

seatonscene

Summer 2023



In this issue:

NESCAN ASSEMBLY

MUSIC MEMORIES

BRITAIN IN BLOOM

READY SEATON, COOK

www.shmu.org.uk/press

Photo Credit - Shaun

contents

- 3 Britain in Bloom
- 4&5 NESCAN
- 6&7 Paraguayan in Aberdeen
- 8 Ready Seaton, Cook
- 9 Upcycling
- 10 Mental Health
- 11 Music Memories
- 12 AiR
- 13 Church News
- 14 shmu
- 15 History Page

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. Find out about lots of amazing groups and services on offer in the area, get tips on how to turn old furniture from drab to fab and try out a new meal with our second installment of Ready Seaton Cook.

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 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





BRITAIN IN BLOOM

The Britain in bloom judges visited Aberdeen on Wednesday 2nd August 2023. Aberdeen was the Scottish representative in the City Category. We had qualified by winning Beautiful Scotland in 2022. There is a misconception that Aberdeen used to win such competitions all the time but no longer does. Aberdeen wins awards and competitions all the time, it just doesn't always get reported in the mainstream media. Also, the categories and what is regarded as award winning by horticulturalists has changed. The judges now look for much more community involvement and far less manicured lawns with rows of flowers. Luckily for us, Seaton Park has something for everyone and just can't be missed by anyone judging Aberdeen's entry to such competitions.

The visit on 2nd August started, as it always does, at Duthie Park where a tour of the Winter Gardens is always a "wow" for any visitor. The judges are then taken on a tour of Aberdeen with various stops

along the way. This year one of the stops was at the newly re-furbished Union Terrace Gardens. Lunch was taken in the Victoria Park. Lunch was made using vegetables grown in local allotments and served at The Allotment Market Stall who had a stall set up in their usual space. Members of the public could also watch the cooking demo and have the same lunch the judges had.

Finally, the judges reached Seaton Park where the weather was trying to make up its mind and thankfully settled on sunshine. As is normal on these occasions, the judges were just a little bit late which gave the welcoming party time to admire the work done by the gardening staff, Derek and Kat. The judges began their visit at the Wetlands where their purpose was explained by Simon, one of the Countryside Rangers. Karen, an Environmentalist, explained about the wildflower planting on the opposite side of the roadway. This will reach full potential in a couple of years' time. One of the purposes of the wildflower planting is to form

a bee corridor to help the bees do their vital work pollinating. An information board explaining it all is in preparation.

The very last part of the visit is to walk the length of the formal garden area, also known as Cathedral Walk, admiring the planting. This year Sheila, Mary and Jill of FoSP along with gardening staff, ACC officials and the In Bloom Champion, Councillor MacGregor accompanied the judges. There is lots to admire as you walk along and climb up the hill towards the Cathedral. The judges are then walked a short distance to the viewing area so that they can admire Cathedral Walk from above. In some people's opinion this is the "Best View in Scotland" and provides a fitting "wow" to end their visit.

We won't know the result until October but how could the judges not fail to be impressed by all that they saw?

Sheila Gordon
Chairperson,
Friends of Seaton Park



HOW DID THE NESCAN COMMUNITY ASSEMBLY GO?

Woodside, Tillydrone, Seaton & Linkfield. Thriving, healthy places and buzzing community spaces. People connecting, feeling good, being active. Local skills, good jobs, young people thriving. Warm homes, low bills, no damp and mould. Community grown food, fresh, healthy, happy people.

Safe streets, clean air. Loud birdsong, accessible paths, wildlife and trees, nature all around. Cheap reliable buses and safe ways to wheel and cycle. Community hubs, with things to borrow and swap. Folk learning between generations, mend and repair.

These are some of the hopes and wishes that came out of NESCAN Hub's first community assembly.

Folk gathered in St Machar Academy in the dark and icy nights of January and February. They learned, they laughed, they shared and listened. They found a lot to celebrate. Folks working hard to make a better place. Folks working hard to heal the injustices of the past. Folks working hard for action against the impacts of climate change and nature loss. Folks standing up and having their voice heard.

