

YOUR NEWS

seatonscene

Winter Edition 2012

SEATON PRIMARY

RIGHTS RESPECTING SCHOOLS

SEATON MANAGEMENT COMMITTEE

PARENT/CARER AWARD NOMINATION

Church News
The Hut Update
Woodland Ranger
STAR Flat

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editorial

Welcome to the new Winter edition of the Seaton Scene community magazine.

As ever thanks 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.

Our editorial team is now growing with new members joining so a big welcome and thank you to Melissa and Claire from Seaton Community Project Management Committee for coming along and getting involved.

We are always on the lookout for new members to join regardless of age, skills or knowledge, as long as you are local to the Seaton community or have a connection to the area then feel free to get involved.

If you want to find out more and get involved with your community magazine please do so by contacting Denise at SHMU on 515013 or email denise@shmu.org.uk

Or alternatively pop into Seaton Community Project and ask for either Melissa or Claire who will pass on all the information you need to get involved.

Supported by



STAR Flat

Class Capers

Autumn is now in full swing and we have had a busy few months at the S.T.A.R. Community Flat. Our free classes are once again up and running.

On a Monday the Silver Surfers, the computer group for over 55's, have been happy to welcome some new learners. The ladies and gentlemen who attend the group have been developing their skills with e-mail and surfing the internet. The tutors are happy to help with any computer questions that you may have. You are very welcome to drop in for a session which runs from 11.00-1.00.

We also have computer classes on a Wednesday and a Thursday afternoon which are open to all ages. One class is a beginner's class and the other class is slightly more advanced. These classes are currently full but if you are interested why not drop in past the flat and put your name on the waiting list.

Digital photography is now proving popular and the S.T.A.R. Flat has had a digital photography class running on a Wednesday afternoon. There have been a few new faces joining the class which

has been great. The participants have been learning all about how their cameras work, how to take better photographs and then how to manipulate their photographs using computer software.

With Christmas just around the corner the Art and Craft Class has been busy. Projects have included decorating jewellery boxes, painting by numbers and calligraphy. Christmas Card making and Christmas ornaments are next on the agenda. The class is really enjoyed by the members and you can hear a pin drop when they are all engrossed in their project as shown by the photographs!

For more information contact:

Gillian Urquhart
Tel - 01224 524209
info@stargroup.org.uk

Everyone at the S.T.A.R. Flat wishes you all a Merry Christmas and a Happy New Year and hopes to see you in 2013.





Daniel, John & Connor



Seaton Primary School

The Rights Respecting Schools Award

All children have rights which guarantee them what they need to survive, grow, participate and fulfil their potential. Yet every day these rights are denied...

The Rights Respecting Schools Award recognises achievement in putting the United Nations Convention on the Rights of the Child at the heart of a school's planning, policies, practice and ethos. A Rights Respecting school not only teaches about children's rights but also models rights and respect in all its relationships.

Seaton School has joined a number of other schools within the city of Aberdeen and across the country by implementing the Rights Respecting School Award.

The children of Seaton Primary have played an active role in their school becoming rights respecting. After learning the difference between needs and wants, each class drew up its own classroom charter, outlining the rights and responsibilities of every class member.

A newly formed steering-group that is made up of children,

staff and other members of the school community meets regularly to plan and review the journey towards becoming a Rights Respecting School. Several pupil groups including Health, ICT, Library, Enterprise and Ecology meet frequently to focus on their particular area of interest. Representatives from these groups also participate in the Rights Respecting Steering Group, ensuring that the rights of the child are at the heart of school's ethos. Children will also gain experience of chairing, taking minutes and setting agendas for each meeting.

For children and young people, knowing that they have the right to be heard in decisions which affect them boosts not only their sense of security but also their self-confidence. This opens the way to developing and applying the skills, language and concepts that allow them to realise their

rights and to advocate for the rights of children everywhere.

