

YOUR NEWS

seatonscene

Summer Edition 2012

SEATON ON THE AIRWAVES

INTERVIEW WITH JOHN MINTY

PORT PROJECT

SEATON HUT ARTS DEVELOPMENT

**Aberdeen Youth Festival
St Ninian's Church
Seaton Smiles
STAR Flat**

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editorial

Welcome to the Summer edition of the Seaton Scene. As ever, thanks go to all those who have submitted content and supported the development of this publication. Seaton Scene is your magazine and has the potential to be a real voice in your community. This cannot happen though without your input - we need people of all ages to get involved with the editorial team. This may involve attending one-hour meetings as and when you are able, getting content for the magazine, taking photographs, submitting articles or creative writing, design and layout of the magazine or any aspect of the editorial you feel comfortable with - all training can be provided.



Supported by





Aberdeen International Youth Festival Celebrates 40 years of talent

Aberdeen International Youth Festival (AIYF) celebrates its 40th year in grand style with another showcase of young performers poised to hold audiences rapt attention in Aberdeen City and venues all over the North East. The festival, which runs from August 1st – 11th August, encompasses the finest young performers spanning the globe fused with homespun talent of the highest calibre. AIYF's diverse and culturally rich line-up guarantees something for everyone, from contemporary dance to music theatre, all ages and tastes can find an event to suit. Visitors and participants are attracted to the festival by its consistently high standard and this year's 40th celebrations promise events and cultural activities with a celebratory twist.

This year's AIYF parade is set to be one of the highlights of the festival, as The Port Project comes to fruition - an arts

collaboration which tells the history of Aberdeen through its port. The young participants, who will have been spending the summer training for the event, will get to show off their work in a spectacular parade on Saturday 4th August. The project has a number of elements where children from Aberdeen City and Shire can participate in various arts activities, alongside involving as many groups as possible which will use circus skills, dance, drumming, music, puppets and large sculptural pieces to enhance their story.

AIYF began its life as a classical music festival in the 1960s in Switzerland and moved to Aberdeen in 1973. Forty years later, the festival has grown and modernised to include even more genres of the youth arts movement including dance, theatre, opera and world music. The spectacular International Variety Gala, at His Majesty's

Theatre on Friday 10th August is a fast paced celebration made up of artists from across the world who are participating in the wider festival programme and is one of the most popular festival shows.

The International Dance Gala, on Thursday 9th August also at His Majesty's Theatre is a dance extravaganza which features companies from all five continents and is a festival favourite. Now a truly international event, with participants travelling from all four corners of the globe to take part, AIYF is also committed to supporting emerging talent from across Scotland and the rest of the UK. In the last 40 years, AIYF has hosted more than 25,000 young people from around the globe, making it one of the biggest and most successful gatherings of youth talent held anywhere in the world and a platform for young performers everywhere.



S.T.A.R. Community Flat! Sunshine in Seaton



Isn't it great that the Summer is finally here? Lots of lazy days in the sunshine.

What better way to pass some time in the sun than with a good book? Why not come and choose a book from the S.T.A.R. Flat Library? You will be spoiled for choice with over 200 hundred books to choose from. We have lots of different authors from Dan Brown, Virginia Andrews, Stephen Jackson and Anita Shreve. Lose yourself in a good mystery with 'Angels and Demons', or what about the bestselling 'Girl with the Dragon Tattoo'? If you fancy some romance try 'Eye of the Storm' or if science fiction is more your thing then perhaps escape to Perry Jackson's Magical Lands.

As well as books, the flat library has a collection of DVD's that can be borrowed and movies to cover all age ranges from uiversal ratings up to adult ratings. Titles include - 'Lord of the Rings', 'Steel Magnolias' 'Mama Mia' and 'Chicken Little'.

We are always grateful for donations of books or Dvd's to add to our growing library and the more donations received the greater choice for everyone, so why not have a clear out today?