Our collective voice has power. Have your voice heard too. Those with power are listening. We know we can change things for the better, take action now for a healthy planet, it will improve our lives. But how can these changes be made in a way that is fair and just? You might not

have been able to gather in the hall in the depths of winter but you can have your voice heard now.

Add your voice to those calling for happier, healthier, more sustainable communities... visit our website, send us an email or give us a call.

Throughout the sessions, participants came up with hopes for action on topics that matter. These are now all available for people to see and to add their thoughts and ideas to.

People can complete the process as many times as they like, or just focus on the topics that interest them.

www.nescan.org/community-assemblies



GROW AND LEARN IN NATURE WITH CFINE IN SEATON

FINE are beginning another round of their Grow & Learn in Nature employability skills course in Seaton at the end of August.

The charity has been delivering the course for over a year since its launch in March 2022, with the 5th group to participate completing their final session on the 12th July 2023.

This is a free ten-week course, which builds employability skills in a gardening setting. Participants work towards the Grow & Learn in Nature certificate whilst learning about gardening and growing confidence and skills.

The qualification which participants will be awarded after completion

is by the Royal Caledonian Horticultural Society (The Caley).



The next course will begin on the 24th of August and will mainly be based at the Snug Community Garden in Seaton and will be a mix of outdoor and indoor learning sessions.


Previous participants completed their portfolios, found out about CFINE's further support services,

and enjoyed pizza together.

Portfolios are sent for verification from the Royal Caledonian Horticultural Society, and successful students receive a certificate. The last group's project site was based at the Earth & Worms Community Garden in Tillydrone. To find out more about volunteering for Earth & Worms: www.facebook.com/earth.n.worms/

For more information and to register for the course, contact us on **07588471390** or email Rebecca on rdunn@cfine.org

This course is funded by the Scottish Government Investing in Communities Fund and the Aberdeen City Council



A Paraguayan in Aberdeen

My name is Blanca Matto, I'm from Paraguay, I have lived in the UK about 10 years, we lived in Brighton, England before moving to Aberdeen City, one year ago.

I moved with my daughter to the little city of Aberdeen, every morning we prepare a delicious breakfast, I must have my morning coffee and my daughter has milk to make her strong.

My daughter is happy in her school in Aberdeen, and is enjoying the summer holidays, getting to go swimming and playing in the park.

I like to play sports, and I use the bicycle in the City Centre. I also go to a cycling group for adults, called Belles on Bikes, which is a volunteer group and free to join. We have been to Torry, on a bike ride and I enjoyed the view of the coast. My favourite place in Aberdeenshire to visit is Stonehaven, we explored Dunnottar Castle, which had an amazing view.

I really enjoy photography and Aberdeen and Aberdeenshire is a beautiful place to take photos. It is very green and there's lots of wildlife, like Highland coos, which I love.

Aberdeen city has beautiful buildings, people are very friendly, we love exploring the green areas, for example the park, our favourite place is Footdee and the beach.

We love sweets, my favourite Muffin cake with tea, and my daughter favourite is ice cream.

There are lots of activities to do in the spring, such as the family day in Duthie park, which is my daughter's favourite park. But my favourite month to spend in Aberdeen is October. It's not too cold yet and there's lots of beautiful orange colours as the leaves fall from the trees.

I like Scottish culture and its typical clothes, I recommend Aberdeen city for its amazing Museum, the view from the Art Gallery is glorious in the sun it is a picturesque city.

Aberdeen city it is a great opportunity to start over and learn English. I have had the opportunity to learn English through Grec's group the Language Café. This group welcomes people of all cultures and languages. I enjoy going to the group, they are brilliant, they organise speakers from helpful organisation to come and chat to us. They provide, tea and coffee and lots of biscuits and let us get to know one another and make friends. The sessions run every Thursday from 11am to 3pm starting on the 31st of August at Aberdeen Arts Centre.