In order to develop the Rights Respecting ethos in the playground, several senior children have been trained to act as Playground Buddies for younger children. Another group have been trained as Peer Mediators. It is their job to help to resolve minor friendship problems in the playground, when children fall out with each other.

Although the project is still in its infancy, stakeholders are working hard to develop the Rights Respecting principles that have led to very positive outcomes for other Rights Respecting schools nationwide. A three year qualitative study by researchers at the Universities of Sussex and Brighton found that "The RRSA has had a profound effect on the majority of the schools involved in the programme."



Nicola & Chloe



"I think that it's not fair if one child has rights and not another child. It's great that it's not just Seaton School who are doing this. There are schools across the whole country taking part."
 John - Enterprise Pupil Group

"I think it's a great idea that we doing the rights-respecting school award because everyone has the same rights and we deserve to have them."
 Daniel - Eco Pupil Group

"I am in the Pupil Council and I think that it's good that we're learning about all the rights as we're getting a head start on all the rights that you have to learn about when you're older."
 Conor - Pupil Council Pupil Group

"It's good to learn the rights now because later on you might think that you don't have the right to something when you really do have the right to it. Now we know what we're entitled to."
 Nicola - Health Pupil Group

"Knowing your rights will help when you're older so you can get the best for yourself instead of accepting something that's not good enough."
 Chloe - ICT Pupil Group

The main areas of impact are:

- improved self-esteem and wellbeing;
- improved behaviour and relationships (reductions in bullying and exclusions, and improved attendance);
- positive attitudes towards diversity;
- improved engagement in learning;
- children and young people's support for global justice.

The Signing of the Hut!

The Seaton Management Committee is very excited and proud to announce that we have recently signed the Lease and Management Committee Agreement for The Hut on School Road. We are really positive about the prospects this can bring to our community.

At present in The Hut we have running:

Monday

9.30am – 12.30pm
Rehab Drop-in support

1.00pm – 4.00pm
Rehab Workshops

Tuesday

06.30am – 07.30am
Prayer meeting

10.00am – 12.00pm
Family Drop-In

14.00pm – 16.00pm
Food Bank

19.30pm – 21.00pm
Bible Study

Wednesday

12.30pm – 3.30pm
Rehab Drop-in and one-to-one

1.30pm – 3.30pm
Women's Group

1.00pm – 3.00pm
Pensioners' Group

7.00pm – 8.00pm
Zumba Class (NEW)

Thursday

9.30am – 4.30pm
Rehab Recovery Day
Lunch at 1pm.

7.00pm – 9.00 pm
Primary 7 – S2 Youth Group:
This group is looking for new members to come and join in the fun!

Sunday

11.00am – 12.30pm
Seaton Community Church on the first Sunday of every month, we have a healing service from 6pm.

Since signing for the lease we now have a Zumba class up and running on a Wednesday night from 7pm-8pm Price £4. Come along and join in the fun!

2013: New Year, New Start to a Healthier Lifestyle - Look out for further information regarding our new Scottish Slimmers class starting in the New Year.

Seaton Needs You - Volunteering

Both the Project and the Hut are run by volunteers. Do you have a spare hour or two a week or month to help out with activities? One of the activities we would like volunteers for is the two new Youth Groups for school age children we are hoping to set up, so if you are interested in getting this running or help with other things, we would love to hear from you.

Want to rent The Hut?

Children's parties, bingo nights, fundraisers, new classes are no problem - Contact Melissa or Claire:

Melissa Bain – 07511715039
Claire Forsyth – 07544448951

We can also be contacted through the project on
01224 277930



The Seaton Youth Group is for any P7 or S1 age children and meets every Thursday night from 7 till 9pm at the Seaton Community hall - opposite the Totem pole.

The youth workers are Sarah and Graeme, who have assisted the group in planning projects and activities. It is the group that decide amongst themselves what they want to do, then they have to work out a plan and apply to the management committee to get the funds to do it.

At the start of the current session the group were researching Aberdeen ghosts and haunted places around the city with the plan to do a haunted ghost tour later in the year.