Computer Capers

The S.T.A.R. Community Flat was delighted to receive a donation of £1,200 from the Grampian Joint Police Board's Community Initiative Fund. A big thank you from all at the S.T.A.R. Flat.

This donation will be used to purchase extra laptops, printers and software to support the popular computer classes that run at the flat.

The Silver Surfers Computer Class runs on a Monday from 11.00am-1.00pm. Over 55's are welcome to attend and new members are always welcome. The class is small, friendly and caters for all levels of ability - so why not give it a try?

Our other computer classes, which are open to all ages, are now finishing for the summer holidays. These classes have proved very popular, therefore a waiting list system is in operation. We expect new classes to be running again around September.

If you need further information about these classes or anything else regarding the S.T.A.R flat, please contact Gillian on **01224 524209**.



Silver City Surfers

Silver City Surfers charity runs free drop in sessions at Seaton's STAR Flat, 14a Seaton Drive, on Monday mornings from 11am until 1pm. Come along and learn basic computer skills at your own pace with one-to-one support from our experienced and friendly Volunteer Tutors.

We help people set up and send emails; learn about the internet and what's on there; how to keep in touch with friends and family by writing letters. Come along for a warm welcome and free computer tuition.

Phone Gillian at the STAR flat for more information, 01224 524209; email silvercitysurfers@gmail.com or visit our website: www.silvercitysurfers.co.uk

St Ninian's Church

St Ninian's Church - the Episcopal and Anglican Church - has been serving the people of Seaton for over 75 years. You will find us on the outskirts of the city centre in the heart of Old Aberdeen and home to the University at 696 King Street. Originally started as a missionary church for the poor of Seaton, we continue to offer Christ's love and hospitality to one and all.

We hope you will come along and join us, where you will find friendship and a warm welcome at the centre of our ministry. Our red doors are open from 10am each Sunday morning for our 10:30 service - a welcoming, loving Holy Communion and Fellowship, where the coffee after is rather good too!

We offer baptisms, marriages and confirmation classes for anyone who wants it. Please contact me to discuss it further.

St Ninians is a church within the Episcopal Diocese of Aberdeen and Orkney. It is one of seven Diocese in the Scottish Episcopal Church and part of the Worldwide Anglican Communion. At St Ninian's, our mission is to be as Christ and love our neighbours in our local area. We provide outreach services in the local sheltered housing accommodations and at the Primary School.

We hold a short reflective and imaginative service in the Common Room area at Lord Hay's on the second Sunday of each month. Tea and sandwiches are provided before the service by the Vestry of St Ninian's and the service is shared between myself and the Rev Elsie Fortune

(St Mary's Church of Scotland). This service is a chance for the local people who cannot get to church regularly to have time in prayer, with traditional hymns and lots of love and laughter.

We also join with 9 other churches in the Donside Area of Aberdeen and support the Ecumenical work that is done in the area. From SAMs in the Park in August, to the Palm Sunday Walk of Faith, our Churches come together for fellowship, friendship and social events throughout the year. We believe we are stronger when we walk together for the Lord.

We have established a chaplaincy team alongside St Mary's Church of Scotland for the newly renovated Seaton Primary School and seek to bring the good news and the stories of our faith to our young people. At St Ninian's we also run a fortnightly Craft Club so if you are around please come and join us every other Tuesday from 2pm for chat, crafting, cake and companionship.

So, as you can see, St Ninian's has a lot to offer Seaton and we look forward to welcoming you to your local church soon.

The Reverend Samantha Ferguson, M.Theol

Priest-In-Charge and Anglican Chaplain (Hon),
University of Aberdeen
St Ninians Episcopal Church
696 King Street

01224 743955

07971 231709

www.stniniansaberdeen.org
samferguson@fsmail.net

SEATON ART AND HISTORY GROUP

The Seaton Art and History Group continues to experience and take part in cultural opportunities in and around Aberdeen.