We get to learn all about Scottish culture, which is very interesting. I learned a lot about Scottish

traditions, such as wearing the Kilt and the different Tartans. I have also tried Haggis and really liked.

Aberdeen is great for a start over as a single mother, to raise my special daughter. The city is small, it has a school, shopping, universities, children's play area, library, many activities on holiday for children. There are many good pubs and restaurants to try out too!

My friend in Paraguay asked me if I like it here, and I said, 'I love it here, but January is very cold, so have a hot chocolate!'

Blanca Matto





Una paraguaya en Aberdeen

Mi nombre es Blanca Matto, soy de Paraguay, he vivido en el Reino Unido alrededor de 10 años, vivimos en Brighton, Inglaterra antes de mudarnos a la ciudad de Aberdeen, hace un año.

Me mudé con mi hija a la pequeña ciudad de Aberdeen, todas las mañanas preparamos un delicioso desayuno, debo tomar mi café de la mañana y mi hija tiene leche para fortalecerse.

Mi hija está feliz en su escuela en Aberdeen y está disfrutando de las vacaciones de verano, nadando y jugando en el parque.

Me gusta hacer deporte, y uso la bicicleta en el centro de la ciudad. También voy a un grupo de ciclistas para adultos, llamado Belles on Bikes, que es un grupo de voluntarios y es gratis unirse. Hemos estado en Torry, en un paseo en bicicleta y disfruté de la vista de la costa. Mi lugar favorito para visitar en Aberdeenshire es Stonehaven, exploramos el castillo de Dunnottar, que tenía una vista increíble.

Realmente disfruto de la fotografía y Aberdeen y Aberdeenshire es un hermoso lugar para tomar fotos. Es muy verde y hay mucha vida salvaje,

como las vacas de las Tierras Altas, que me encanta.

La ciudad de Aberdeen tiene hermosos edificios, la gente es muy amable, nos encanta explorar las áreas verdes, por ejemplo el parque, nuestro lugar favorito es Footdee y la playa, nos encantan los dulces, mi pastel Muffin favorito con té con poca leche y el helado favorito de mi hija.

Hay muchas actividades para hacer en la primavera, como el día familiar en el parque Duthie, que es el parque favorito de mi hija. Pero mi mes favorito para pasar en Aberdeen es octubre. Todavía no hace demasiado frío y hay muchos hermosos colores naranjas a medida que las hojas caen de los árboles.

Me gusta la cultura escocesa y su ropa típica, recomiendo la ciudad de Aberdeen por su increíble Museo, la vista desde la Galería de Arte es gloriosa bajo el sol, es una ciudad pintoresca.

La ciudad de Aberdeen es una gran oportunidad para empezar de nuevo y aprender inglés. He tenido la oportunidad de aprender inglés a través del grupo Language Café del Grec. Este grupo da la bienvenida

a personas de todas las culturas e idiomas. Disfruto yendo al grupo, son geniales, organizan oradores de organizaciones útiles para que vengan a conversar con nosotros. Proporcionan té y café y muchas galletas y nos permiten conocernos y hacer amigos.

Aprendemos todo sobre la cultura escocesa, lo cual es muy interesante. Aprendí mucho sobre las tradiciones escocesas, como usar el Kilt y los diferentes tartanes. También probé Haggis y me gustó mucho.

Aberdeen, para empezar de nuevo como madre soltera, para criar a una hija especial Aberdeen ya que la ciudad es pequeña, tiene una escuela, tiendas, universidad, área de juegos para niños, biblioteca, muchas actividades en vacaciones para niños. ¡También hay muchos buenos pubs y restaurantes para probar!

Mi amigo en Paraguay me preguntó si me gusta aquí, y le dije 'me encanta aquí, pero Enero es muy frío, ¡así que tómate un chocolate caliente!'

