

seatonscene

Summer 2024



In this issue:

ABERDEEN STREET ART

ROCK UP & RIDE

SEATON SPEAKS

BEE YOU AWARDS

www.shmu.org.uk/press



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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.

Celebrate the amazing work going on in Seaton with us! In this edition we hear all about local resident Rachael Lucas' award, chat to the presenters of Seaton Speaks and more!

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.

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YOUR PARK NEEDS YOU!

Friends of Seaton Park was formed in 2012 by a big bunch of enthusiastic folks, over 100 of whom turned up to the first meeting!!

12 years later and despite floods, storms, pandemics and other global calamities, the enthusiasm is still there but sadly we are more of a wee posy these days!

Our success are many – grant applications and other funding streams have got us:

Improvements to Mr Therm and the rest of the play area, Re-surfacing many of the roadways;

More benches and picnic tables;

Tools for working in the park;

More plants; Etc

We also raise funds with the annual (unmissable) CakeFest. Funds raised from CakeFest have been used for things such as improving the planting in Cathedral Walk, replacing topiary damaged by vandals, more plants in the Walled Garden, etc.

BUT to continue to do this we really need a few more enthusiastic folk. So, could you help out?

Even just a few hours every so often would be great. The sort of things we get up to are:

The Management Committee meets every two months.

The Gardening group meet on a Tuesday doing tasks like weeding, litter picking, feathering trees,

etc. All under the guidance of the gardening staff.

CakeFest needs planning and staffed. Oh, and cakes need baked!

Trustees are also needed because we are a constituted group.

We have lots of fun along the way and working outside in the park is so good for anyone's health and wellbeing. Check out our Facebook page: Seaton Park Friends, or, send an email to chairfofsp@gmail.com for more info or to be added to our circulation list. You can also keep an eye on the noticeboards in the park for news of meetings and events.



Rab spitz Mural

It's easy to pull people down. To sit on the side lines and judge. We all judge, its part of our nature. Black, white; rich, poor, our entire world is this or that. I got into the art world as part of my mental health recovery. I thought it would be good to take on a new challenge. To get involved with my community and community projects. What I have found out is that artists, especially Street artists really; really put themselves out there. People will walk past and judge but won't say anything, some kind people, who get it will stop and offer an encouraging word. That for me is the magic that keeps the world turning. On top of this, the main thing that I have found in the street art community in Aberdeen is a lot of friendship and understanding.

Nuart had focused many people's vision on the street art scene; bringing international artists to the city repeatedly since 2017. Raising the city's international profile and getting our wee toon mentioned in none less than the Financial Times, the Times and even the New York Times! I would recommend volunteering to anyone even remotely interested; the

experience is a little like what I would imagine it's like to be back stage at a major rock concert. However you are sitting with all the major stars having a coffee and there's no crowd around or security. Plus, everyone is totally down to earth.

Friendship and art is really what this little article is all about. Recently if you have been down for a walk at the beach you may have passed through the Seaton tunnel. You may have wondered what the mural of what looks like a rapper is all about? Local Rap artist from Northfield, Rab spitz, recently released his second Album "Loose cannon". You can find it on Apple music and all the usual platforms. He performs frequently in Aberdeen, often with shmu's own Jack aka "Jackill". The duo were recently seen with others at the Lemon Tree, Drummonds and the local Sunnybank Jam earlier in the summer. He also featured on shmu's music officiado Brother Voodoo's show recently.

@Alteregoabdn and his buddy @kid_flim have been long time mates with Rab and decided to cheer him up and do him a favour by doing a wee

mural as a tribute and a statement on the release of his new album. I was lucky enough to happen upon them as they were doing the mural. I sat and watched not knowing who the subject was to be of the piece. It soon became apparent that it was Rab as he's well known by everyone in the scene! It's important that we have international artists grace our city, its important that our local guys take the time to volunteer and get to meet and befriend these stars. What is also important that our local talent is promoted and shouted from the rooftops. For me, the two are mutually exclusive. I spoke to the guys as they were doing the wee mural, and they were simply wanting to put themselves out there, state their "truth" and contribute to the local scene by bigging up a friend and local talent who has the guts to stand up and say what he means and feels.

I for one am pretty chuffed to part of something that has that at its heart. I'm also chuffed to live in Seaton and ultimately Aberdeen. A place that provides space for people to be creative and express themselves.