So far this year they have challenged the 100m world record at Lightspeed, Aberdeen's Olympic public art commission, visited the Maritime Museum to see Jini Rawlings: Waving exhibition (which continues until September), taken their turn in 'it's your turn' with DanceGB, and caught sight of an almost naked man during a film as part of ISLAND at Peacock Visual Arts and revisited Lumsden...

Lumsden Revisited was a follow up to the Seaton Art and History Group's 'Big Fit?' temporary public art project, which was generated and created at the Scottish Sculpture Workshop (SSW) in Lumsden. For more information please www.guidetoseaton.blogspot.co.uk

The group returned to SSW for lunch and a catch up. They gave a presentation on their previous art project to an audience consisting of the Lumsden Over 50's Group and SSW staff.

Our visit started with lunch for all, prepared as a team effort in the SSW kitchen.

"We went to Lumsden, had a fantastic day and met up with the local over 50's group. We all mucked in and made soup and filled rolls. We also showed them how we did our project for the 'Big Fit?'. They thought it was amazing. We showed how we put it all together - how we made the nest, eggs, bird poo and footprints in the sand."

Issie Dickson (Seaton group member)

Over lunch the two groups got chatting, discussing difficulties facing the groups, what was happening in Aberdeen regarding Union Terrace Gardens, the Big Fit project and dancing ...

"The group we met were really nice, I told one of the men that there was a dance later on and that I wanted the first dance with him. He looked at me and said, if only I could."

Edith Esson (Seaton group member)

The day at Lumsden was a great success with both groups delighted with the reception they received.

The Seaton Art & History group have a few spaces available in the group and are looking for new members. If interested please contact Margaret Stewart, Community Arts Officer on 01224 814740 or mstewart@aberdeencity.gov.uk

From September 2012 to March 2013, Arts Development will be running 'Creative Communities' - a programme of free arts projects/events/workshops for all ages in Aberdeen's regeneration areas. If you would like to find out more please contact Margaret (details above) or take a look at artsdevelopment.wordpress.com

Seaton on the airwaves

Seaton resident John Minty has lived in Seaton for nearly 4 years and is currently a presenter on SHMU 99.8fm.

Seaton Scene interviewed him to put a face to the voice.....



SS: What is the best thing about Seaton?

JM: I love the community spirit we have in Seaton. A prime example of that is the Seaton Backies Project which is a ground-breaking initiative and really delivers to the community what it sets out to achieve. The evidence for this can clearly be seen with the newly refurbished play parks around Seaton. The crèche we have in Seaton is fantastic with very hard working and caring staff.

SS: How did you get into radio?

JM: By chance. Originally it was my wife who found out about SHMU after attending a fun day in Seaton. She had signed up for the training sessions but suggested I go instead of her, as it was more my thing. I went along and have never looked back since.

SS: What is the training all about?

JM: The training is completely free and takes 2 hours per week for 8 weeks. It teaches you everything you need to know to present a show. It was great fun and was something entirely different which I never ever imagined myself doing. After training, I shadowed Andrew Stewart who presents the Cruise

Control show on Mondays. Around this time I realised how much I enjoyed doing live radio and finding my own voice and style.

SS: Then what happened?

JM: I started out doing the Packed Lunch shows but now I currently do the Breakfast Shows live every Thursday and Friday mornings from 7-9am. I am also a member of the SHMU Board of Trustees after being elected at the AGM, which takes place every year just before the Shmuffies, which is the SHMU annual awards ceremony.

SS: What kind of music do you play on your show?

JM: I don't stick to any genre of music. Anything and everything - as long as it sounds good I will play it. I like to listen to the listeners' needs here at SHMU, so I welcome any requests. Basically I love to have the listeners interact with the show.

SS: How can we contact you?

