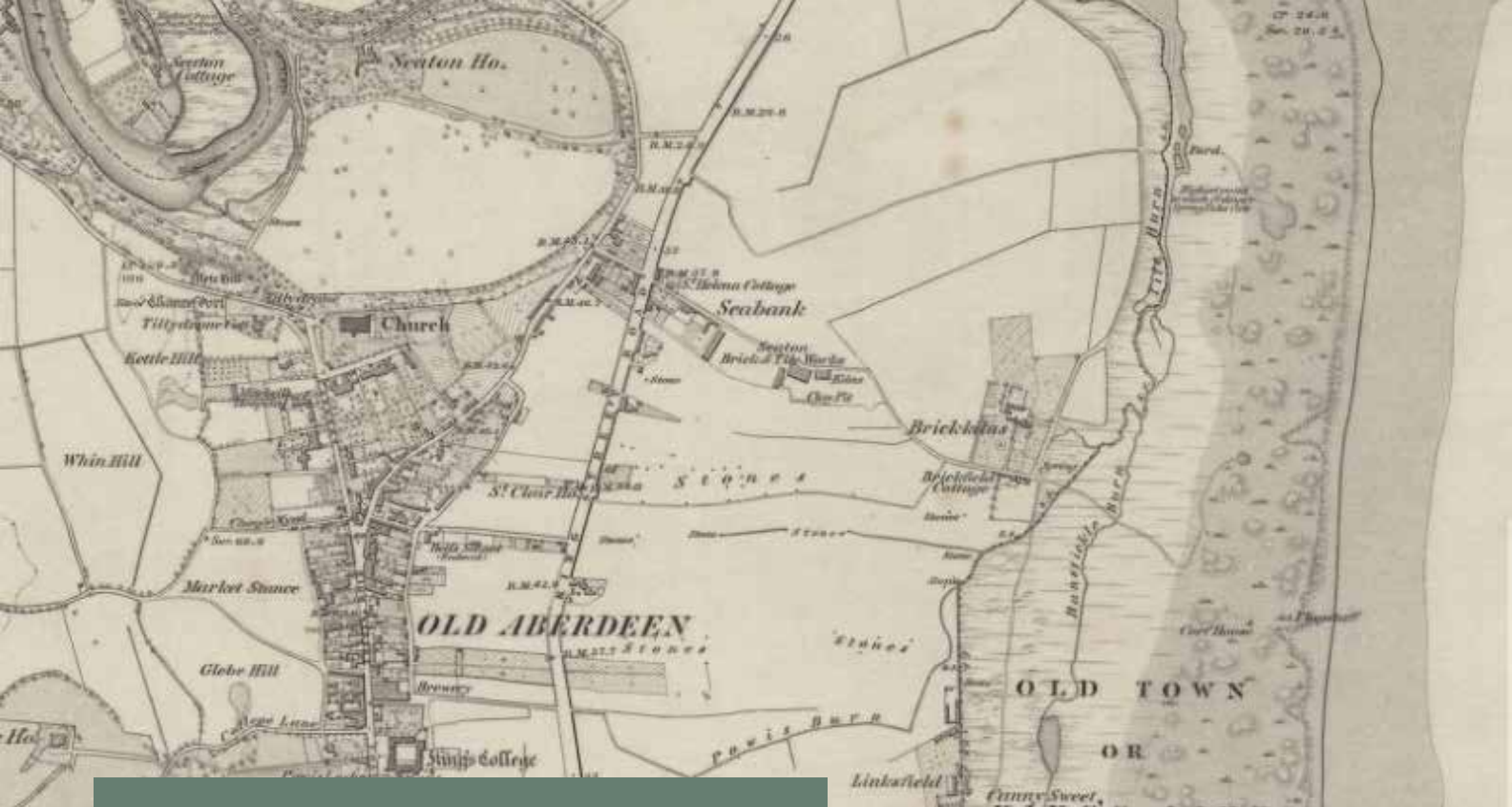
At the end of the documentary, they filmed a legal graffiti Jam with local top artists at the Seaton beach tunnel. KMG Yea, V2k and Moc83. The jam can be seen at the end of the film and until recently the top quality art work was still up on the perfectly surfaced wall, locally for all to see. We look forward to seeing more art at the tunnels, for people to enjoy as they go for a wee tootle down the beach. The documentary can be found on You Tube by simply entering "Tog Do Shuil"

The city looks forward to this years Nu art festival on 8-11 June. The Theme this year is rewilding. It looks like Snick arts, who did the excellent mural, with the young girl the rope and the birds on the pure gym near the harbour, will again be coming to Aberdeen again? Also, will the Festival bring a country wild theme to the urban environment. The line up for this year's festival has been announced, visit Aberdeen Inspired website for more information.

