

# seatonscene

Summer 2022

## In this issue:

PRINCE'S TRUST  
ENGINEERING COURSE

SEATON SOUP  
AND SANDWICHES

COMMUNITY WALK

[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 have, tips from SCARF on how to keep your fuel bill down, updates on new groups and events taking place across Seaton and stories from the folk of Seaton.

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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Supported by





Laura Young



Goodbye Laura

# MEET THE NEW COMMUNITY SUPPORT WORKER

All good things come to an end, with that sentiment, shmu sadly bid farewell to Laura Young. Laura has been behind the scenes making the delivery of community magazines possible for several years.

After doing such an amazing job for the past 7 years, Laura has left behind big shoes to fill. Hoping to fill those shoes is Rose Ross, the new Community Media Support Worker. Rose will be supporting the dedicated volunteers on the editorial committee who bring this magazine to life.

Rose commented saying, *"I've enjoyed putting together this magazine with the brilliant Seaton Scene volunteers and look forward to getting involved with the community. I look forward to meeting many more people from the area and getting even more people involved!"*

Rose Ross





## NEW ENGINEERING COURSE LAUNCHED BY THE PRINCE'S TRUST

Get into Engineering is an exciting new hands-on course for young people aged 16-30 with an interest in getting into the trade. Throughout the course participants gain experience in various areas of engineering before gaining an industry recognised qualification.

The six-week programme, a partnership between The Prince's Trust and Tullos Training Ltd, runs from 31 October 2022 until 9 December 2022 and is split into two parts. For the first two weeks, participants will try their hand at various trades including welding, pipefitting, pneumatics and even soldering circuit boards in electrical engineering.

After this, for the second part of the programme, participants move to an SVQ Level 2 Performing Engineering Operations unit, choosing from one of the areas they have covered. Staff from The Trust and Tullos Training Ltd will sit with each young person to help them make this decision, to ensure they make the right choice for them.

The training is delivered by industry experienced instructors at the Tullos Training site on Craigshaw Drive West, who also provide high quality, industry standard PPE for all young people free of charge. Training executive for Tullos Training, Jim Booth, said, "at Tullos we teach to the individual and allow them to move through the course at their own pace."

Young people taking part in the Get into Engineering Trades Programme will receive full pastoral support throughout the programme and afterwards from The Trust, from their named Youth Development Lead, Ross Sutherland.

Ross said, "If you are interested in the course, you don't need any formal qualifications to join, all we ask is that you are aged 16-30 with an interest in getting into an engineering trade."

"We have a number of events lined up at locations across Aberdeen where young people can come

along, find out about the course and even sign up there and then!"

For more information about the course or any of the open days contact Ross on **07436 838421** or [ross.sutherland@princes-trust.org.uk](mailto:ross.sutherland@princes-trust.org.uk)

### **Get Into Engineering Information Days**

#### **Skills Development Scotland**

381 Union Street, Aberdeen

13 September – 10.00am-4.00pm

#### **Job Centre Plus**

Ebury House, Aberdeen

15 September – 10.00am-4.00pm

Booking essential - ask your job coach to book you an appointment.

#### **Aberdeen Central Library**

21 September – 10.00am-3.00pm

Drop in available but booking

advised. See Aberdeen City

Libraries website for more details.

#### **Torry Skills Centre**

64 Victoria Road, Aberdeen

22 September – 1.30pm-4.00pm

Drop in any time.



# SEATON COMMUNITY WALK

I was asked by CFine to work with the good folk o Seaton and see if there was a way to connect different groups together. After chatting with Rebecca we decided a community walk-tour would be fun, so on 30th July that's what happened.

The fine folk o Lord Hay's Court opened their doors to welcome anybody in for a cuppa and a fine piece and we heard fae Janice about different activities folk enjoy in the building, including a once-a-month cuppa + chat.

Sam from the charity 'FreshWellness': [www.freshcom.org.uk](http://www.freshcom.org.uk) explained why it exists - to support and encourage folk from every walk of life in all different ways.

We then headed to Gurudwara, the Sikh temple, where we were warmly welcomed and Suki explained that the temple is a place of worship and quiet respect – it's open to all.

These good folk support football sessions on Wednesdays at 6.30pm - all welcome!

We walked on passed the school's Community Centre and the Star flat, and folk heard about what's these places offer.

We wandered by Davy and Brian, who are two avid pigeon keepers. We heard about their hobby and met one of Brian's birds.

These twa fine fowk are often about, and happy for a natter!

