

# seatonscene

Winter 2023

## In this issue:

SLEEPY SEATON

OUR EARTH WEEK

SEATON PARK

NEIGHBOURHOOD WATCH

[www.shmu.org.uk/press](http://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. In this edition, we explore our environment. Residents of Lord Hay's Court explore how we as a community can tackle climate change, and read all about the brilliant groups taking care of Seaton and it's enviroment.

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

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

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

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## SEATON PARK, AUTUMN REPORT : BAD NEWS AND GOOD

I am writing this in the aftermath of the first few winter storms. Our weather is surely getting worse. When storms batter the park, it depends on the direction of the wind which trees are brought down. An article in the Evening Express of October 23rd highlighted some brought down by Storm Babet. There are others and sadly, one of the fruit trees planted for the park's 70th anniversary in 2017 was a victim. All such incidents will eventually be dealt with by the tree squad who have far more pressing issues to deal with ensuring, for example, that roads and footpaths are cleared.

However, it can be upsetting to see the aftermath of storms so, in the meantime, if anyone is interested in helping out in the park, there are many small twigs and branches which have also been brought down in the storms. To make it easier for the gardeners to collect them up, they have requested that they be piled in small heaps at the edges of paths to make it easier for the gardeners to get the tractor near to them for collection. The gardening group, who meet on a Tuesday

morning have been doing this, and will continue for the next few months, but if you feel like a bit of creative exercise next time you are in the park, feel free to add to the stick piles.

Not reported in the Evening Express, is some good news not only for the park, but also the city. Aberdeen Communities Together, which is a grouping of the city's Environmental Services Department in partnership with community groups across the city, won gold in the city category at Britain in Bloom. Aberdeen were also runners up for Horticultural Excellence. As one of the people who accompanied the judges on their tour of Seaton Park, it is very rewarding to know that our efforts were worthwhile.

Some more good news is that our Green Flag Award was retained, and we also heard recently that we have been awarded Level 5 with Distinction for participating in the It's Your Neighbourhood scheme.

If you, or anyone you know, is less able to get around, AbleDeen are in the park most Fridays from 10.00 – 16.00. They have mobility aids such

as powered scooters to help you get around the park and local area.

To keep up to date with what's happening in the park, please visit our Facebook page – "Seaton Park Friends". To contact us, then please email [chairoffosp@gmail.com](mailto:chairoffosp@gmail.com).

**Sheila Gordon**  
**Chairperson,**  
**Friends of Seaton Park**





# OUR EARTH WEEK 2023

This year, shmuFM took part in the Our Earth Week Campaign 2023 which ran from the 20th to the 28th of November.

We joined other community radio stations across the UK in shining a spotlight on climate change and celebrating the planet we live on.

The week fell before COP28, the annual meeting of world leaders to discuss climate change. This year they will assess how they are getting on with the goal of limiting warming to 1.5 degrees.

While countries have pledged to remain under 1.5 degrees, many climate scientists believe that we have passed this mark and are closer to hitting 2 degrees of warming. This will likely cause more extreme weather conditions and impact harvests. This is why, we are agreed that this is a pressing matter and communities should be acting now.

We spoke to residents of Lordhay's court, who shared with us, the

practices they think could help us combat climate change.

Many of the residents reminisced on the prominent culture of 'make do and mend', from their childhood's which if revived could help tackle climate change. There has been a 400% in the amount of clothing we buy over the last 2 decades, as it is estimated that worldwide, we buy 80 billion pieces of clothing per year.

The fast fashion industry alone makes up 10% of global carbon emissions.

Margaret said "There are too much quite good things thrown away these days. We buy far too much now, we couldn't do that before, we mended things to save money, but it was better for the environment too."

Evelyn, another resident agreed. "We were all about making do and mending. Everything we had was passed to the next child, we all wore what was handed down to us. We should be teaching people how to

mend and reuse things, not only to save the planet but to save them money too.

"My mother used to go down to the Raggie Market at Castelgate and rake through the stuff they had. She got old clothes from there and she's made clothes for the loons and quines from them."

"If you got a woollen jumper, you'd rip them out, wash them, stretch the wool and then knit them back up to jumpers. That's how they could dress their kids."