**Mike Arthur**







## Introducing the History of Seaton

Recently I came across two historical maps of Seaton in the national library of Scotland. They showed the area before the skyscrapers which were built in 1975. Even before the granite houses were built, in the rest of the estate. What fascinated me to start with was the large number of standing stones that used to be in the area both in lines and in circles. On the plain that lies to the south of the river Don, between the historical King Street, the sea and bordered on the south by Linksfield Road. It looks like the golf course of the king's links is in the map perhaps. However, the botanical gardens and of course the St Machar Cathedral as well as other well known local features are definitely there.

In order to find out about the content of the maps I was lucky enough to be introduced to a research fellow at the university, who is an authority on the history of the local area. This was perfect as the historical links between the university, which first opened in 1495 and the local Seaton community are strong in a historical

sense and ongoing. After speaking to the gentleman, I began to realise that the history of the area would need more than one article. As it is so rich, varied and complex.

There are many historical features in and around Seaton not on these old maps that only those who have grown up in the area would be aware of, such as, the Powis burn which is underground, until it exits into the Don estuary. Also, the March stone that is close by to the jetty, you can observe the stream from. There are also WW2 coastal defences nearby, tank traps and pill boxes. Some north of the Don mouth some on the golf course and even one in Seaton Park.

Seaton Park itself has a rich history, there are interesting facts about the Hay family and their mansion on the site. There is Wallace Tower, St Machar Cathedral, Brig o' Balgownie, all of these have fascinating stories attached to them. Two spooky ones, did you know that William Wallace's left arm is in the wall at St Machar Cathedral, there's a star on the wall to mark its location. Also, the story of

the murder of Sacrist Downie at the university is commemorated on an obelisk situated in the park, just along the road past the University's zoology building and sometimes hard to find. Near the Wallace Tower.

There is also story of Seaton Pottery which thrived for many years. The rifle ranges, the Gordon barracks. Of course, there is the story of Aberdeen football club. Which can be seen from Seaton, heard from Seaton and the cars from it block or roads periodically! In this series, I will also delve into the history of the university its self and hopefully in some depth on the Monks who founded Deer Abbey, near Aden House and the church preceding the St Machar Cathedral its self. Which has wider implications for Scotland and the United Kingdom. Furthermore, we will be holding our breath to hear about the rich pungent history Linksfield manure works... if you have the stomach for it.

**Mike Arthur**

## Wellbeing Cafe and Community Engagement Wellbeing Walks

Come and join our Adult Services Team's Wellbeing Café!

The Wellbeing Cafe is held every Thursday between 2pm and 4pm at shmuHQ on Station Road in Woodside.

The group is open to everyone. Come along to meet others, play a game, take part in wellbeing activities or just have a brew and a blether.

Are you looking to get more active? Meet new people? Socialise? Share stories of Aberdeen? Our community Engagement Wellbeing Walks may be for you!

Join us to explore the fascinating and beautiful city of Aberdeen and all it has to offer!

Starting on Thursday the 27th of April and then running the last Thursday of Every Month. Meeting at 12:45 for a walk from 1pm to 2pm, followed by tea and coffee. Keep an eye out on our socials for where to meet!

No sign up required, but if you'd like more information contact Sarah by emailing [sarah.igesund@shmu.org.uk](mailto:sarah.igesund@shmu.org.uk) or by calling her on 07592 355 131.

## Youth Media

Our shmu Youth Services are expanding! We are welcoming applications from young people aged 11 – 18 who are resident in Torry for our existing Youth Media Team as well as our exciting NEW Young Film-makers Club and Friday Film Club!

All our youth activities run at shmu HQ, Station Road, Woodside.

Youth Media provides an introduction to radio presenting, tv production, music technology and journalism. No prior experience required, just an interest in the creative media and a willingness to have a go! This group meets on a Tuesday evening and a Saturday morning and is the perfect introduction to the different media platforms.

Young Film-Makers Club is a new group with a focus on all elements of creating film content, from script writing, shooting, creating a score, lighting and editing. Young people with a genuine interest in trying out the various elements of film-making are welcome to join us, whether

any prior experience or not! This group meets at shmu on a Thursday evening.

Friday Film Club is open to young people interested in watching and talking about films of all genres, from thrillers to sci fi, comedies to westerns and everything in between. Each Friday evening participants will watch a film in our screening room at shmu, followed with a discussion group focusing on different elements of the film.