JM: facebook.com/shminty
twitter.com/shminty1

Tune into The Breakfast Show on SHMU 99.8fm, live on Thursdays and Fridays from 7-9am. You can also listen along live at www.shmu.org.uk

Seaton Speaks on Shmu 99.8fm
Presented by The Seaton
Production Team.
Live on Fridays 10-11am for
phone ins/e-mails/requests
Call the studio on 483413
E-mail - studio@shmu.org.uk
Text - 60300, start text with
Shmu (leave a space then your
message). Repeated Fridays
7-8pm

Scottish Mental Health Arts and Film festival

This year's festival is all about using Arts and Film as a way to promote and enhance good mental health and wellbeing. It is an expression of mental health through the media of Arts and Film. It is a celebration of the Arts raising awareness and helping tackle stigma associated with mental health. It is also a way of helping challenge attitudes towards mental health.

The theme for the festival this year is "Take a walk in my shoes". The proposed events to be held in Aberdeen in October so far are

1. "Writing as Therapy" workshop to take place in the RGU Health & Social Care Building, Tuesday 9th Oct 7pm – 9pm.
2. Film with a mental health theme to be shown at the Belmont cinema on Wednesday 10th October (to be confirmed)
3. Bipolar DVD to be screened on Thursday 11th October (time and location to be confirmed)
4. Open Mic session, Friday 12th Oct from 7:30 pm (location to be confirmed)
5. Exhibition of service users' artwork, 6th Oct - 13th Oct

The festival is looking for musicians, poets, comedians, singers, or even actors who would like to take part in the open mic night. They are also looking for budding film makers and artists.

This festival is a great opportunity to give people a voice, to say who they are, to show that they can still do things despite mental health issues.

www.mhfestival.com

Seaton Huts Arts Development:

Port Project

The Port Project is an exciting partnership project between Arts Development, Theatre Modo and Aberdeen International Youth Festival, supporting youth groups across the city to take part in the Aberdeen International Youth Festival 40th anniversary parade (Saturday August the 4th)

Arts Development, in partnership with Aberdeen City Council communities team, have been busy inspiring their groups' creativity. The project, supported by Fairer Scotland and Creative Scotland: 'First in a Lifetime' funding, has been taking place in many areas across the city including Seaton.

The young people meet at the Seaton huts on a Thursday evening and have been working with Arts Development and the Communities Team towards the goal of the parade day. If anyone is interested in taking part in this

exciting project there is still time to sign up for the summer events which start on the first Thursday of the summer holidays.

During their weekly meetings, experienced arts tutors have been busy working with groups to give them a taste of different art practices, from model building, design, boat building and Viking art. The groups have been looking at themes associated with Aberdeen including its various industries such as fishing, boat building and granite. They have also delved further back in time, looking at the Viking influence on the north east of Scotland, the slave trade and boatbuilding. Using these themes, which will influence the visual impact of the parade, the groups have been busy producing diverse art work.

While running the summer workshops, Theatre Modo will

work intensively with the groups to bring out the performer and artist in them. Theatre Modo have already started working with many of these groups and have provided fun circus skills workshops to groups across the city and in Aberdeenshire, from school groups, youth groups and organisations it's shaping up to be a busy summer. The groups have tackled diverse activities such as stilt walking and juggling.

There are also two adult groups working on the project - one photographing Aberdeen and port related images while the other concentrates on the history of the city and its relation to the sea. The images and findings have been made available to tutors to help inspire the work undertaken.

For further information please contact artsdevelopment@aberdeencity.gov.uk or theport@aiyf.org





Adult Photography Group

Look out for the publication of our booklet of the history, with illustrations and photography, of Aberdeen Harbour with the celebrations and parade of the Aberdeen International Youth Festival in – the youngest of the photographers is only 46 years old!

The Port Project photographers - George Fulton, Mike Hatton, Murdoch MacLeod, Mike Webster and Richard Wood - were all members of the previous Silver City Soul Project.

The Port Project is supported by Arts Development - who also support the Seaton Art and History Group.

The project would like to thank Kelly of Arts Development for her valuable support, and also the Aberdeen Maritime Museum, Clyde Ferries and Dianne and Ray at the Aberdeen Harbour Operations centre for their cooperation with this project.