Blanca Matto





Ready Seaton, Cook!

shmuTV have been working with Seaton Community Centre to produce, Ready Seaton Cook. A show that plans to put your food, in the middle of your community.

Episode two of Ready Seaton Cook features Seaton Residents Rachael Lucan and Corum Lee Fagan cooking up a storm in the community café.

Rachael and Corum made a tasty Creamy Tomato Pasta dish with ingredients kindly supplied by the Seaton Pantry.

Why not have a go at making it yourself.

Creamy Tomato Pasta

200g Cooked Pasta

100g Quorn

Tin Tomato Soup

100g Cream Cheese

50g Grated Cheddar

Garlic Granules

Mixed Herbs

Vegetables of Choice

METHOD:

Gently cook the Quorn and add the Vegetables-Set Aside
 Heat the soup and mix in the Cream Cheese, stir until completely mixed in.
 Add the remaining Ingredients and heat through.
 Serve in a hot dish and top with the Cheddar



Reduce Landfill by Upcycling

Written by Susan Cheyne and Katharina Will of Instant Neighbour.

Your donations have helped us help people set up a home whilst helping to save the environment.

Upcycling is a great way to save used goods from ending up in landfill. Our organisation works to inspire others to join a community of people willing to rethink the way they view used goods. Items like our vintage vinyl holder, dated 1970's, we repurposed and reinvented it by sanding and painting it to create a long-lasting statement piece. We turned ours into a drink's cabinet – and we love it!

We are proud to hold a REVOLVE Certificate. REVOLVE is Scotland's national reuse quality certification for Reuse. A quality certification which gives the customer confidence that all items donated to us are fit for purpose. Not only do we have processes for our donations,

REVOLVE has helped us ensure our office staff, van drivers, van hands and volunteers have achieved a high standard of customer service. We hope you have all had the opportunity to experience.

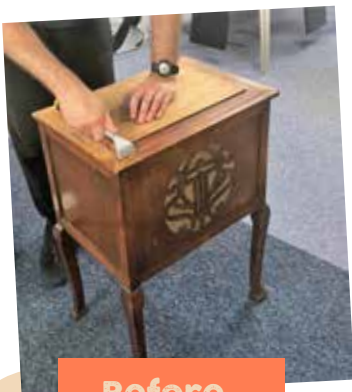
Our next upcycling project was an old farmhouse foldable table which had seen better days. It gave off that sense of character you only get from an older piece.

In upcycling the choice is ultimately yours and the outcomes are limitless, but one thing is clear: if we change our mindset and allow ourselves to think differently about preloved (and sometimes not preloved) items, we can start to form new ways of living, new ways of recycling our waste, making space and time for creativity with our family and community, time working on projects together and saving the environment.

Upcycling tips

- **Prep is key**
- **there are no mistakes in upcycling only opportunities to learn about your creativity. If it works for you then that's good enough – Find Your Own Style!!!**
- **Use quality paintbrushes to avoid the bristles from falling off onto your work.**
- **Be safe and always wear protective equipment where necessary.**

If you purchased from us, either online or in one of our shops, or used either of our social enterprises (Carpetinc and Joinerinc) we would be grateful if you could give us some feedback on our Google Review...we couldn't do what we do without your support! Please continue to think of and donate to Instant Neighbour.



Before



After



Before



After

- Spot the signs – looking out for depression

We all have mental health, but we don't all keep an eye on our mental wellbeing or know what signs to look out for, which may indicate our mental health is declining.

The Scottish Government's health survey in 2021 indicated that around one in four people in Scotland can be affected by mental health problems in a year.

In this series we will be breaking down some signs of various mental health conditions, when to go to a GP and where you can get help. In this edition, we are focussing on Depression.

The Scottish Government report shows that globally, around 5% of adults experience depression.

There are many forms with depression, but there are signs to look out for that may help you

consider whether you may be affected by depression and to seek help.

Signs of depression can often be displayed through, physical, mental and social symptoms.

These are a few of many signs that the NHS suggest keeping an eye out for.