All activities are free to attend but do require an application to be submitted.

For more information and details of how to apply for a place in any of these groups, please contact us by sending an email to [reception@shmu.org.uk](mailto:reception@shmu.org.uk)

We also have a range of school holiday sessions, if you'd like to be amongst the first to hear about these sessions, please pop us an email so we can add you to our mailing list!



# Fresh Community Wellness SCIO



We are still reliant on resident participation, this is a vital part of what we do, many hands make light work and with your help we can take forward the many projects in the pipeline. Hopefully the weather turns soon, and better weather is on the way.

Thanks to everyone who continues to volunteer, no matter how small your participation, the difference you make is big!

Fresh have several ongoing projects that you can join in with, we are fully inclusive and aim to provide activities that inspire you.

Follow our Facebook page to keep up to date with activities.

**Craft Evening** – Arty has started the Craft Group and has made some amazing projects so far, from Valentines gifts to greenhouses, log cabins and money boxes and is full of ideas and would love to see you there. The sessions are in Seaton Community Centre on a Monday evening from 5pm to 7.30pm. This group is for adults and all materials used are free to those who attend. You can also come to the Community Centre and have some soup and a sandwich prior to attending and this is also free. If this is of interest to you, please contact her at [Admin@freshcom.org.uk](mailto:Admin@freshcom.org.uk).

**SNUG (Seaton Neighbourhood United Garden)** –

**New Sessions** – we are delighted to let you know that we have 3 new day time sessions: -

**Wednesday mornings** – 9.45 – 11.45 which are led by Ewa and Liam

**Thursday mornings** – 10 – 12 which are led by Dave and Neil

**Thursday afternoons** – 2 – 4 which are led by Dave and Elaine

If you would like to volunteer at these sessions please email. It has been a particularly wet winter and we are currently working on raised planters, anyone with joinery skills would be very much appreciated to come help us out.

**Mens Music Chat** - This is a wonderful new men's mental health project started by Dave. The purpose of this group is to get like-minded men along to chat using music as a theme to tackle loneliness, anxiety, depression, and being there as a support to each man who comes to the group.

They vote on and listen to at least an album per week and chat while listening. We have some questions leading into mental health topics linking it to the music of the week.

The Mens chat group is on Thursdays from 17:30 to 19:30 in the Seaton community centre. If you can't make it on time don't worry it's very relaxed, even if you don't want to contribute to the chat you can just come and listen to the music.

**Vertical Farming Workshop** - we co-hosted a workshop with Cfine over two weekends to look at options for growing more vertically. We were extremely lucky to trial build an orb from Cfine, which all attendees thought would be a fabulous addition in different locations across the area and could hold a mixture of herbs and flowers, which the local community would have free access to. It was fabulous to exchange ideas and learn about other people's experiences, including hydroponics - growing plants without soil, using nutrients in water.

We will hold consultations on these options and are in discussion with Aberdeen City Council about suitable locations to house this. If either of these options interest you, please do get in touch - they could be fabulous additions to the more sheltered green spaces across Seaton.



# Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

## ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

## CRIME

Crimestoppers - 0800 555 111

## DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

## DENTIST

Emergency - G-Dens - 111

## DOCTORS

NHS 24 Emergency - 111

## POLICE

Non-Emergency - 101

## ELECTRICITY

If you have a power-cut - 105

## GAS

Gas Emergency - 0800 111 999

## WATER

Scottish Water Emergency - 0800 0778 778

## HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

## SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen City Carers Service- 01224 914036

Age Scotland - 0800 1244 222

**CFINE** 01224 596156

Financial Advice at **CFINE** 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Penumbra First Response 01224 276994

**Oldmachar Medical Practice**

0345-337-0510

**Old Aberdeen Medical Practice**

01224 486702

**Tillydrone Clinic**

01224 276723

**Woodside Medical Group**

01224 492828

## LOCAL COUNCILLORS:

**Councillor Alex McLellan**

07500 999522

amclellan@aberdeencity.gov.uk

**Councilor Kairin Van Sweeden**

07977399586

KVSweeden@aberdeencity.gov.uk

**Councillor Ross Grant**

07738688458

rossgrant@aberdeencity.gov.uk

## 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:

**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)

### LGBT Domestic Abuse Helpline

Telephone: 0300 999 5428 or email [info@galop.org.uk](mailto:info@galop.org.uk)

### Men's Advice Line

Telephone: 0808 801 0327