A larger publication will hopefully follow. Watch this space...

Richard Wood



Friends of Seaton Park

A VOLUNTARY group set up to protect, preserve and enhance one of Aberdeen's most beautiful public parks notched up its first success story. Around 20 volunteers donned their gardening gear to take part in a three-hour weedathon within Seaton Park - starved of funding because of local government cash cutbacks.

Having completed one section, and made a good start on a second, Friends of Seaton Park is raring to go again and have made an appeal for volunteers.

The FoSP staged the weedathon effort to help the permanent Aberdeen City Council staff, in preparation for the 2012 Britain in Bloom competition, which will be judged on August 7.

For more information on how to volunteer please email: seatonpark@oldaberdeen.org.uk

Adult learning

If you are interested in learning more about:

- Cooking cheap nutritious meals
- Help with Reading, Writing & Numbers
- Leaning English for non-English speakers
- Learning Basic Computing

Then there are small, friendly, free classes starting again in your area in September. Please contact Lifelong Learning on 277931 for more information.

ECS bulletin

Challenge Mum



5 mums attended a taster session at Dab Hands in May. We tie-dyed t-shirts, using elastic bands and glass pebbles to make our designs.

We also had a go at painting ceramics; the mums chose to decorate something to take home for their children and they looked fantastic.

A big thank you to the staff at Dab Hands for helping us on the day and Blackbird Bakery for the delicious cupcakes!

Challenge Dad

We went to Hazlehead Park in May to take part in some sports. We tried our hand at Ultimate Frisbee, Beat the Goalie and Rounders. The Dads were thoroughly beaten by the children in the Rounders game and the Ultimate Frisbee was something new to us all. Matthew will need to practise his goalie skills, as the children scored some great goals! A big thank you to Vicki and Matthew from Active Schools for all their help.

Away Day

During May and June we met with the nursery children who are going to be going into Primary 1 from the 10 schools we work with. We met them

at Loch Inch farm in Cove, enjoyed a pancake and juice, before heading out on a nature trail. After a go on the swings, they decorated their very own t-shirt, iced some cupcakes before stopping for sandwiches. After lunch the children headed outside for a mini-beastie hunt, looking for spiders, ladybugs, butterflies and much more.



A huge thank you to the Family Learning team for setting everything up, the volunteers, colleagues, Countryside Rangers, schools staff, Central Coaches, J G Ross and of course the parents and children for coming along and making the Away Days lots of fun!

I'm A Parent.....Get Me Out Of Here!!!!

Parenting is one of the hardest jobs in the world which doesn't come with a manual. Don't panic - this 6-8 session course offers parenting skills and tips to positively enhance your role as a parent/carer.

Courses will be run in Manor Park, Seaton and Tullos starting at the end of August. If you would like to know more or book a space call Family Learning on 260028.

Seaton Smiles



Soozy Lai
 Play Development Worker
 Aberdeen Play Forum

Soozy is the colour of light and energy. Yes, actions speak louder than words and Soozy always cycled the extra mile. Her contribution to the seaton backies was fantastic. Her people skills and commitment enabled the project to stand together on a solid foundation. Thanks for all your precious time, Soozy!

Seaton Community. SBP

I thoroughly enjoyed working at Seaton, especially doing crisis intervention, relaxation techniques and recovery support. However, it's now time to move on and I will be going to another organisation to work in drop-in sessions. I also hope to do some family support work in the future.

Anne McKenzie



I have been keeping a close eye on the progress on the new 50 metre pool which I have totally supported from the start as I did with the Aberdeen Sports Village. I do miss going to SHMU to do the Seaton Speaks show as I thought it was a great way to communicate with the people of Seaton and let them know what was going on in their area. I hope everything goes well for everyone and if anyone wants a quiet chat and a cup of tea then please get in touch with me.

Thanks once again,

Norman Collie



Hello, I have been asked as your ex Councillor for Seaton to say a few words: I thoroughly enjoyed being your Councillor for 9 years; I am at present recovering from an operation I had to my foot.