We know that this is a serious issue as in 2019 The house of Commons reported that over 300, 000 tonnes of clothing end up in landfill each year and less than 1% of that is recycled into new clothing. Waste and Resources Action Programme (WRAP) say that by extending the life of a clothing item by as little as 9 months per piece would reduce carbon emissions from 20 to 30%.

The residents of Lord Hay's Court also felt that it would be good to bring back previous ways of recycling.

Elsbeth "There was far more of an emphasis on reusing and recycling, when we were younger. Our milk bottles were glass, and they went back to the shop once used, to be used again. You got money back for your milk bottles.

"I remember my father saying when he was little, that you would save empty jam jars and you could take them to the picture house, and they would take them to pay for your ticket. The jars would then go back to the factory, I imagine."

Perhaps, we can learn from this and work as a community to develop how we tackle climate change.

Keith's top tip.

Keith works for North East Scotland Climate Action Network (NESCAN) and was interviewed by Lord Hay's Court Resident, Janice.

Janice: What can we do to help the environment, other than reducing, reusing and recycling?

Keith: I love being asked this! This tip is so unexpected, and it catches people by surprise.

My suggestion for people who have already done a lot is, have you tried changing your bank account?

The way the world works, is built on finance. If you try changing your bank to a green bank, or a collective or cooperative bank or locally based building society, you are taking your money out of the system that supports the development that we don't want.

The simple quick one, change your bank.



## LEARN TO SEW IN SEATON!

**The S.T.A.R. Community Flat sewing class is free and takes place weekly.**

**Classes run on a Monday, between 1pm and 3pm.**

**No previous sewing experience is necessary as the teacher teaches you how to sew with a sewing machine. Class members find the class useful for doing alterations such as taking up hems on trousers or altering Charity Shop finds. Depending on their sewing ability, class members have previously made memory teddy bears and complete garments.**

**We have space for a couple of new members, why not join us to learn a new money saving skill.**



# What's been Happening at the Donmouth Local Nature Reserve?

If you have happened to be passing by the Donmouth Local Nature Reserve over the last few months, you may have noticed some construction going on.

The land on the Southside of the reserve has been developed to encourage birds to come and breed on the site. Breeding Bird Scrapes were created, shallow dips in the ground for birds to nest. And since then, a contractor was hired to construct fences around the scrapes to protect the area. The fences

will stop walkers and animals from disturbing the birds and provide a safe environment for them.

There are also plans to reinstate the boardwalk along the southern edge of the site. This will give greater access to the site and provide a footpath for people to enjoy all the scenery that Donmouth offers.

Hopefully soon, we can enjoy the views with a walk along the boardwalk.

The Donmouth Local Nature Reserve is managed by Aberdeen

City Council's Countryside Ranger Service. The team manage various sites across the city and work to make Aberdeen as biodiverse as possible.

There are plenty of volunteering opportunities on offer and you can keep up with the various events that the team run by visiting their Facebook Page. They are planning to host some beach cleans as part of their Winter Event programme, so keep an eye out for how you can help.



# SLEEPY SEATON

The doors of Seaton Primary were flung open, as pupils and families gathered to celebrate the school's annual Sleepy Seaton event.

Despite the name, there was a lively atmosphere at Sleepy Seaton and the school buzzed with the commotion.

The fundraising event, organised by teachers, with the help of the students, celebrates literacy and reading, and brings friends and families together to raise funds for the pupil's residential trip later in the school year.

The event had something for everyone, from a bake sale with a fantastic variety of fancy pieces to entice you, marshmallow roasting, free burgers, book stalls, quiet reading spaces and of course, glowstick dancing.

Pupils threw themselves into the event, baking the treats and running the bake sale, we can see many becoming successful salespeople in their future careers. Not only that

but they also provided the event media coverage.

With the help of shmuTV, the group interviewed their teachers Miss Cruickshank and Miss Verling.

Seaton Primary Head Teacher, Miss Verling told the group "I love Sleepy Seaton. It was one of the first things that I ever organised when I became head teacher at Seaton School, and all the staff and the children know it's a tradition. It's something we look forward to every year and now we have started doing Sunny Seaton too. We have these two big events every year which we celebrate.