Seaton Speaks

If you haven't been listening to Seaton Speaks on shmuFM, you've been missing out!

On Thursday mornings from 10am to 11am, three of Seaton's fantastic community members grace the airwaves with a show celebrating all things Seaton.

Tim Brown, Rachael Lucas and Mike Arthur are your hosts, and they are incredibly knowledgeable about the area and will fill you in with everything you need to know.

Tim said, "Seaton Speaks is our effort to bring to light all the good and positive things happening in Seaton. We want to reach out to people and make them aware of what's going on, not just in Seaton, but city wide too."

Between the three hosts, they have connections all over the community.

Mike said, "We all live in Seaton or thereabouts and are all involved in local community and in the Community centre organisation, from the food bank, the soup and sandwiches and the community council."

Rachael added, "For us, being on the show, paints a picture of who we are. So, if people are listening and they're not sure about coming to the community centre, they're getting to know the people they will see at the centre."

The group thoroughly enjoy getting together and creating the show. "It's a good laugh" Tim says. Describing how it's a multigenerational show, with the presenters ranging from their 20's to their 60's. "We get to have a giggle. It's important to have that aspect. We're all the same whether we're 25 or 65."

"I always look forward to doing the show and the inevitable mele over music choice", Mike explains. "Being on the radio at shmu is just a load of fun! I never in a million years thought I would enjoy it. However, with my Cohosts Tim and Rachael, it really is a pleasure."

So, make sure to listen in to hear about all the fantastic work being done in the area from the Star Flat,

Fresh Wellness, the Community Centre and much more!

"We want to get the message out there that there is help and support available for the people of Seaton. And the big thing for me is overcoming the stigma associated with accessing it" Tim says.

If you've been inspired by the Seaton gang and would like to try out radio, keep an eye out at shmu for radio training courses.

Mike and Rachael did their radio training last year and are doing a phenomenal job. "I must admit that it took me a while to find my feet." Mike commented. "With the support of staff and friends at shmu, for which I am most grateful, I now feel that I am beginning to get there."

In agreement, Rachael added, "it takes a lot of confidence, I was so nervous to begin with but with support from Dave, Adele and finding out I'd be presenting with Tim, I knew it'd be fine."



Sport Aberdeen boosts free cycling opportunities through Rock Up & Ride



Rock Up & Ride is a Scottish Cycling funded project delivered by the community sport team at Sport Aberdeen, based at its Aulton Cycle Hub (Raymond Kelly Pavilion) in Seaton.

Working closely with the local communities of Northfield and St Machar, the cycling sessions usually take place along the beach front and around Seaton Park.

As part of the project, the community sport team currently delivers one-hour led rides from

the cycle hub, as well as Learn to Ride, cycle confidence sessions and adult on-road cycle confidence sessions upon request.

Bikes and helmets can be provided so participants don't need to own their own bike to come along!

Since February 2024 – Sport Aberdeen, in partnership with Sustrans, has been running these public led rides on Tuesday and Thursday mornings. Bespoke led rides have also been organised

for a variety of groups including menopause groups, mental health groups, New Scots sessions and for youth work summer activity groups.

During the Easter and Summer school holidays, the community sport team as part of the Rock Up & Ride project worked in partnership with ACC's Family Learning department, at Bramble Brae Primary School and Aulton Cycle Hub, to provide children's Learn to Ride sessions, as well as covering how to ride safely as a family.

Seaton Community Centre

Led rides are delivered in a relaxed and sociable environment, aiming to provide an accessible pathway to recreational cycling, or simply capitalising on the various health benefits of cycling outdoors.

Everyone is welcome to join, rides are paced to match the speed of the least confident rider, and enquiries are welcome from those wishing to learn to ride and then progress onto led rides.

The project's emphasis is on building confidence for cycling and enjoying the benefits of gentle outdoor exercise in a social group.

Rides have attracted a variety of participants so far, ranging from local Mums enjoying some 'me time' to individuals new to Aberdeen hoping to improve their English or explore some of the city by bike.

Partnership working has been key to the success of the project, with strong links established with ACC's Family Learning Department, Community and Learning Development via the Healthy Minds project, and Aberdeen City Health and Social Care Partnership (ACHSCP)'s Wellbeing Coordinators and their Mighty Oaks Menopause support group.