Next, we walked down School Rd and saw the attractive work created in one of the corner pockets by the Gurudwara team with support from the Rotary - blether benches, flowers and more to come!

Then we saw the corner pocket where the rotten totem pole had to be felled. It's away to be taken to Seaton School where pupils will be able to enjoy playing on it.

What else would you like to see in these corner areas? We chatted about naming them and painting cheery colours around. It'd be great to see more folk using their areas for sitting, chatting, playing! Please contact Fresh with your ideas/ to get involved.

We wandered by Seaton House and met Rosalynd who's transforming the area around the building. Fresh and the Rotary have supplied help with plants and planters - it's looking beautiful, and more work's being done on the far side to create a really nice 'being' space.

We then walked along and through the underpass - broken glass and no lighting make it an unpleasant way to go for many. What can be done?

So far suggestions are for some bright graffiti on the outside and through the tunnel - there's already cheery sunflowers decorating one side! Motion lights would help.

Have you any other thoughts? Let Fresh know!

We arrived down at the Fresh Hub and were welcomed with sandwiches and a cuppa by Dave and Elaine and Fresh who've created the Snug Garden – with zero experience they've transformed a derelict area into raised beds of veg, flowers and herbs. Anyone can come and dig and plant - including you!

Huge thanks to CFine and everyone who helped - what a happy day it was! Folk saw and heard so much

about things they were totally unaware going on just around the corner.

If you'd like to be part of what's happening, please get in touch with Fresh at [info@freshcom.org.uk](mailto:info@freshcom.org.uk) - your presence is always welcome

**Grace Banks (outdoor support practitioner & storyteller)**



# Football and Boxing Summer Training at Seaton Community Church

This summer, we have been so excited to start non-contact football and boxing training sessions at Seaton Community Church, for school aged children. As a church, we are passionate about providing activities for kids during term time and school holidays. Throughout the year, we have cage football at the church on Monday nights and recently Byron Boxing (a local boxing club in Aberdeen) have been using the church car park for non-contact training sessions. We decided that since the kids love these activities, we would put on a couple of all day

training sessions during the summer holidays.

Our first of these training days was on the 8th of July. We had volunteers from Byron Boxing and a footballer from the Russell Anderson foundation who all came along to provide training for the kids. While lots of the kids were getting involved with the boxing and football, some of the younger ones stayed inside to play at the Ping-Pong table or make some crafts. One of our volunteers is a professional artist, so some of the kids even got a personalised illustration! The kids had a great time

trying new sports and improving their skills but one of the highlights for many of them was lunch time where they got to enjoy some well-deserved sandwiches and hot dogs. One child told us: "it's been the best day ever!"

**Some other dates for your diary...**

**Cage football will be starting again on Monday the 29th August, 7:30pm.**

**Our parent and toddler group, Seaton Stars, will be returning in Autumn. The date is still to be confirmed so look out on social media for updates.**





# ABERDEEN PHYSICALLY DISABLED SWIMMING CLUB

The Club meets on Tuesdays from 7.00 – 8pm (except during the main school holidays)

We meet at the Aquatic Centre on Regent Walk (off King St.) adjacent to Aberdeen Sports Village

**Membership:** The club welcomes people of all ages with a physical impairment including those with a visual or hearing loss. We provide recreational, therapeutic or competitive swimming opportunities for all abilities in a dedicated section of the pool.

If you are unable dress or undress independently you are required to bring someone with you to provide assistance as the club doesn't have the capacity to undertake this.

To join the club it is necessary to complete an application form which must be countersigned by a doctor.

The annual fee is £40. Membership application forms are available

from the club secretary or at a club session.

A fully qualified coach, working on a voluntary basis, is present to provide instruction from the poolside.

**Volunteers:** Several experienced volunteers are available to give assistance in the water plus to and from the changing area.

For those who find it difficult to use the steps for entering or leaving the pool there is a hoist available for our use.

**About APDSC:** The club started in 1985 at the former Hilton College of Education pool and has since moved to several venues before its current one at the Aquatic Centre. The emphasis is on fun and enjoyment including occasional social activities. It is run by a committee consisting of both members and volunteers. We obtained charitable status in 2005 and are affiliated to both Grampian

Disability Sport and Aberdeen Sports Council.

The club had to close during the period of the covid pandemic, but our weekly sessions started again last Autumn and have continued since. Although we are closed during the school summer holidays, we're looking forward to starting again on Tuesday Sept 6th and hoping to attract new members.

If you enjoy swimming or would like to learn how to swim but have a disability why not come along and join us.