"I think Sleepy Seaton has a positive effect and people look forward to coming along. I know the children speak about it a lot, before the event and after too, so they tell me they're excited, happy and looking forward to spending time together, and I know for a fact that Sleepy Seaton will continue for years to come."

Sleepy Seaton Highlights:

**Keziah** said "I have enjoyed the event because it's fun and educational and you get to spend more time with your friends. I can't wait for Sunny Seaton."

**Blessing** added "I enjoyed being here and trying all the delicious food, seeing people being nice to each other and interacting."

**Sadie**, who took part in last year's Sleepy Seaton as a Primary 7, enjoyed it so much she returned to help this year, she said "My favourite part must be the bake sale. I hope that Sleepy Seaton does continue, I think it would be good to see how the future p7's get on."

**Lollie** loved helping with the bake sale "I'm here tonight to sell some of my delicious Biscoff fudge. I haven't sold out yet but I'm secretly hoping there's some left for me later."

**Julia** found herself as the judge of the bakes "The best cake, was Lucas and Cole's famous Malteser Fudge."





## - Seaton Subsidiarity -

I am a big fan of subsidiarity, that is the principle that decisions should always be taken at the lowest level possible, or closest to where they have their effect. In Scotland we have a dearth of political representation when we compared to our neighbours. According to [www.ourdemocracy.scot](http://www.ourdemocracy.scot) Tillydrone, Seaton and Old Aberdeen ward has one councillor per every 4986 residents, when England has an average of 2814, Denmark has an average of 2216 and Norway has 572.

That's quite a difference, and Scottish local government has changed markedly since the 1970s.

But I want to share some positive news for the pages of the Seaton Scene and that is, that after a dormant period, Seaton & Linksfield Community Council (SCC) is now

up and running again. SCC is now just over a year old now and a welcome addition to Aberdeen local democracy.

All Community Councils have a statutory duty to oversee and can comment on planning permissions that are sought in Seaton and Linksfield and their members frequently bring deputations to the City Council Chambers.

Community Councils also receive lots of other information from the City Council, including which road closures are up-and-coming. All Community Councils have a budget from the Council, but as a constituted organisation they can also apply to other funding streams. SCC already have a few ideas about how to spend it and they include a gala and a mural, and they also plan to start regular

litter picks in March 2024, so if you would like to help out with any of these plans you can contact them at [seatonandlinksfieldcc@gmail.com](mailto:seatonandlinksfieldcc@gmail.com) They also have a Facebook page.

If you are concerned about planning permissions coming to Seaton and Linksfield, SCC meet on the last Monday of every month at 6.30pm at the Seaton Community Centre and you can also talk to your local councillor just before this at their 6pm surgery on the same day.

The Community Council are also currently looking for associate members to join them and someone to fill the position of Secretary on the Council. Please get in touch if you would like to find out more about what these roles entail or to get involved.

**By Kairin Van Sweeden**



# Seaton and Linksfield Neighbourhood Watch



As you may or may not be aware, Seaton and Linksfield has an online neighbourhood watch. Set up by Neighbourhood Watch Scotland, we are always looking for more residents and businesses in the area to join. We currently have 30 members signed up. Some of those members are:

**Star Community Flat**

**Barnardo's Linksfield Service**

**Seaton and Linksfield Community Council Members**

**Mrs. Murray's Cat & Dog Home**

**Langstane Housing Association**

It's completely FREE to join. There are many benefits to joining a neighbourhood watch such as:

Access to the Neighbourhood Alert System - Which distributes safety information from a trusted source.

Membership improves community spirit, resilience and a feeling of wellbeing in communities.

It provides access to Community Policing forums and sources of support, so you are never alone.

Neighbourhood Watch Scotland have developed a relationship with various organisations to provide members with monetary benefits. These include discounted home insurance, as well as a discount code for Truecall, Patlock and SelectDNA home marking kits.