Asylum & Refugee Care and Grampian Regional Equality Council (GREC) through their language café have helped to promote the work of the project to New Scots and those new to the city, whilst Fersands and Fountain Community Project has linked in local youths to the project.

Enquiries from volunteers looking to become ride leaders or assist with bike maintenance are very welcome to join, and any specific rides requests can be made by emailing LBenson@sportaberdeen.co.uk

It's been a busy summer working with the Russell Anderson Foundation at the Aberdeen Sports Village. We organised food pop up events for the kids and their parents to show how simple and easy to cook recipes can still be flavoursome and nutritious making dozens of bowls of Spaghetti Putanesca. Everyone went home with a bag of ingredients ready to cook supper for the family. The event ran for the first two weeks of the holidays and on each Friday we held a BBQ for everybody. Over the two weeks over 1400 children took part, hard work but a huge success.

After chatting with many families we've decided to run a series of cookery lessons for families in the Seaton area. Scheduled to begin after school we'll invite them along to help design the course to match their needs. Under the Food Champions banner the six week courses will be entirely free with all materials will be supplied as well.

The Seaton Pantry continues to grow with numbers increasing week on week, more and more people are feeling the pressure as the cost-of-living crisis bites even deeper. Our volunteers Keisha, Cherish and Teigan are doing a fantastic job looking after our customers and keeping the pantry stocked. We'd like to thank not just cfine but the Russell Anderson Foundation and the Mounthooly Co-op for their continued support for our community.

As always, we try and push the concept of reducing food waste, indeed all waste and the benefits of recycling. We constantly battle the huge amount of stigma that surrounds food banks, the reality is that at the

simplest level we exist to try and reduce food waste. Ergo by using the food banks you are helping us achieve our core purpose-to reduce food waste and reduce sending food to landfill. So, folks don't be silly get down to your local foodbank and help save the planet-PLEASE.

Our Soup and Sandwiches event is running twice monthly now and is a complete sell out with a lot of regular faces and a few new ones as well. When we started this over two years ago, we had only six guests, now we reach our capacity of 32 every week. The aim was to attract those in supported living buildings to get out and socialise more. Initially we tried to provide entertainment but to our surprise we were asked if it was necessary. Seems our Seaton lads and lassies preferred a good old natter and indeed when in full swing they block out even the squawks of our dear local gulls.

In addition, we support the Boogie in the Bar initiative, more often than not you'll find me behind the decks as we thunder along memory lane from the fifties to the present day. We're based at the Dee Swimming Club once a month and everyone is welcome. On offer, apart from the cool tunes, is a light lunch with tea and coffee, expertly served by the ladies of the Dee Swimming Club. There is no charge, but donations are greatly received. If you think these are quiet and sedate events, think again. We recently had over 90 people rocking the house down, so Please keep a look out for the dates and come and join us.

Tim Brown



Bee You, Rachael

Seaton is lucky to have a number of kind-hearted community members working to make a difference in the area. Among those fantastic individuals is Rachael Lucas.

Some may know Rachael from time spent at the Seaton Community Centre, where she volunteers. You may have heard her voice on shmuFM, where she yet again serves her community on the Seaton Speaks show. Or perhaps you have come across a beautifully painted rock hidden somewhere in the city, inscribed with just the right words of affirmation you needed to hear. Well then, Rachael has managed to reach you too!

It's about time that Rachael is recognised for all that she gives to the community and others. Earlier this year, Rachael became the first winner of shmu's Angie Joss, 'Bee You' Memorial Award.

Angie Joss, a much loved and incredibly missed friend of shmu's and countless others across the city,

dedicated her life to volunteering, selflessly helping others and making the world a better place. The 'Bee You' award celebrates those who share Angie's passion for championing others and fighting for their beliefs.

Nominations opened, with a host of worthy candidates nominated. It was clear from Rachael's nomination that Angie would have been proud of her.

As a single mum to two kids, Rachael moved to Seaton three years ago. While looking for something to do in her spare time, she was inspired to begin painting rocks, living so close to the beach. Having struggled with her own mental health throughout her life, she saw this as the perfect way to help other people. So, she began painting positive affirmations and information for mental health services and Rocks for Mental Health was born. She said, "I knew how much I'd struggled; I wanted other people to know that they're not on their own".

"I mean, it's just one rock, but maybe it can change someone's perspective on life or themselves. If they're not feeling great or thinking that they're worthless, finding a rock saying that they're worthy might help to reinstall some positivity back in them."