The group have recently designed street art murals and have written to the management committee to ask for money for paints and materials to enable them to paint their murals on to the walls of the centre. The group are also interested in learning to



bake cakes, which they will be able to sell in order to make a little extra pocket money.

Last week the group had a visit to Adventure Aberdeen, where they did different adventurous activities, including team-building where they had to work as a team to build a bridge to cross over. They also went on to the climbing wall and were the first group ever to complete the low ropes course in the trees in the dark using only head torches. To complete the course you have to cross over chains, rope bridges, climb trees, swing on tyres, build platforms and cross balance beams - all of which is

difficult enough in daylight, never mind in the dark.

The Adventure Aberdeen instructors were so impressed with how well the Seaton Youth Group did the course in the dark, that they can't wait till they come back to do some mountain biking or climbing.

The youth workers, Sarah and Graeme, also had great fun at Adventure Aberdeen and were so impressed with the group that would like to try and organise an adventure weekend at Adventure Aberdeen's outdoor Centre at Cromdale in the Cairngorms national park.

If you are interested in joining the group, why not pop along on a Thursday night and speak to Sarah and Graeme.

Or contact Ellie for more information on **01224 878927** or email **EHEPBURN@aberdeencity.gov.uk**

Please remember that we are not there during the school holidays.

Seaton

Management Committee



At Seaton we have a very strong, positive and successful management committee. We have lots of drive and determination to help get new initiatives going within our community.



On our committee we have:

Melissa Bain – Chairperson
Claire Forsyth – Vice Chairperson
Cher Macrae – Secretary
Tracy Wallace – Treasurer
Nikki Mitchell – Member
Linda Morrison – Member
Murdoch Mcleod – Member
Acky Stewart – Member
Gloria Mackay – Member
Leanne Harris – Member
Alice Middler – Member
Barry Douglas – Member

Should you be interested on joining the committee contact Melissa or Claire.

During one of our Management Committee meetings we were thrilled to be told that we had been nominated for Parent/Carer Involvement Award at The Children and Young People's Service Awards to be held on the 12th September 2012 at the Beach Ballroom.

Emma McPherson – “I nominated the Seaton Management Committee for the Parent/Carer Involvement Award.

They are working hard towards becoming independent from the council and are taking on the responsibility of running the Seaton Hut and programming classes for the Community. The parents on the committee run also weekly youth clubs for the young primary

children as well as a range of other informal groups looking at health, women's issues and crafts.

Some members have now also formed the Parent Council at Seaton Primary - this has ensured closer working to the benefit of the local children.

One example of this is when they worked together to fundraise for the Primary 7's to have their first prom before leaving for the Academy.

The volunteers on the committee are committed to making a difference to their community and are constantly looking at ways to involve others in the community”.





On the evening Melissa, Cher and Claire attended the awards. The evening itself was full of surprises the first being that we won! We felt very humbled to have been nominated and appreciated. It was an evening that inspired us greatly - all of the categories were of a very high standard and all nominees had achieved so much, with many bringing a tear to our eyes. Massive congratulations to all involved.

We will certainly be looking forward to working together as a community and promoting many skills to be rewarded in the future.

Another Seaton nomination was in the inspirational young person award - it was a very moving category where these children had overcome so many challenging hurdles in their short lives.

Sheila McGregor – Pre School ASN Service

A child attending the pre-school developmental nursery at Seaton was nominated and short listed for this award.

Sean Tye suffers from Early Onset Pompe Disease, a rare and often fatal glycogen storage disorder, which disables the heart and skeletal muscles. Sean is totally dependent on his parents and carers for all his needs. This disease has left him with learning difficulties and

no speech, as well as immense physical challenges due to extremely limited muscle tone.

Sean's only movements are with his eyes, a raise of the eyebrow, movement of his chin, slight movement of the wrist when supported by an adult and slight movement of his toes. Sean is unable to breathe by himself and is assisted by a ventilator.