For further information contact: Jenny Chapman (club secretary)  
Tel: 01224 791649 or email: jenny.chapman@yahoo.co.uk

Scottish Charity Number: SC036440



# "IF I KNEW YOU WERE COMING, I'D HAVE BAKED A CAKE"

## Seaton Soup and Sandwiches

It's Tuesday May 31st, today sees the official launch of the Seaton Soup and Sandwich group. Months of planning, meetings and jumping through hoops to achieve all the permissions, insurances and training have paid off, we're here and ready to go.

Jenny, one of our volunteers has excelled herself and produced the most amazing Carrot Cake. Dave, Janet, and Anne have the task of producing a range of sandwiches for our guests and myself, Tim, to make the soup of the day, Lentil by the way. Sounds easy does it not?

We have despatched Carol from the HSCP to organise the transport of our guests, the setting up of our entertainment comes next.

Meanwhile the tables need to be set and the Easter decorations set, for that is today's theme. All this must be accomplished by 11.30 when our guests start to arrive

This particular event is aimed at a rather special group within our community, those aged over 55 and living in supported accommodation. Like many people they have become even more isolated during and

since the lockdown. Many of their activities stopped abruptly and have failed to restart out with lockdown. Why? Well, many reasons, the redeployment of support staff, sadly many of those involved are also no longer with us. Isolation wasn't the only cost from Covid.

So, enter the Aberdeen City Council Health and Social Care Partnership, Aberdeen FC Community Trust and shmu. A group of volunteers supported by these organisations worked tirelessly to re-launch the event. May I assure you that the route to success was lengthy and fraught with frustration, but we succeeded. Now with all the dots joined, from transport to volunteers who cook and serve at the event it's actually happened.

We had to begin small, Covid restrictions allowed us only 14 per session, that has now risen to 28. We can now reach out to more in the over 55's Seaton community and encourage them to join us. We are also endeavouring to reach out to other areas in the city to join together and form an over 55 community across the city. To provide support to

areas where no such groups exist but where there is a need for them.

Isolation within the community is by no means exclusive to the elderly but it's my genre, hence my interest. We humans tend to be social animals and when social contact is withdrawn it can have a devastating effect on people. Depression is often mentioned but it can be both the cause and the result of isolation.

Our aim is to encourage people to participate in social events and thus build up a network of friends and acquaintances that by their very existence will provide support. I have too often met with people who are willing to accept their isolation, who feel they no longer have any value to society or that society no longer values them. It seems to me that such a view is heavy with irony, why do we discard the experience and knowledge garnered over many decades so lightly? Why do we ignore the efforts made by so many people in creating the society, both economic and social, which we all now share?

**Tim Brown**







## MEET THE RESIDENTS OF SEATON

On Tuesday 26th July I had the pleasure of volunteering at Soup and Sandwiches at Seaton Community Centre. Residents of Lord Hay's Court and Donview Court were driven by minibus to the community centre where they were treated with a variety of sandwiches, soup, biscuits, and even cake! The entertainment arrived shortly after. A Scrabble champion came down to teach the residents how to play the game.

Lots of effort had been put into the preparation of the event. When I arrived, numerous trays with sandwiches were laid out ready to be served. I was met with the smell of the lentil soup simmering on the stove. Every table had been decorated beautifully with red tablecloth along with China teacups and saucers.

After the arrival of the residents, the atmosphere was filled with chatter. They were given a chance to socialise with each other when they may not have had the opportunity before. Our job was to make sure there was always food available, check to see if they needed a refill for their tea/coffee, and just to chat to them to make sure they were happy. The food went down a treat! There were empty bowls coming back for seconds and even thirds of soup! I had a chance to try out the soup for

myself and had I not been rushing around I would have gone back for some more.

The best part of the day was getting the chance to speak to some of the residents. Some I spoke to individually, others I spoke to in groups. I wanted to get to know some of them better by asking their opinions of living in Seaton and other activities they are involved in alongside Soup and Sandwiches.

First, I spoke to Donna from the sheltered complex at Lord Hay's Court. She has lived in Seaton for eleven years. I asked what activities she likes getting involved with in Seaton. She said, "In our building we do movie night, we have table tennis, we have a coffee morning, and we have a craft Thursday as well."

I interviewed Elsie, Sheila and Patricia who also live in Lord Hay's. They said "We don't need to go to the library. People buy books, read them, pass them on, then put them into the common room in the bookcases so people can go and help themselves." They mentioned that they enjoy spending time in their garden. They said "We've got a lovely garden because of Janice (another resident of Lord Hay's). I bet you've never seen a high rise with a garden. Well, we've got one."