School Prom

The primary 7s from Seaton Primary School were treated to an end of year prom, organised and paid for by the PTA through various fundraising events such as a coffee morning and the very successful Jubilee celebrations at the School Road Huts, (thanks to all who volunteered and took part).

The P7s met outside the school and were incredibly excited and surprised when a stretch limo came to pick them up. They were treated to a half hour drive before being dropped off at the Beach Ballroom, where all sorts of surprises awaited them, including balloons, a buffet and a chocolate fountain.

They danced the night away to great music and it was definitely a night to remember. Congratulations to the Prom King and Queen who were presented with crowns on the evening.

We wish you all every success and happiness at Academy and we hope you take fond memories of Seaton Primary with you.

All the best!

Living in a Community Within

Until my early sixties I knew little about community living; having worked away from home with jobs in the merchant navy and offshore, during a career spanning over thirty years. So it came as quite a shock to me to find myself no longer in employment through redundancy due to my age.

Thankfully by then our four children had flown the coop and were independent, but I found it very hard to adjust to being at home and looking for work. No employer seemed to want anyone of my age or qualification (plain and simple, I was a cook) and at the same time, my wife was not best pleased having me under her feet or invading her space, so she announced that she was moving in with one of our daughters and I was left on my own in a one bedroom ground floor flat in Urquhart Road.

It was strange in the beginning living in a mini community of six flats, five of which were privately owned and, being the sole council tenant, I was not called upon to pay for any communal repairs, which was fine by me but seemed to irk the other tenants. Eventually I found a job in a ready meals factory in Dyce as a night shift industrial cook, which was a godsend and I soon worked out a routine whereby all aspects of my life were covered.

Three years down the line I was struck down with Meniers Syndrome which affects your balance. Without warning, I was forced to give up work as I was a danger to myself and others. After consultations with my doctor and various hospital tests I was put on medication which helped but was not a cure.

There I was once more on the dole with even less chance of finding employment. I signed on

every fortnight and received my unemployment benefit regularly. Apparently I was not entitled to incapacity benefit at the time but was informed that I was no longer required to sign on at the Job Seekers Office and that my allowance would be sent as usual. This continued until I reached the age of sixty-five and became eligible for State Pension and, better still, my Merchant Navy and Offshore Pensions. Things were never brighter except that Housing and Council Tax benefits were reduced; however, I was still better off.

There I was once more on the dole with even less chance of finding employment

Taking advice from my estranged wife and daughters, I applied to the Council for Sheltered Housing on the grounds of traffic noise and disruption from football fans knocking on my window and pressing the buzzer on match days and evening but to no avail. On visiting my G.P I discussed the problem with him and was told that he would arrange the enquired medical points I needed and I visited the Homestart outlet on George Street, where with the help of a staff member we filled out the appropriate forms. Within ten days I was viewing a one bed flat in Woodside which I turned down but I could still view another two without penalty. The following

week I was invited to view one in Seaton which was acceptable and I moved in soon after.

Everything I needed was within reach, the flat was reasonably decorated and spacious, the building was warm and the facilities adequate - with lifts and a laundry (four washing machines, four tumble driers and a spinner) at a cost of one pound fifty per wash. There was a Common Room with a well furnished kitchen. They had a Senior Carer on duty for nine hours, seven days a week - giving peace of mind to all tenants. What more could one want?

Soon after moving in I went down to the Common Room where I met a married couple who had also recently moved in. I was curious to find out their story. We made tea and were kicking around some ideas of what we would like to take place in our communal space, when we were joined by senior carer and another tenant who had just moved in. The carer suggested putting up a notice to arrange a meeting for the following Monday morning - inviting all tenants with an interest in what goes on around them. It turned out all that happened was a visit from a hairdresser one morning per week. After some discussion it was decided that bingo was the first priority. All the equipment was at hand - all that was needed was a caller and a ticket seller.