During his time at nursery Sean has learned to use a chin switch, with a movement of his chin to the left. The chin switch is mounted on an arm which can be fixed to his wheelchair. He uses this to communicate and interact with his surroundings and with others. He uses this switch to use the computer and also to activate the motor on a special mobility platform, giving him independent movement.



Sean has had to work very hard to overcome his many difficulties and he was determined to make the most of his time in nursery. This determination makes him an inspirational child both to other children and to the adults that know him.

Sadly Sean did not win the award but his family and nursery staff were thrilled that he was one of three short listed candidates. Sean enjoyed his evening at the award ceremony particularly the wonderful music.

Activities currently running within the project:

Breakfast Club which runs Monday to Friday term-time from 08.00am – 09.00am.

Aberdeen Childcare Services Creche Monday – Friday term-time, up to 2 hours care for children 0 – 3 years who reside in the Seaton Area.

Monday

12.30pm – 2.30pm Women's Group (with crèche for children)

Tuesday

Peep Group, term-time, for children aged 1 and 2. 09.30am – 10.30am

Weight Management Group 1.00pm – 3.00pm

Thursday

Art History Group 12.30pm – 2.30pm

Family Learning – 09.30am – 11.30am

Lifelong Learning Adults ESOL Class 09.30am – 11.30am

Friday

Credit Union 09.00am – 09.30am

Craft Class 09.30am – 11.30am

Lifelong Learning Adults ESOL Class 09:30am – 11:30am.

Lifelong Learning Adults - Beginners Computing 12.00pm – 2.00pm





Seaton Community Church

Seaton Community Church
On Sunday the 2nd of September, Seaton Community Church launched its first service in the Seaton Project Building on School Road. The hall was full with over 40 in attendance, where we were welcomed by Melissa Bain and Claire Forsyth on behalf of the Seaton Management Committee as well as Sgt Andy Barclay of Seaton Police.

Our service times are 11am every Sunday and we have recently started a Sunday school for the

children of the community. On the first Sunday of every month we have a healing service at 6pm where people can come and be prayed for God to heal.

On the last Sunday of the month we hope to have guest speakers coming to the church in the evening. This will begin on the 28th of October with Teen Challenge coming to speak about how God has brought transformation into many lives of those caught in addictions.

We believe God can transform lives and transform community, and we are currently working towards opening a Tuesday Family Drop In, where we will run family support groups, parenting classes, drug-proofing your children classes and various other classes that will benefit the community of Seaton.

For more information follow us on **Facebook@ Seaton Community Church**, or contact **Pastor Barry Douglas on 07800-984-850**.

St Mary's Parish Church

A thought for you.

What do the words 'Safe Space' mean to you? What do you think of when you hear these words? For me I think of my holidays with the family in a little cottage up Huntly/Dufftown way - my 'Safe Space' where I can take time out and relax from all the hurry burry of the town, the busyness of Ministry life, a place of quiet, security, a haven in fact.

There's a picture, a painting I have at home of the cliffs along the Moray Coast being pounded by the sea, so wild and powerful and at the heart of the picture on a ledge sheltered from all the stormy waves is a bird, a seagull resting, safe and secure, protected from all that surrounds it. Yes it has a 'Safe Space' too.

My little cottage, the picture of the bird sitting in the middle of the storm is so close to the Bible teaching about God's ability to give us rest, protection, security in any situation life throws up and provides right here in the area:

- At the Chaplaincy Centre a Aberdeen University, for Freshers especially, helping them to feel at home in the hurly burly of student life.
- In the 'Prayer Space' room at St. Machar Academy where pupils can freely express what's bothering them, be at ease with their own personal thoughts.
- Within the Sams Club from the Mission, youngsters are safe and secure, having fun as they learn about Jesus and how much he loves them.

- At Seaton Community Church with Gary – a place of worship, of safety, a haven in the heart of Seaton and of course St. Ninian's and St. Mary's local churches which promote the same feelings of being at ease, getting away from the buzz of the town, at peace with ourselves and with others.