I spoke to Muriel and May from Lord Hay's and their friend Sheila Fraser from Charlie Devine Court. They didn't know each other before meeting at Soup and Sandwiches. They said "We don't really meet. Because when you get up and you're outside the lift you go into your flat and that's it. Unless something's on like this."

Finally, I had the chance to speak to Janice Hutchinson who is heavily involved in the day to day running of Lord Hay's. She has lived in Seaton for seven years. She said "I'm involved to a great extent in the entertainment side of Lord Hay's Court. I'm the vice chairman of the Star Flat. Apart from that I just go walking. I walk in Seaton Park, and I do the garden at Lord Hay's. So, in the summer I do the garden, and, in the winter, I walk in the esplanade. So, I do a lot of things in Seaton." I asked, if she could, which activities she would like to set up in the future at Lord Hay's. She said she would very much like to set up a Scrabble group so she can learn to play!

Overall, it was an amazing day, and I would like to come back and help again and meet more amazing folk!

**Stacey Harkins**



Anyone can be scammed – here's how to avoid it happening to you.

We hear more and more about the dangers of being scammed and the rise of phishing. In June last year, Citizens Advice reported that more than 36 million people had been targeted by scammers in the first half of 2021 alone. The number of scams which were reported to Citizens Advice increased by 123%.

While many are aware that this is a prominent issue that could happen to anyone. Not everyone knows what they are looking for and how to avoid being scammed.

### What is phishing?

Phishing is a cybercrime conducted by scammers to try and trick you into sharing sensitive information or data or even sending money.

Scammers can phish in a variety of different ways, such as, through email, by text or over the phone and by using different techniques.

### Here are some of the most common phishing techniques

**Email phishing** – scammers create email addresses which impersonate that of actual companies.

HMRC, the NHS and GOV.UK were among the most spoofed brands in phishing emails which were reported to the Suspicious Email Reporting Service (SERS) in 2021.

**Spear phishing** – this method is like email phishing but usually more targeted and personalised. The scammer may try to replicate the email of a company you are known to have used or be associated with in the hopes you will be more likely to follow the instructions they give, as you trust the source.

**Clone phishing** – this is an email which replicates an email you have already received but is likely to include a dodgy link or attachment in place of reliable links.

**Pop-up phishing** – Pop-ups are designed to be clicked on and scammers may use these to trick people into downloading viruses onto their devices which may harvest their data.

### How to recognise phishing

Due to phishing becoming increasingly common and scammers advancing their techniques, it can be difficult to tell what's a scam and what is legitimate.

There are a few details to look out for which may alert you to a scam.

Receiving correspondence from a bank (whether you bank with them or not) asking for account or personal details, such as pin or security numbers, or security information. Your bank will never ask you to provide this type of information via email. Never share any financial information.

Look out for spelling or grammatical mistakes in messages, this may highlight that it is not a professional email.

If the email appears to come from a source which you usually receive correspondence from, does the greeting match how they usually address you.

Calls for immediate action may be sign of a scam.

Be wary of any unusual hyperlinks or attachments. Don't click them if in doubt.

If you receive an email that you believe to be a scam, make sure you report it by forwarding it to **report@phishing.gov.uk**



# SCARF's fuel-bill reduction tips

**As fuel bills soar, it's never been more important to be mindful of the amount of energy you're using.**

In April, the energy unit price cap rose considerably resulting in a steep increase in costs for most householders in the UK. In October, prices are expected to rise again. There are things you can do to cut the amount of energy you use.

Scarf, an Aberdeen-based charity, offers free, impartial energy efficiency advice to householders and communities. Funded by the council, they have a local home energy advice team in Aberdeen offering advice via free home visits and deliver the phone-based Home Energy Scotland service, funded by Scottish Government.

Here are 10 free and low-cost tips from Scarf to help you save energy and money. The savings figures are supplied by Energy Saving Trust, based on the average UK household:

- Turn your lights off when you're not using them. This will save you £20 a year on your annual energy bills. Replacing all lights in your home with LED bulbs could help you save more.
- Effective insulation of your hot water cylinder is important: even if you have thin spray foam or a loose 25mm jacket, you can benefit from increasing the insulation to a British Standard Jacket 80mm thick, saving £35 a year in the process.  
Insulating your water tank, pipes and radiators is a quick and easy way to save money.
- Some of us might enjoy a soak in the bath but swapping just one bath a week with a 4-minute shower could save you £12 a year on bills.
- You can save around £55 a year just by remembering to turn your appliances off standby mode.  
Most electrical appliances can be turned off at the plug without upsetting their programming. You may want to get a standby saver or smart plug which allows you to turn all appliances off standby in one go.  
Check the instructions for any appliances you aren't sure about. Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record.