Rachael has caring in her nature. Having cared for her mum as a teenager, before her passing, she believes this experience instilled in her the importance of looking out for others. "My mum had diabetes and went on to have complications later. She died when she was 40, she was a brilliant woman. It just made me the person that I am."

"I hate to see people struggle, not knowing where to go or how to deal with it. If I've managed to get through, years of mental health and suicide attempts, other people can too." This is a message that Rachael is trying to teach her kids too. "My little boy Ollie, he's only five and is going through stuff. He's a really caring, loving and sensitive boy and I'm trying to show him that it's okay

to have these feelings. He's going to start getting support soon which is great. Everyone needs support, whether they're five or 50."

Despite all of this, Rachael often thinks that she's not doing enough. She was shocked to find out that she had been nominated and shortlisted for the Angie Joss Award. "When Dave told me, I was like 'thank you for nominating me, but I don't do enough, I'm so busy with the kids'." Rachael couldn't be further from the truth, from Rocks for Mental Health to volunteering at the community centre and shmu to now crocheting baby hats for the hospital, she is always up to something to help others. She couldn't be more deserving of her award and deserves to be celebrated whole heartedly.

Dave Ironside, Rachael's nominator put it perfectly. "Rachael is an absolute star; she has gone

through a lot in her life and now she dedicates it to helping others. Rocks For Mental Health is a fantastic project and has brightened up the lives of countless people, helping out at Seaton Community Centre makes a difference to people in the area as well and she always does it with a smile on her face.

"I nominated her for the award because she really reminds me of Angela Joss, a force of nature who loves to help others and make her family proud, which she does every single day."

Rachael was extremely touched to be presented her award by Angie's family. "It was deeply emotional; it was brilliant to receive the award." She also highlighted the amazing work of the other nominees. "Hearing the other girls' stories, I wished we could've all won!"

For anyone inspired by Rachael's story and would like to volunteer, her advice is, "Go for it, and if you're not sure if you have the confidence, start off small and build it up. I didn't just walk into volunteering; it's building up steps. Only do what you're comfortable doing.

"I wouldn't have gotten where I am and through hard times without the support from services, my parents and family. I urge for people out there to speak to anyone if they're struggling, it's the start of getting out whatever it is they're going through."

Thanks again to Rachael for all that she does, putting positivity out into the world, helping whenever she can and encouraging others to find the support they need.



Bairns Hoose in Seaton

Aberdeen City Council secured £500,000 from the Scottish Government in addition to £300,000 already received for the Bairns Hoose. The new Bairns Hoose facility will help support children and young people who are victims or witnesses of significant harm. Services could be co-located, reducing the need for multiple interviews by different agencies at different locations, which can cause more trauma.

The new facility will offer a range of services including a health and wellbeing suite, interview rooms, therapy rooms and space for multi-agency working. There is also a provision for supporting children under the age of criminal responsibility. There will be two Court Suites, interview rooms, medical suite, therapy/psychology room and possible forensic room within the building.

Services such as Aberdeen City Council Education Department, Community Learning & Development, Youth Services, Children Adolescent Mental Health Service (CAMHS), Sport Aberdeen and third sector organisations Children 1st and Alcohol Drugs Action would provide holistic early intervention support to children, young people and their families. And be based at the new Bairns Hoose.

Aberdeen Council hope to have the Bairns Hoose fully operational by 2025.



Grampian Gathering 2024

This year, the Grampian Gathering is to be held at the Beach Ballroom on the 12th of October from 10:30am to 4pm.

The Gathering is targeted for people over 50 years old who are in retirement or contemplating retirement. There will be various engaging speakers, stalls, workshops and taster sessions showcasing all the various groups and charities to promote and encourage people to join groups and to take up opportunities to volunteer.

The theme of this year's event is Age well, Retire well, Die well.