PHYSICAL SYMPTOMS:

Moving or speaking more slowly

Changes to appetite or weight

Changes to menstrual cycle

Disturbed sleep – you may find it harder to fall asleep or that you wake throughout the night.

PSYCHOLOGICAL SYMPTOMS

Experiencing low moods or sadness continuously

A feeling of hopelessness

Low self-esteem

Lack of motivation or interest in things

Feeling worried or anxious

Having thoughts of self-harm or feeling suicidal

Social

You may participate in hobbies less.

Avoid contact with friends and family and retreat from social occasions.

These are just a few symptoms of depression; they vary widely from person to person and may be more severe for some.

You should talk to your GP if these symptoms persist daily over two weeks or months. Find out more information about Depression on the NHS' website.

Penumbra Mental Health Launch new service for Aberdeen

Penumbra Mental health are a charity providing dedicated services for people with mild to serious and enduring mental ill health.

Well Aberdeen is a new service, by Penumbra funded by Aberdeen City Council, delivering short term support for anyone living in Aberdeen, over 16 years of age.

Well Aberdeen is designed to help you feel well, empowered and linked locally. Many of Penumbra's team members are peer colleagues who have lived experience of mental ill

health and have some understanding of what you are going through.

The support will give you time, space and compassion, you can use up to 3 sessions to explore your current situation and plan for your own goals.

You will also have access to friendly group workshops, for sharing practical techniques and tips with others to manage your mental health.

Penumbra will connect you with a local peer network who can share their own lived experience. There will also be plenty of opportunity for

volunteering, the team will support you to join in with community activities and interests.

You can access this by contacting Penumbra directly, simply email **Well.Aberdeen@penumbra.org.uk** and they will send you a simple support request form to get to know a bit about you and how you're feeling.

If you would like to better your mental health, get in touch with Penumbra today, you can also check out their website for more information, visit **penumbra.org.uk**



MUSIC MEMORIES

After the very successful Football Memories programs which have been running in connection with Alzheimers Scotland and Aberdeen FC Community Trust (AFCCT), there were plans put in place to expand this into a regular session with Music Memories.

We spent a good amount of time planning this and the launch date was decided to be 31st March at the Players Lounge at Pittodrie, what we wanted was an environment where people could come to reminisce and speak about music in a safe environment, have a cup of tea and a chat with like-minded people.

Music Memories is a dementia friendly program based around reminiscing and focusing on making new memories and empowering

people living with dementia to engage through participation and enjoyment of specially tailored music. Debra Christie who is the Health and Wellbeing team lead at AFCCT said “Music can help people cope with challenges in their life which could include social isolation, loneliness, and loss. Music can help us recover from trauma and negative experiences so let’s harness the power of music.”

The sessions have been fantastic with music quizzes, Rock and Roll Bingo and a session that saw a conga chain form and head out the door into the Pittodrie concourse! There was of course a “getting to know you” session where everyone had a great chat and spoke about their favorite bands and concerts....

and some not so favorite songs! Participants will also get a memory box of their own so that they can keep records of sessions, photos etc. as a permanent memory of the sessions.

The sessions are held every second Friday at Pittodrie in the Players Lounge from 10am to 11.30am with entry through the Players Entrance and everyone is welcome to attend.

Alan Johnstone from Alzheimers Scotland and Football memories was delighted with the sessions starting, he said “Music in all its formats is a powerful element of reminiscence therapy so please come along, share your memories and maybe give us a song”

Dave Ironside



Recovery in the Community

Aberdeen in Recovery (AiR) are a lived experience recovery charity based in Aberdeen City Centre and are open to all those recovering from addiction and their families.

AiR recognise that a big part of 'recovery in the community' is exactly that – in people's own communities where they are familiar and feel safe. That is why we offer drop-ins across Aberdeen City in various localities, so we are accessible to those who wish to remain near their homes, rather than travelling into the centre of town.