As part of signing up to Neighbourhood Watch Scotland. You will be automatically signed up to the Neighbourhood Alert system. This is a free communication tool that allows key information to be sent out in a timely manner. Each message is specifically targeted and comes from a trusted source such as Police Scotland, Scottish Fire & Rescue, Local Authorities and Neighbourhood Watch Scotland. The messages focus on crime, safety and resilience.

Police Scotland are very supportive of the Seaton and Linksfield Neighbourhood Watch and are very happy to support us in any way they can.

If you are interested in joining the Seaton and Linksfield Neighbourhood Watch. Please visit: <https://neighbourhoodwatchscotland.co.uk/> and click on 'Your Local Area' to enter your postcode. Or send an email to [seatonandlinksfieldcc@gmail.com](mailto:seatonandlinksfieldcc@gmail.com) and we can send you a membership form and if you return it to us, we can add you to the system. Let's help bring community resilience and work together to keep the area safe.

**SIGN UP TO**

**Neighbourhood Watch SCOTLAND**

**We aim to ALERT you to:**

- Local crimes and emerging trends
- Information on safety, resilience and community wellbeing
- Guidance on online safety and doorstep scams
- Approved "Secured by Design" products and recommendations
- Advice on how to secure your property and belongings
- Sharing best practice to protect you, your family and community

Neighbourhood Watch SCOTLAND  
Charity number: SC198202

Sign up to Alerts to register   
[www.neighbourhoodwatchscotland.co.uk](http://www.neighbourhoodwatchscotland.co.uk)



## Have you been to the Pittodrie Community Hub yet?

Aberdeen FC Community Trust (AFCCT) have launched The Pittodrie Community Hub in February this year and it's still going strong.

AFCCT teamed up with SPFL Trust to provide support & opportunity to the local community through a weekly hub at Pittodrie Stadium.

Every Thursday between 1-4pm all are welcomed into the Players Lounge to enjoy free hot food, tea & coffee as well as a range of weekly activities, all within a family friendly, relaxed and cosy space.

Board games, newspapers, TV and free Wifi are also available.

Advice and guidance will also be provided by local organisations such as SCARF, Age Scotland, Citizens Advice Bureau, SAMH, CFine, and Aberdeen City Health & Social Care Partnership to assist with any support you may require with energy bills, cost of living or your health and wellbeing.

One of the Community Trusts Health and Wellbeing Officers, Claire, says that people will benefit from the organisations being available in one place. "It's all about bringing those organisations to the person, its person centred. It saves

them going out and making those appointments.

"The organisations are all in the same room. They can go around and have an informal chat, if they need more support and guidance, the organisation will take them away and have a private conversation and see how they can help from there."

Why not pop along to the hub and see what it's all about. Enjoy a cuppa and a hot lunch, meet new people, socialise and get helpful advice from a range of brilliant organisations.

# Aberdeen Cyrenians

## **ABERDEEN CYRENIANS: SUPPORT FOR ANYONE & EVERYONE OVER 16**

### **Accessing Our Support**

Aberdeen Cyrenians provides a range of services which support people across the Northeast.

We are a safe space to seek help from our specialist staff.

We support anyone and everyone over the age of 16. If you need support, we can help.

### **DIRECT ACCESS SERVICE**

Our Direct Access Service at 62 Summer Street, Aberdeen, is an **open-door service to anyone needing our support, no appointment is necessary.**

The service provides information, advice and access to essentials for anyone facing a crisis.

Our Direct Access Service is person-centered, flexible, inclusive, compassionate and friendly,

providing practical and emotional support to survive and thrive.

Our goal is to support independence and resilience, but we understand that this can take time.

We provide essentials to help people sustain themselves, giving the time needed to focus on longer-term change to get back on their feet.

We know life is complicated and our team offers support covering multiple needs, working alongside people to reduce and overcome barriers that they face. Support is offered in a variety of ways in a warm environment for people to speak and connect through case management, and 1 to 1 sessions.