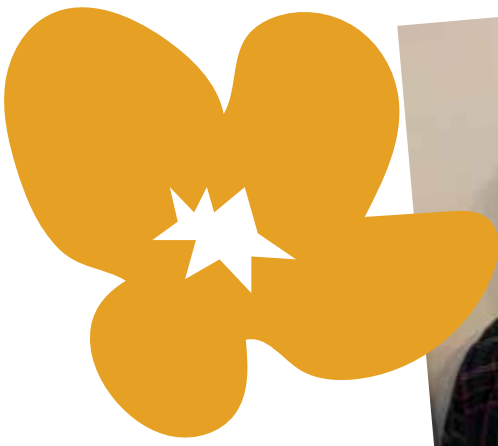
There will be a range of speakers and workshops throughout the day to interest you. Jillian Evans, Head of Health Intelligence and Learning Health Systems of NHS Grampian will deliver a talk on Ageing well and

living in Good Physical Health. Jock Hutchison of Horseback UK will speak on Managing mental health and community activities. These are just two of the speakers throughout the day. Workshops also include Performance and singing workshops by Granite City Choir and sport Aberdeen super six sessions, and more!

Browse over 30 stalls from community & voluntary sector and taster sessions, more workshops and the over 50 feedback forum on age friendly programs

This event is completely free but booking is encouraged! So call 01224 045624 or email granitecitygathering@aberdeencity.gov.uk for more information or to sign up.





Provost Skene House digital guide

A new digital guide brings Aberdeen's historic Provost Skene's House bang up to date for visitors.

Visitors to Aberdeen's historic Provost Skene's House in Marischal Square can enhance their experience with a new digital guide on Bloomberg Connects, the free arts and cultural app.

The guide is available in more than 25 languages, including Scots Gaelic, and includes images and audio recordings by Aberdeen Archives, Gallery & Museum staff.

Users of the guide can enjoy a brief history of Provost Skene's House, which dates back to 1545, making it the oldest surviving townhouse in Aberdeen.

The digital guide to Provost Skene's House is the latest addition by Aberdeen Archives Gallery & Museums to the Bloomberg Connects app.

The guides to Aberdeen Art Gallery and Aberdeen Maritime Museum were launched in 2023 have been used over 4,800 times since they were introduced in 2022 and 2023 respectively.

Garden helpers needed!

Seaton Star flat is looking for people to help in the garden!

If you have some time to spare, and don't mind getting your hands dirty, the flat would appreciate your help!

They'd like some help tidying up but are also keen to get things growing too, so if you can help, why not give them a shout?

Get in touch with Gillian at the flat by emailing info@stargroup.org.uk or by calling 01224 524209 to find out more or to get involved!

Marie Curie Companion at Home

Supporting people in your community to live well with a terminal illness.

Marie Curie has relaunched our Companion at Home service across Aberdeen City to support people affected by a terminal illness. We know that living with a diagnosis or as a carer for a loved one can be isolating, and we know the difference a regular visit from someone can make.

Our volunteers provide company, emotional support and help with small practical tasks to people living with a terminal diagnosis and their loved ones; visiting them for up to three hours a week across the city of Aberdeen. Our volunteers don't need to have special superpowers, they are people from all backgrounds who share the common goal of helping someone in their community to live well and enjoy the things that matter to them.

We support people with whatever matters most to them, and we know the small things can make a big difference, you could be helping someone to take part in a hobby they enjoy or giving them space to share their memories. Having someone to talk to makes such a big difference.

Daniel has recently joined us, here's what he has to say about volunteering:

"I am currently a student at the local college and through my studies of social sciences I have found a love for learning about individuals and their lives and circumstances. I felt that being able to volunteer with Marie Curie I would be able to help individuals and also learn about their life and help to continue their personal story, as well as assist them facing end of life care and the loneliness that sometimes comes with it."

We're looking for volunteers who love to meet new people and are passionate about making a difference to people facing loneliness in their community. If you're 18 or over, and can spare 3 hours a week, then we would love to hear from you. You will be given full training when you join us. You will also be joining a community of people across the northeast who are having a real impact in their local area, and gaining skills that can be useful for employment.

If this sounds like an opportunity you would love, then why not get in contact with us today. You can contact us directly at companionscotlandnorthandwest@mariecurie.org.uk or on 0800 304 7406. If you would like to find out more, head to our website at www.mariecurie.org.uk/help/companions



ABERDEEN TENANTS & RESIDENTS PARTNERSHIP

The Aberdeen Tenants & Residents Partnership is the new name for the Tenant & Residents Participation group in Aberdeen. We are a collective voice of council tenants and homeowners.

We work together alongside Aberdeen City Council to improve services across the city. We do reviews of council services, meetings with sheltered & amenity housing tenants, as well as other council tenants and homeowners.