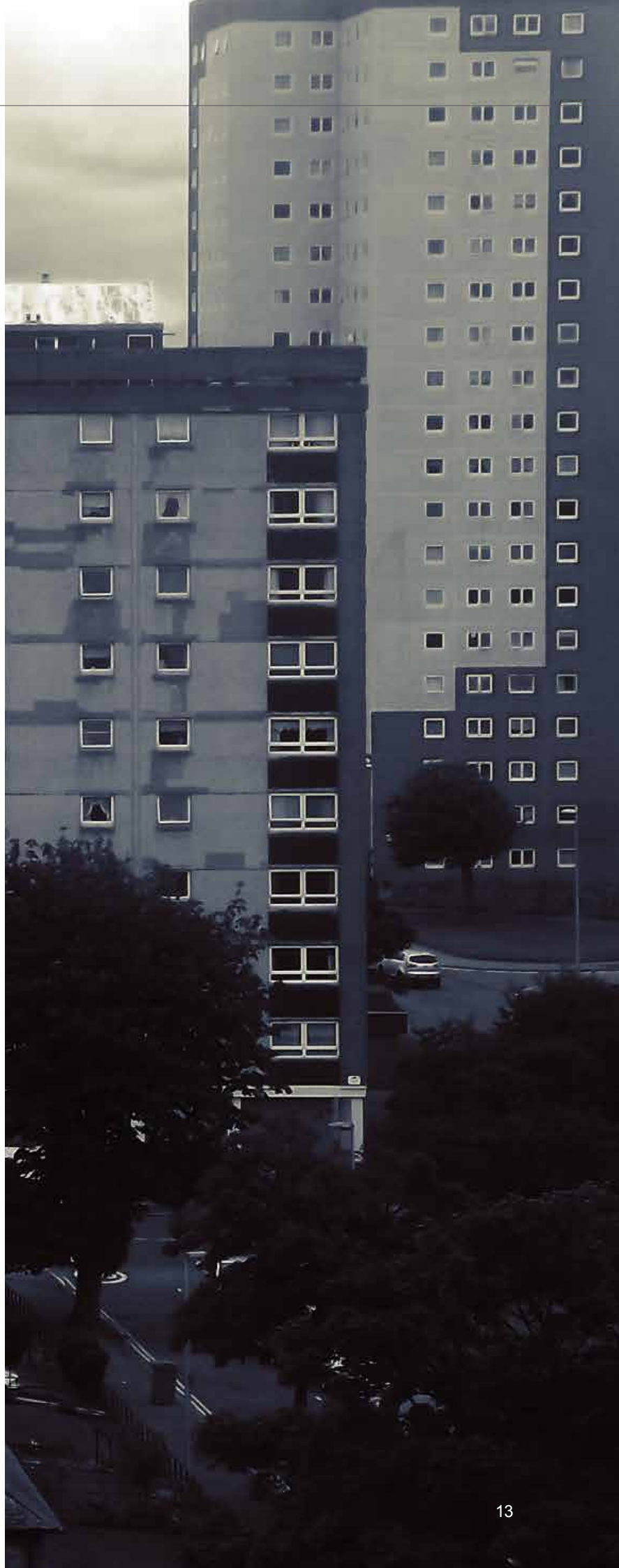
The four most recent tenants suggested a bonus ball draw, a weekly cooked supper and a game night. We also opened a bank account and built up a sizable kitty which we use to pay for outings and various eating places. We were allowed three musical evenings per year which was a welcome bonus and our common room was now in regular use.

All went well for more than two years, then with the turnover of tenants for various reasons they wanted more, we asked for volunteers with personal transport to help out with the shopping but none was forthcoming and so the activities slowly dwindled until only the bingo and the hair dresser were left. Sad but true.

Since then, some years have passed. New faces have appeared and have taken the bull by the horns and formed a constitution in the building which is going well. Everyone is more content and I wish them the best of luck in their venture.