These drop-ins are an opportunity for folk to pop in to a safe, non-

judgemental environment and speak to peers about their recovery, life challenges they may be facing, to keep connected with others or simply just to pop in for a coffee and a blether.

The community timetable is:

Seaton Community Centre,
1st and 3rd Wednesday of the month, 10am-12noon

Tillydrone Community Centre,
2nd and 4th Wednesday of the month, 10am-12noon

Cummings Park Community Flat, 1st and 3rd Wednesday of the month, 2pm-4pm

Tulloch Community Centre, every Thursday, 10am-12noon (Please

note this is closed during school summer holidays and replaced with a Family Friendly drop-in at AiR's hub, 41½ Union Street)

Pittodrie Community Hub pop-up, every Thursday, 1pm-4pm

Job Centre pop-up, last Monday of month, 12.30pm-2.30pm

Please pop in and see us at any of the above for a cuppa and some good conversation! If you'd like more information, you can contact the team by calling **01224 638 342** or by emailing **info@aberdeeninrecovery.org**.

You can also find AiR at their main office at 1st floor left, at 41 Union Street, AB11 5BN.

Seaton Community Church

KIDS

Seaton Stars: Fridays, 9:30-11am

We've had a great few months at Seaton Stars, our parent and babies/toddlers group, with lots of new faces joining us for music and play! At the end of June, we had a teddy bear picnic and enjoyed lots of snacks and teddy bear themed play.

We are so excited for Seaton Stars to start up again on the 25th August! We run every Friday during term time from 9:15am-11am. All are welcome to come along, there is no need to book in.

One One Six: Mondays, 7-8pm

One One Six is starting on Monday nights from 7pm to 8pm! This is a group for primary school children where we will play games/sports.

Kids Church: Sundays, 10:15am

On Sunday mornings, as well as our church service, we run a kids church where primary school children can come to play games, make some crafts, and hear about Bible stories. The service begins at 10:15am, you can either drop your child off and pick them up at 11:30 or join for the service. Anyone is welcome!

FUN DAYS

We had a fantastic time at our Summer Fun Days in August! The kids loved all the different activities, and the helpers had a great time too!

COMMUNITY

Ceilidh: 23rd September, 7pm

On Saturday 23rd September we will be putting on another Ceilidh! We had so much fun last year,

and it was a great opportunity to engage with others in the community. We will be kicking off the dancing at 7pm and at around 8pm we'll have a break for some snacks and chatting.

The event is free, but there is a suggested donation of £3pp which can be given on the night. Book a free ticket by emailing info@seatoncommunitychurch.org or simply turn up on the night.

Curry Night: 28th October, 6:30pm

Our next curry night will be on the 28th of October at 6:30pm. We would love for you to join us for some food and a conversation about faith. The topic is on 'Christianity: Irrelevant, Out of Date and Intolerant.' You are welcome to come along with your questions.



Storytelling Photography



We are now a few weeks into our latest Storytelling Photography course and the participants are well on their way to being brilliant photographers.

The course, run by our brilliant volunteer and retired photography lecturer, Mark Wyness, aims to teach participants how to capture incredible images which tell a story, using their phone cameras.

The photographers have gotten stuck into the course, enjoying imaginative weekly photo tasks and getting creative with their images. They are learning how to both improve their photographs and use images to tell stories.

If you're interested in photography and would like to learn how to take better photos using your phone or are keen to get involved in shmuPRESS by joining the photography team, keep an eye out for future courses or email rose.ross@shmu.org.uk or call 01224 515013 for more information.

shmuTRAIN

There have been plenty of great achievements in our shmuTRAIN department recently.

Our Stage 1 young person Lauren has recently finished her Personal Development Award - Practical Abilities Unit. For her project she chose to research her favourite artist Lewis Capaldi and about mental health. She produced an amazing PowerPoint, very informative poster and did a very good presentation about both! We are so proud!