### **WE CAN OFFER SUPPORT INCLUDING:**

*Advice on benefits and welfare grants*

*Access to phones, digital support and the internet*

*Referrals to our internal services and other agencies*

*Empowering support to build skills and resilience.*

**Food**

**Clothing**

**Toiletries**

**Household items**

**Laundry & Showers**

We are here to listen and offer support

If you need our support, please Email: [hello@weareac.org](mailto:hello@weareac.org)  
Call **0300 303 0903**

Or visit

**Direct Access Service  
62 Summer Street, Aberdeen,  
AB10 1SD**

**Monday – Thursday 9am – 5pm  
Friday 10am – 4pm**



## SERVICES WE OFFER



**HOUSING**  
Advice, tenancy support, and advocacy to challenge unfair practices.



**SAFETY**  
Emergency housing access to escape and recovery from current and historical abuse.



**EMERGENCY**  
Food and essentials, clothing, heating credits, kitchenware, hygiene items.



**WELLBEING & LONELINESS**  
Support for mental health and addiction challenges, isolation and exclusion.



**INDEPENDENCE**  
Caring for people needing support in their home.



**LGBTQ+ SUPPORT**  
Advice and support on discrimination, abuse, exclusion and homelessness.



**LIBERATION & RELEASE**  
Supporting people to rebuild a place in their community.



**DIGITAL INCLUSION**  
Support with skills, equipment & data to access vital services.

**WE ARE HERE TO LISTEN AND OFFER SUPPORT**

Contact us [hello@weareac.org](mailto:hello@weareac.org) or call 0300 303 0903

## New Tenants & Residents Facebook for Sheltered Housing Residents

With more and more people using social media, the Aberdeen Tenants & Residents Forum created the multistorey pages for residents to join. As well as the new builds in Summerhill and Wellheads.

Within the first year we have seen over 1000 people join their buildings page and we thought of expanding this to the sheltered housing residents as well. Residents can use it to find out about the Sheltered Housing Group meetings at the Town House, they can also share updates from their buildings and complexes. Chat and make new friends with other residents from other buildings. And let each other know about events and groups within the complexes. Such as gardening, music, coffee mornings and more.

You can find the group at:  
[www.facebook.com/groups/aberdeenshelteredamenityhousing](https://www.facebook.com/groups/aberdeenshelteredamenityhousing)

There is also the Sheltered Housing Tenants Group which meets at the Town House, if this is something you would like to know more about, please contact Carol Hannaford - Tenant Participation Officer at. Email: [channaford@aberdeencity.gov.uk](mailto:channaford@aberdeencity.gov.uk)

There are also plans to bring introductory sessions to Tenant Participation, so if you would like to know more about it. You can come along to a session, without feeling overwhelmed at a meeting and get a general understanding of what Tenant Participation is and what we can do. Please contact Carol Hannaford for more information.

# What's on at Seaton Community Church

There's plenty on at the Seaton Community Church over the festive period for all ages! Here's what's on.

## KIDS

### Seaton Stars: Friday, 9.30-11am

We've had a great few months at Seaton Stars, our parents and babies/ toddlers group, with lots of new faces joining us for music and play!

At Christmas time we are going to have a Seaton Stars Christmas party on the 15th of December. Please come along, enjoy our festive treats, meet new people, let your kids play together.

The group is on every Friday during term time from 9.30 to 11.00 am. All are welcome to come along, there is no need to book.

### One One Six: Monday, 7-8 pm

One One Six is a group for primary school children where we play games and do activities.

We run every Monday during term time from 7pm to 8 pm. Please join us for our Christmas party on Monday 18th Of December for fun, games and a Christmas story.

### Kids Church: Sunday 10.15am

On Sunday morning, as well as our church service, we run a kids' church for children of different age groups. We have a creche for over 1's to preschool aged children where they can play while parents are in the church service.

Sunday school is for P1-P6 aged children where they play games, do some fun crafts, and hear about Bible stories.

And Youth church is for P7-S3 aged children where they explore their faith and play games in a relaxed setting while the main church service is happening. We hope to see you there!

## COMMUNITY

Our church is very busy during the festive time. We are inviting you to join our celebration.

Collective Christmas crafts: Friday 1st of December 7-8.30pm

All ladies are welcome to join our special Christmas decoration evening on Friday 1st of December. Please come along and enjoy making wonderful Christmas crafts.