'Safe Space' is vital to our well-being and living life to the best that we can be of knowing God's presence is with us, of knowing we are never alone, having to bear our own troubles, but safe and secure in God's loving arms, being protected from the storms of life that come our way.

Richest Blessings to you All
Rev. Elsie J. Fortune

Family Learning

Maths and Language for Parents

Do the words 'Can you help me with my homework' fill you with dread? This six to eight session course will show you how your child learns maths and language in school and how you are helping at home without even knowing it.

So why not come along and join in because, believe it or not, maths and language can be fun. This course is aimed at parents

with children aged 3-8 years and runs from January to March next year.

Whose Money Is It Anyway?

Does trying to make ends meet make you want to cry?

Want some tips on solving your own personal credit crunch?

If the answer is 'yes', this three session course will offer you practical help and tips on how to manage your financial affairs. It will run in March 2013.

The Return of Yoga

After the withdrawal of funding for the Yoga sessions at The Hut and latterly at The Project, the new management committee have been in touch with Sandra sweetie Cook for the reintroduction of a class at the The Hut.

Edith, Izzy, Bob and I met with Sandra for coffee which turned into a light lunch (thank you Bob and Sandra) where we discussed possibilities and we all agreed it would be a great idea and I have some positive feedback from several people in the area.

Since the loss of our local classes, Sandra arranged a class at the Sports Village which I have attended for four sessions to date and must say

that because of the time (1 hour sessions) and the numbers (as many as 30 attending), the exercises are more compact and intense and so less fun and there is no tea and a chat at the end.

I look forward to seeing anyone with an interest in the near future.

Steve

Dates and times have now been confirmed for the sessions which are;

Wednesdays from 9.30 – 11.30am at The Hut on School Road.

For more information please contact Seaton Community project on 277930

St Machar Parent Support Project

St Machar Parent Support Project is a free service for parents. We are based behind St Machar Academy and we work within the St Machar Academy schools group. Our main aim is to support parenting, helping with strategies to cope with children's behaviour - we can also offer support in attending meetings with parents and we offer a one-to-one service alongside group sessions.

St Machar Parent Support Project has been running an "I'm a parent, get me out of here" programme as well as a confidence-building course in conjunction with Family Learning. These courses were both run at the Seaton Community Project on a Thursday morning and there was also a crèche provided. The groups were well attended by parents within the area. We have thoroughly enjoyed working in the Seaton area and we would like to keep up the contacts we have made within the area. If you feel you would benefit from our service please give us a call on 487813.

Goodbye (not quite) for the Woodlands Community Ranger



A quick update on my work in your communities.

I started here in Aberdeen almost 5 years ago (time flies!!) and began working with you all through the Woodlands In and Around Town (WIAT) Project, focussing on community engagement and helping you deliver the fantastic services you provide in some challenging environments.

When this funding ceased we sourced a replacement funding stream through the Heritage Lottery Fund and, when that ran out, through the Sustainable Urban Fringe Project (SURF).

This allowed me to continue the good work you all deliver.

I am afraid to say my time involved with community engagement along the Don Corridor has now come to an end as my time on the SURF Project officially ends as well. I now move to the south to work on Tullos Hill and the surrounding communities there. This is an exciting opportunity for me as Tullos Hill is a "blank canvas" and I look forward to re-establishing my working relationship with organisations in Torry, Altens and Kincorth. So, still in SHMUdom to a certain degree!!!!

Although the community work itself will not continue I am more than happy to say the service I can provide (subject to resource) with the Unpaid Work Team on a Thursday and Friday will. Those who listen to my show, Around With a Ranger, will know this work is as varied as the communities in Aberdeen. From early years site development to garden work to path maintenance

and general repair work, we try to do it all. This means I will never be too far away so please feel free to contact me on lochinch@aberdeencity.gov.uk if you have something we may be able to help with. Remember, our team may be small but we do cover most of Aberdeen!!!