Here's our previous Succeed 3 group participant Simon with his well-earned Work Placement Certificate from Robertson. He had 4 days of construction/painting & decorating work experience and learned a lot about the field he wants to pursue further! He is now away to start a Construction course with Barnardos and we wish him all the very best!

If you would like to find out more information about our employability team, please contact Michelle Trail by emailing employability@shmu.org.uk or calling 01224 515013



Motoring Adventure.

The Aberdeen Weekly Journal of August 1st, 1900, reported on a motoring adventure undertaken by Mr Hay of Seaton.

“Mr M. V. Hay of Seaton, accompanied by his cousin, Count de Theine, arrived in Aberdeen the other day after accomplishing a motor car journey that may fairly be regarded as a somewhat notable achievement. The two gentlemen had no thought of “record-breaking,” and they disclaim any idea of performing a racing feat. Still, to run across nearly the whole of France in the space of about 30 hours is an exploit that merits some attention. Vousin, the starting point, is a charming place in Charente, about 60 miles from Bordeaux. On the 13th of July the travellers set off and having of course rested during the night and at intervals for meals during the day, they found themselves at Boulogne exactly two and half days afterwards. The transference of the motor car to the steamer having been affected, the passage to Folkestone was smoothly performed, and then came the long journey through Britain - the journey that ended only as the car sped along through the beautiful policies of Seaton House.

Of the roads in France Mr Hay speaks enthusiastically, and he remarks that scores of other motor cars were met on these roads, many plying for hire and others merely for pleasure. In traversing England the conditions were much less favourable. Mr Hay describes the road from London to Barnet as execrable, and he marvels that, despite these difficulties, they had



not a single puncture. Apart from these difficulties that ought not to exist, Mr Hay points out that in passing along the English roads one must be prepared for innumerable sharp turnings, whereas in France one may go for miles along a perfectly level and straight course.

Outside the Home Counties, Mr Hay, so far as he remembers, met only a single motor car, and he could not fail to observe that the people in charge of horses did not regard at all favourably the latest method of travel. They appeared to fancy that the motor car ought always to be stopped lest the horses should be alarmed, whereas Mr Hay emphatically holds that the sudden stoppage of a car is exceedingly likely to produce the very mischief that it is most desirable to avoid. His view is that the safest course is for the driver of the motor car to slip quickly and quietly past the horse, giving the animal time to realise what is going on. While speeding along towards Scotland, Mr Hay and his friend derived some amusement from watching the efforts of cyclists to keep pace with the car and was particularly struck with the endurance and pertinacity of two wheelmen who actually managed to accomplish this feat between Alnwick and Berwick. Once in France and twice in England

the adventurous travellers lost their way, and trivial mishaps occasionally occurred, there being at one point some trouble with the water pump. But these little drawbacks did not sensibly affect either the temper or the comfort of the “voyageurs”, who now unite in declaring that they had an exceedingly pleasant journey. One day was spent at Boulogne, two days in London, one day at Stamford, and another in Edinburgh - and yet the whole trip did not, from first to last, occupy more than a fortnight.

The splendid motor car - one of the racing type - now “rests” in the stable at Seaton House where, having been thoroughly cleaned, it no longer bears even a trace of the long journey. It may be explained that the motor was made in Paris and the carriage work in Bordeaux - the total cost amounting to about £550. Mr Hay and Count de Theine courteously permitted a representative of the “Express” to examine the vehicle, and they are willing to accord a similar privilege to any lady or gentleman interested in “the horseless car.” It is probable that before very long Mr Hay, who has thought of entering into the racing competitions now so popular in France, may acquire a vehicle of greater horsepower - probably of 15 horse-power. But the present car is thoroughly deserving of careful inspection by all who are desirous of seeing what French ingenuity and skill are capable of achieving in this particular field of industrial enterprise.”

Alan Johnstone

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: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk

LGBT Domestic Abuse Helpline

Telephone: 0300 999 5428 or email info@galop.org.uk

Men's Advice Line

Telephone: 0808 801 0327