The Housing Service Review Group has completed their review on Tenant & Resident Participation and are looking at the options for their next review. The Housing Service Review Group are looking for more people to participate in the next review, this could be helping to do a survey, interview council staff and working together to suggest ideas for improvements to council services.

The Tenants And Residents Forum (TARF) is now the top tier group in Tenant and Residents Participation. Everyone is welcome to attend the Tenants And Residents Forum. Whether you are a council tenant or homeowner. Everyone has a voice in their housing service. Council officers from across the local authority attend these meetings to discuss upcoming changes and updates, as well as asking for your feedback.

The Events Group hold meetings to look at what events the Tenant Participation Group could attend. This includes the conferences, community galas, webinars and more.

This year we seen two award winners at this years TPAS Conference. Lewis McGill from Seaton received the Runner-Up Tenant of the Year award 2024 for his continued hard work and efforts in tenant & resident participation. And the Aberdeen Youth Movement received the award for Best Practice Involving Young People 2024. Making sure those aged 16 to 24 have a voice.

Everyone is welcome to be part of Tenant & Resident Participation. Aberdeen City Council have a legal requirement to involve and encourage tenant and resident participation.

You can find the details of our meetings on our Facebook page find us at @ **AberdeenTenantsResidents** and also on Aberdeen City Council's website - www.aberdeencity.gov.uk and search for Tenants & Residents Participation.

If you are interested in being involved please contact Carol Hannaford via email: channaford@aberdeencity.gov.uk or please come along to any of the Tenant & Resident Forum meetings.

Tenant & Resident Forum Meetings

All in the Town House on Broad Street from 2pm to 4pm on:

Tuesday 8th October

Tuesday 12th November

There is also two members of the Tenant & Resident Participation Group who will be starting the Tenant Participation Course from TPAS Scotland to not only gain certification but also get a better knowledge of what we can do in Tenant & Resident Participation.

Aberdeen Youth Movement

The Aberdeen Youth Movement is a group for young people aged 16 to 25. Anyone from across Aberdeen aged between 16 and 25 are encouraged to join and find out more.

The AYM do a number of activities such as engagement at activities related to youth participation, elections and grants for young people. This year they did some short videos relating to the General Election 2024. Such as how to register to vote, how to take a perfect ID photo. You can find these videos on their YouTube page - @ AberdeenYouthMovement

Congratulations to the Aberdeen Youth Movement for their award in 'Best Practice in Involving Young People' at the Tenant Participatory Advisory Scotland Conference in June.

If you would like to be involved in the Aberdeen Youth Movement, please contact Brian Webb (Youth Participation Officer) via email: aym@aberdeencity.gov.uk





MY JOURNEY ON TENANT & RESIDENT PARTICIPATION

Some Seatoners know me from the area. I'm Lewis McGill. I've have been involved in the area with a number of things from campaigning for the width restriction, being involved on the Seaton Network, STAR Flat Committee and being involved in Tenant & Resident Participation at Aberdeen City Council.

I have been involved in Tenant & Resident Participation for 10 years now. I would encourage others to become involved as well. We work alongside Aberdeen City Council giving feedback on the services we receive. As well as connecting with other local groups and encouraging others to be involved in Tenant & Resident Participation as well.

Being involved with this group has help me grow in confidence, boosted my skills and meeting others who are also keen on making a difference to Council Services. Last year, I took part in the Housing Service Review Group, where we did a review on the Tenant Participation service and made suggestions to Aberdeen Council officers where we think changes need to be made. This year we have conducted an online survey

to find out what Council service should be reviewed. And within a week we have had more than 100 responses. Which is a great result, as this was the first time we had done an online survey to find out what you want reviewed.

In the last two years, I have been nominated and awarded three awards for my work in Tenant & Resident Participation.

Aberdeen City Council - Rita Buchan Award 2022

Tenant Information Service

Outstanding in Tenant Participation 2023

Tenant Participatory Advisory Service - Runner Up Tenant of the Year 2024

This is just another part of being involved in Tenant & Resident Participation. I have met a lot of great people along the way, who have helped encourage me and help my confidence grow. As I have for them. And I am glad to call some of these people friends. But this isn't just about sitting in a board room and taking part in discussions. You can take part in Community Walkabouts, the Housing



Service Review Group, and the Tenant's and Residents Forum.