### Christmas Community lunch: Wednesday 13th of December at 12 pm

Instead of Coffee@10, we will be having a Christmas themed community lunch. All are welcome to enjoy lunch together between 12 noon and 2pm, as we begin the season's festivities!

**Book a lunch by emailing [info@seatoncommunitychurch.org](mailto:info@seatoncommunitychurch.org)**

## CHRISTMAS TIME CHURCH SERVICE

### Nativity: Sunday 17th of December at 10:15am

Please come along and see the kids nativity play, enjoy children's creation.

### Christmas Eve Carol Service: Sunday 24th of December, 10.15am

We will be having a carol service where all the family are welcome to come along and join in. There will be no children's provision on this Sunday as we all enjoy the service together.

New Year's Eve Family service:  
Sunday 31st of December, 10.15am

This will be our last service of 2023! Why not join us for this family service as we welcome in 2024. There will be no children's provision on this Sunday as we all enjoy the service together.



## Granite City Good Food - Aberdeen's Sustainable Food Partnership

### The sustainable food hub for Aberdeen City

Food is a major part of so many different parts of our lives – socially, financially, and even politically.

From how and where we access food, to how we enjoy it, and even who we enjoy it with, it plays a major role in our day-to-day life.

By creating a food system which is sustainable – for people, businesses, and the environment – we can maximize the role of food in our lives, in a healthy and efficient way.

A coordinated approach, which brings organisations and communities together, is one way that we can make our food system sustainable. That's where we come in; Granite City Good Food is Aberdeen's Food Partnership and here to do just that!

Granite City Good Food has six main areas of focus in the work we do: 1) Food governance, 2) Food citizenship, 3) Food poverty,

4) Food economy, 5) Procurement & supply chains, & 6) The climate and nature emergency. Set up in 2017, as part of the Sustainable Food Places national network, partners include: Aberdeen City Council, NHS Grampian, CFINE, Aberdeen City Health and Social Care Partnership, Robert Gordon University, The Allotment Market Stall, Tillydrone Community Flat and The Rowett Institute.

As the Steering Group, these partners work alongside the community to drive vital work in the city – alleviating food poverty, creating a food economy, and generally creating a Good Food movement.

However, we can't do it without you! To take part in the Good Food movement, you can;

Visit the Granite City Good Food Website for lots of great hints and tips around how you can take part in creating a sustainable food

system (whether that's growing, buying, or enjoying!) - including our Good Food Directory, Events Listings, and Resource Hub: [www.granitecitygoodfood.org](http://www.granitecitygoodfood.org).

Follow Granite City Good Food's social media feeds to keep up to date with the latest news, events, and tips on sustainable food!

Join the Good Food Movement by signing our Charter: [www.granitecitygoodfood.org/charter](http://www.granitecitygoodfood.org/charter)

As a city, we have achieved a lot through partnership. In 2022, we were amongst the first in Scotland to gain the prestigious Silver Sustainable Food Places Award, which celebrates the great work around the city around sustainable food! As we progress quickly towards gold, if we all get involved, small actions can create a big difference.

**Get involved in food, with Granite City Good Food!**

## Celebrate Aberdeen Awards

And Campaign of the year goes to.... shmu!

We at shmu are delighted to have won Campaign of the year at this year's Celebrate Aberdeen Awards for our 2022 Challenge Poverty Week Campaign.

It was an absolute honour to be nominated alongside The Archie Foundation and Camphill School, as well as all the other brilliant organisations and services celebrated this year.

shmu are immensely proud of our campaign and all who took part and helped make it happen! Lucy our Communications officer said, "Thanks to all the incredible shmu volunteers, staff and all the organisations who took part, especially Cfine, ACVO and Abernecessities.

"In the 21st century we shouldn't have to be tackling poverty, but the third sector is wonderful in Aberdeen and hopefully we can create a society that's equal for all. Thank you so much for the support."

Tanya, who played a key role in the campaign also took to the stage at the Celebration. She said "We were presented with an opportunity to discuss something that is so often kept secret. We were at a point where everyone was struggling; our parents were struggling, and everyone was trying their best to keep their heads above water.

"We thought we had to share our voices for those who couldn't, for those who didn't have a platform and for those who thought no one was listening. We are listening!"