I would like to take this opportunity to thank all those I have worked with and for in the community. I have truly enjoyed it from start to finish and have appreciated the support I have received when it came to pushing for funding (Miss Demeanour and Mrs Porter especially!!) throughout the time here. I am often told how much people appreciate the effort I make but I have only been able to do this as a result of all your enthusiasm and dedication to your own community and clients; to not give 110% as you do would be a disservice to all of you who do so day in and day out.

All the best and see you around.

Stephen

Seaton Art & History Group

During the past summer break, some of the group met up to for visit to various local viewings and events, most memorable was meeting at the Art Gallery to see Annie Lennox at Home.

This was a fantastic insight into her formative years, the history of her parents and grandparents, her rise to fame and most of all the charity work done by

her for those less fortunate than ourselves.

A small group of us also visited Provost Skene House on Flourmill Brae for a guided tour which was a very informative. This was followed by a cuppa and a claik in nice surroundings.

Now Margaret from the Arts Development Team is back with us, we are planning for the next

few months, starting with a visit to The Trinity Cemetery for research into the demise of the Titanic helmsman at the time of the disaster, who later died on board a ship while docked in Aberdeen and was interred in a paupers grave with two unknown men.

We all look forward to our forthcoming get together and creating more news.

Seaton School Roald Dahl Day

Organised by Ms Craig and the children of Primary 5

Smoothie Recipe

Cool Smoothies
(Carrot and Orange)

Ingredients

- 2 apples
- 10 carrots
- 4 oranges
- 1 carton of apple juice

Method

1. You get a bowl and a knife and make sure Mum or Dad is with you.
2. Use your knife to peel the apples and oranges.
3. Cut up the fruit and vegetables into small pieces and put them in the bowl.
4. Put all the fruit and vegetables in the blender and add some of the apple juice.
5. Blend it all up until it is smooth and a bit runny.
6. Once it is ready pour it into a cup.

On the 28th of September everyone had the chance to dress up as their favourite Roald Dahl character. Oompa Loompa and Willy Wonka were the favourite characters chosen by the children. Everyone who dressed up paid £1, with the £125 raised going to Roald Dahl charities. There were two prizes for each class, one for best dressed and one for best competition entry. Nursery and Primary 1 had a picture to colour, Primary 2 and Primary 3 did a word search, Primary 4 and Primary 5 did an anagram sheet about Roald Dahl films and Primary 6 and Primary 7 did a quiz about Roald Dahl.

The children of Primary 5 made four different flavours of smoothies and made posters to advertise when and where we were selling them. On the day we sold lots of smoothies to parents and children and raised £104.50. This money is going towards a new class set of books for the upper stages.

We enjoyed the Roald Dahl Day and especially making and selling the smoothies.

By Chelsea and Ryan

"A whizzpopper!" cried the BFG, beaming at her. "Us giants is making whizzpoppers all the time! Whizzpopping is a sign of happiness. It is music in our ears! You surely is not telling me that a little whizzpopping is forbidden among human beans?"

- Roald Dahl, *The BFG*





SHMUSOUND: WANT TO TAKE YOUR MUSIC TO THE NEXT LEVEL?

We are currently looking for young musicians from the Seaton areas to take part in a fabulous new project called *shmu*SOUND.

It's open to those aged 14 to 25 and is based at our state-of-the-art recording studio in the Tilly Youth Project.

You will be given a range of workshops from our expert tutors on all aspects of making music and then get the chance to record a 4-song demo with Iain McPherson, who is Scotland's Sound Engineer of the Year.

As the project is being funded by Creative Scotland's Youth Music Initiative, it's all absolutely FREE too!

To find out more, get in touch with Stevie by email - sound@shmu.org.uk - text **TRAINING** and your name to **60300** or call on **515013**.

This is a great chance to live your musical dreams!