Another member of the TP and I have also signed up to take part in the TPAS Tenant Participation and Community Development Course, where we will be able to find out more about the role of Tenant Participation and Community Development. But also find out what is new in TP and what has changed and eventually become qualified in the role.

The Tenant Participation Group are always looking for more people to be involved in the group. And I would like to ask everyone to just come along, give it a try, have your say.



Summer at shmu

We're delighted it's the summer holidays here at shmu, as we get to work with some brilliant young people on a range of exciting creative projects.

Here's what we've been up to!

SUMMER FILM SCHOOL

This year's summer film school was an absolute blast.

Film loving youngsters had the fabulous opportunity to experience every aspect of filmmaking. They wrote, filmed, produced and edited two amazing short films, all in the space of five days.

Splitting into two groups, they made 'Family Misfortunes' a horror style film following the passing of a family's father and 'Shattered', a short film about a poltergeist.

They finished off the week with a screening of the films for their friends and family.

Please visit our YouTube channel, 'shmuTV' to watch their fantastic work.

SCENE IN A DAY

Some keen filmmakers enjoyed the summer film school so much they returned for our Scene in a day session, along with some other eager young people.

Our Scene in a day sessions is also a brilliant opportunity to get a taste of filmmaking by recreating a scene from a film of the young people's choosing.

This year, the group loved recreating the 'Are we there yet?' scene from Shrek 2.

They did a fabulous job, acting, filming and editing the scene.

If you'd like to check out the scene, please visit our YouTube page 'shmuTV'.





Aberdeen becomes the first major city to back the Volunteer Charter

On the 18th of July, Aberdeen celebrated two major sign ups to the Volunteer Charter, making it the first major city in Scotland to back it.

The Volunteer Charter is a list of 10 key principles, agreed by Volunteer Scotland and the Scottish Trade Union Congress, which protect volunteers.

The charter lays out that volunteers should not be used in place of paid members of staff, they should be given no financial reward and they should be able to volunteer in a safe environment, and more. Visit Volunteer Scotland to read the charters principles.

Sarah Latto, Volunteer Scotland's Senior Policy Officer explains why the charter is vital. "It's so important anywhere to be honest, but in a city like Aberdeen I think it's incredibly important because, we know that volunteers have really struggled over the past five years. With the COVID-19 pandemic, and then with the cost of living crisis, we know that volunteering is in decline, which is quite a concerning.

"So we want to just do anything that we can at the moment to try and ensure that volunteers know, are reassured, that they're going to have as good experience as possible, and

that when they are volunteering, that they're doing so in roles that are, really meaningful and sustainable as well."

Aberdeen is blazing the trail in Scotland, as the first local authority with major Charter Champions.

Aberdeen City Council and NHS Grampian have become the first two major signups, backing the Charter in Aberdeen.

Alison Everson, Chair of NHS Grampian explained why the organisation became Charter Champions. "The volunteer charter is really important to us because we want to show that we respect and acknowledge the work that our volunteers do. They are tremendous across NHS Grampian.

"I'm very proud of all the volunteers that we have within NHS Grampian and very grateful for all their work they do and really keen to give support to them, acknowledging them as, as individuals, not as a collective group of volunteers, as individuals who are giving of their time for the benefit of other people. We want to acknowledge the work they do and through the charter we can really support them."

Councillor Martin Greig, Convenor of Aberdeen City Council's Education and Children's Services Committee, Spokesperson on Culture shared why the council backed the charter.

Volunteers contribute an amazing amount of additional value, social value to the city already. So many organizations and groups depend on the kindness and the time that's donated by individuals right across the city. They add so much, so, let's, let's flag that up, and, and encourage more people to become volunteers."

Finally, Chief Executive of Aberdeen Council of Voluntary Organisations (ACVO), Maggie Hepburn said "This is a bold display of civic leadership from the Council and the NHS and a very welcome one at a time when many voluntary organisations are struggling.

"It's also long overdue formal recognition of the vital role that volunteers play in the daily life of Aberdeen. Communities are being asked to do more for themselves, so it has become even more important that volunteers are properly supported and valued."

There are currently 240 organisations signed up as charter champions across Scotland, the more organisations that sign up, the more reassurances that volunteers have that they are valued and respected.

Visit Volunteer Scotland to view the charter and sign up! If you'd like to become a volunteer, why not check out the fantastic new Volunteer Aberdeen Website by visiting www.volunteeraberdeen.org.uk/

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

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