Thanks again to Celebrate Aberdeen for honouring shmu and the community for supporting us.



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## Photo Club

Are you from Seaton and interested in photography and want to meet up with other budding and keen photographers? Our monthly, Photo Club may be for you.

Each month we will explore a new theme and take part in different photography tasks and fun activities.

The club will run every 3rd Wednesday of the Month from 6pm – 7pm at Station House Media Unit, Station Road,

AB24 2WB. The next session will run on the 20th of December. All levels of experience are welcome, bring your own camera or phone.

Email [volunteer@shmu.org.uk](mailto:volunteer@shmu.org.uk) to sign up or for more information.

# Recovery in the Seaton

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.

Nearby sessions are: Seaton Community Centre, 1st and

3rd Wednesday of the month, 10am-12noon

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

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](mailto:info@aberdeeninrecovery.org)

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## Seaton Rehab Placement Sessions Help Hurting Men And Women

An Aberdeen initiative, being held in Seaton, is helping people in the city struggling with drug and alcohol addictions.

Teen Challenge North East Scotland holds 'Rehab Placement', where visitors are offered advice and support, with the potential to place them in either Teen Challenge's men's addiction recovery centre, Sunnybrae, near Fyvie, or women's addiction recovery centre, Benaiah, near Mintlaw.

The sessions take place at Seaton Community Church on School Road every Tuesday, from 3pm-5pm, with all welcome.

Both Teen Challenge North East Scotland centres are located in rural Aberdeenshire settings, offering peaceful retreats where those suffering from substance misuse

can take time out to rebuild their lives.

At the centres, residents complete the charity's faith-based programme, which is made up of a balanced mix of class-based studies, counselling sessions, personal reflection, work duties and recreation, helping students to become physically, emotionally and spiritually whole.

Teen Challenge Sunnybrae's Senior Supervisor, Paul Beaton, commented: "Scotland continues to have more than 1,000 people dying due to drugs each year and we have to remember that each number represents a heart-breaking story, with families continuing to be ripped apart by the misery of drugs.

"Throughout Teen Challenge we have many stories of hope and

inspiration for anyone caught in the misery of drink and drug abuse, showing that there is an answer and that they can find their way out of the mess to start a new, fresh life.

"We're extremely pleased to be able to launch this initiative with our friends at Seaton Community Church and would encourage anyone interested in more information and guidance on how to beat addiction and live a life of freedom to head along."

**For further information on Teen Challenge, please visit [www.tcns.org.uk](http://www.tcns.org.uk) or call 01651 891 627.**



# Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

## ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

## CRIME

Crimestoppers - 0800 555 111

## DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

## DENTIST

Emergency - G-Dens - 111

## DOCTORS

NHS 24 Emergency - 111

## POLICE

Non-Emergency - 101

## ELECTRICITY

If you have a power-cut - 105

## GAS

Gas Emergency - 0800 111 999

## WATER

Scottish Water Emergency - 0800 0778 778

## HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

## SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen City Carers Service- 01224 914036

Age Scotland - 0800 1244 222

**CFINE** 01224 596156

Financial Advice at **CFINE** 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Penumbra First Response 01224 276994

**Oldmachar Medical Practice**

0345-337-0510

**Old Aberdeen Medical Practice**

01224 486702

**Tillydrone Clinic**

01224 276723

**Woodside Medical Group**

01224 492828

## LOCAL COUNCILLORS:

**Councillor Alex McLellan**

07500 999522

amclellan@aberdeencity.gov.uk

**Councilor Kairin Van Sweeden**

07977399586

KVSweeden@aberdeencity.gov.uk

**Councillor Ross Grant**

07738688458

rossgrant@aberdeencity.gov.uk

## DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:

Your husband or wife. Your boyfriend or girlfriend  
Your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

### Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

**National Domestic Abuse Helpline Free** and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: [sdafmh.org.uk](http://sdafmh.org.uk)

### Grampian Women's Aid

Telephone: 01224 593381. Website: [grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932.

Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)

### LGBT Domestic Abuse Helpline

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

### Men's Advice Line

Telephone: 0808 801 0327