SHMU TV UPDATE

October saw the Youth TV crew make their first broadcast from the Tillydrone TV studio. Young people from across the regeneration areas came and took part in an intensive training course which ended with a LIVE broadcast.

The young people also worked alongside artists from Creative Communities and designed a Youth TV logo and created a fantastic graffiti background for the TV studio.

The Youth TV group met on Monday 19th November at 6pm for the first of their new weekly sessions. Planning for their Christmas extravaganza is now well underway.

There is a wide range of opportunities at shmuTV for young people and we are always interested in getting involved with community events. If you would like to be part of our Christmas show please get in touch.

We are always looking out for new members of our shmu crew and if you would like to come along and take part please get in touch with us at tv@shmu.org.uk

You can also watch our recent work at <http://www.youtube.com/watch?v=UsWeJhMX41g> or check out our facebook page - shmu tv

Cut your costs this Winter

Would you like to cut your energy bills and stay warm this winter? Advisors at the Energy Saving Scotland advice centre can answer your questions about heating and insulating your home. We can also carry out a Home Energy Check with you that will help you find out about free or discounted insulation and financial support that may be available to help you get ready for winter. No matter what your circumstances or where you live, help is available.

If you are finding it hard to heat your home, a package of help is open to people across Scotland. The package could help you in

different ways, all for free: a Home Energy Check, a benefit and tax credit check and Scottish Government-funded measures to make your home warmer. Depending on your circumstances you may be eligible for a new heating system such as central heating or a new boiler – absolutely free. Also, free cavity wall and loft insulation is currently on offer to all Aberdeen residents under the Universal Home Insulation Scheme.

For more information or to find out what financial support you are entitled to, call the Energy Saving Scotland advice centre on freephone 0800 512 012.

Rag Bags Recycling Scheme

Seaton Community Project runs the Rag Bag recycling scheme and the collection point is located within the buggy park, next to reception, within the project.

The Rag Bag recycling scheme has been developed to provide regular fundraising for schools, clubs, nurseries and various organisations UK-wide.

The scheme increases awareness about textile recycling and by boosting recycling rates, we can help the environment by ensuring less material goes to landfill.

We can accept the following items:

- All men's, ladies' and children's clothing
- Paired shoes (tied together)

- Handbags, bags, ties & belts
- Soft toys
- Blankets
- Underwear to include socks, tights, pants and bras etc...
- Household textiles to include towels, bed linen, curtains etc...

We cannot accept the following items:

- Duvets both synthetic and feathered
- Carpets
- Rugs
- Soiled or wet clothing

Why not pop into the project pick up a bag and fill it up, pop it in the rag bag bank and help fundraise for your local community.



Silver City Surfers

Come along to learn IT with Silver City Surfers on Mondays from 11am-1pm. There are drop-in sessions each week for the over 55's in Seaton's STAR flat, 14a Seaton Drive. Our friendly and experienced volunteer tutors will help you to connect with friends and family, save money by comparing services online or simply support you one-to-one in what you'd like to learn about basic computing. Plus... it's all free of charge!

Phone Gillian - **01224 524209** for more information or simply pop in on Mondays for more details. Know all about IT? Then Volunteer with us!

www.silvercitysurfers.co.uk
Email: silvercitysurfers@gmail.com

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

Dental Information & Advice Line (DIAL) **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**

Family Planning

NHS Grampian Sexual Health Line **0845 337 99 00**

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**

Seaton Primary **01224 277920**

Seaton Community Project **01224 277930**

STAR Flat **01224 524209**

The Hut **01224 494706**

Seaton Police Office **01224 305670**

SHMU **01224 515013**

St Machar Parent Support Project **01224 487813**

SCARF **01224 213005**

Pathways **01224 682939**

St Machar Credit Union **01224 524935**

Family Learning **01224 260028**

Drugs Action **01224 594700**

Aberdeen City Council **01224 522000**

Tillydrone Housing Office **01224 489516**

St Machar Academy **01224 492855**