In conclusion, sheltered housing is a community within a community. It may be close knit but it still needs the wider community for their support, camaraderie and welcoming ethos.

Written by **Stevie Campbell**





YRP VIENNA VISIT

On the morning of the 24th of June six Young People from the Youth Radio Project (YRP) at SHMU set off for their journey to Vienna. We travelled to Austria via two planes from Aberdeen and on the first day in Vienna we visited a castle on the outskirts of the historic city. In the first two days we met young people from Vienna, Italy, Romania and Poland, took part in lots of team building activities and got to know each other. On day three we were put into the media groups in which we would be working for the next few days. Later on in the evening some young people started a jam and rap session that was recorded for the media projects.

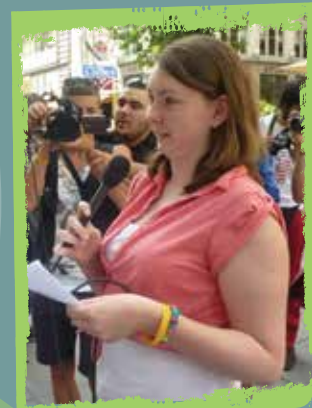
During the morning the following day we discussed questions we were going to ask the public of Austria on the main theme of the project, which was stereotypes of young people. We then had a visit to the Viennese parliament where we recorded interviews for the media projects with **Tanja Wehsely**, who is the chairwomen of the Youth Centres in Vienna.

There were trips to a TV studio, radio studio and community newspaper, where everyone

participated in a recording at the TV and radio studios. On Thursday the group went out into the streets of Vienna to ask the public questions, as part of the lead up to the final media projects the group were to put together at the end of the week. This visit has had a positive impact on me in terms of my confidence; it has also made me think about what I want to do with my life.

The project is EU-funded, with top-up funding from the Fairer Scotland Fund and Aberdeen City Council Youth Activities Grant.

Written by LIAM YEATS





Olympic Spirit

Children attending the Developmental Nursery in the community wing of Seaton Primary have really caught Olympic fever!

Children have been making flags and Olympic rings to decorate the playroom using lots of paint in the process. We will use the flags to support Team GB during the summer.

When the Olympic torch relay visited the City our children made their own torch and ran a relay around the playground. The crowd was smaller than for the 'real' event but was very vocal in its support.

We also had lots of fun training for our 'pentathlon' - five events

completed five times. The events were - throwing the bean bag, bouncing on the trampoline, using stepping stones to cover a short distance, crawling through a tunnel and of course running races. All the children (and the staff) were exhausted after the event but also very proud when they received their certificate of achievement.

We joined Seaton Primary school nursery and primary 1 class for sports day which was lots of fun and completed our week of Olympic events.

As all our children have additional support needs. Some required a great deal of assistance to participate but we remembered the Olympic motto 'The most important thing is taking part not the winning'.

We would all like to thank the Seaton folk for making us so welcome and enabling us to participate in activities with their children.

COMMUNITY CONTACTS

Alcohol

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

Benefits

Benefits Agency Advice Line **0800 587 9135**

Crime

Crimestoppers **0800 555 111**

Drugs

FRANK – National Helpline **0800 776 600**

Dentist

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

Doctors

NHS 24 Emergency **08454 242 424**

Electricity

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

Family Planning

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

Gas

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

Housing

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

Police

Non-Emergency **0845 600 5700**

Samaritans

Need to talk **01224 574 488**

Social Work

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

Young Carers

Support & Information Service **01224 625 009**

Water

Scottish Water Emergency **0845 600 8855**

Alkohol

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

Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

Narkotyki

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

Dentysta

Nagłe wypadki **01224 558 140**

Lekarze

Nagłe wypadki **08454 242 424**

Elektryczność

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

Planowanie rodziny

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

Gaz

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

Pomoc mieszkaniowa

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

Policja

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

Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

Praca społeczna

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

Pomoc w karierze

Wsparcie i informacje **01224 625 009**

Woda

Nagłe wypadki **0845 600 8855**