- Avoid using a tumble dryer, dry clothes on racks inside where possible or outside in warmer weather to save £60 a year.
- Save around £28 a year by using your washing machine more carefully. Use your washing machine on a 30-degree cycle instead of higher temperatures. Reduce your washing machine use by one run per week.
- Unless your home is new, you will lose heat through draughts around doors and windows, gaps around the floor, or through the chimney.  
Professional draught-proofing of windows, doors and blocking cracks in floors and skirting boards can cost around £225 but can save around £45 a year. DIY draught proofing can be much cheaper.
- Only run your dishwasher when it's full to reduce water use. Reducing your dishwasher use by one run per week for a year could save you £14.
- Keeping your shower time to 4 minutes could save a typical household £70 a year on their energy bills.
- Kettles are one of the most used kitchen appliances. But many of us will admit, we occasionally boil more water than necessary. Avoid overfilling the kettle and save £11 a year on electricity.  
You could fit an aerator onto your kitchen tap to reduce the amount of water coming out without affecting how it washes or rinses. An aerator is a small gadget with tiny holes – they attach to the spout of taps and are cheap and easy to install – and could save you £25 a year.

**For more information and advice, call Scarf on freephone 0808 808 2282 or email [advice@ne.homeenergyscotland.org](mailto:advice@ne.homeenergyscotland.org). Our advisors can also give you information on any grants or funding that may be available.**

# A Linksfield Quine

Hi, I am Kairin van Sweeden and I am delighted to be a new SNP councillor for Seaton, Tillydrone and Old Aberdeen. I was brought up in Tillydrone and about 10 years ago my parents moved to Seaton.

Many Seaton Scene readers will know that before Aberdeen Sports Village was built, this was the sight of Linksfield Academy, and I was a pupil there between 1978 and 1983.

Linksfield was still a very new school and not completely finished when I arrived, so pupils regularly went to classes at the School for the Deaf and St. Peter's annexes. At the St. Peter's annex, we learned cookery, metal work, carpentry and technical drawing. However, girls were not allowed to study technical drawing and instead had to study 'domestic science'. I wasn't too happy about that, and it would have been a great help when I went on to study furniture design at Edinburgh school of Art. Happily, girls are no longer stopped

from studying subjects because of their sex.

The tawse was still in use when I was at Linksfield, and I witnessed many of my classmates receiving corporal punishment but, thankfully, this is also something which has been consigned to history.

Between 1978 and 1983 the swimming pool and sports centre were completed, and it really was a fantastic, modern facility where I swam, played volleyball and did gymnastics. However, my friend had a strange fascination for setting off the fire alarm and we would achieve this, surreptitiously, by either hitting the alarm with a tennis ball or doing group handstands against the alarm on the wall. 'Oops sir/miss, so sorry, didn't mean to do that – honest'.

My friends and I also looked after the school's animal room, with of course some oversight from the Mannie Hogg and the Mannie Black, two of our biology teachers. In retrospect,

we probably didn't smell too good to the rest of the school after spending a lot of time in there, but we wouldn't have been too worried about that then.

Linksfield also had a fantastic library, and I spent a lot of hours in there reading Sherlock Holmes books or studying different cat, dog and horse breeds. The library was also a great place to skive off of PE as we were usually too late to get to the School for the Deaf on time, so we would register late at the front office and then just sit and read in the library. Eventually, the Deputy Headmaster, the Mannie McDonald sussed out our little ruse and we got into big trouble, or at least it felt like it at the time.

Nowadays, I'm frequently back at the sight of my old school as I really like to exercise and use the gym as often as I can. I recommend the Aberdeen Sport Village to everyone as it really is a great facility within the Seaton community.





# Alexander McLellan

I would like to start by thanking everyone who took the time to vote in the recent Aberdeen City Council elections in May. I am honoured to have been re-elected to represent Seaton/ Tillydrone/ Old Aberdeen ward once again. This time, my SNP colleagues and I have managed to take control of the Council working in partnership with the Liberal Democrats.

I have taken on the role as City Growth and Resource Convener of Aberdeen City Council, and I was pleased that at my first committee, 21 June 2022, we agreed the road

resurfacing at the Seaton roundabout and School Road, between King Street and School Avenue. I am sure this will be welcomed by residents with works due to take place over August.

My SNP colleagues and I will be working tirelessly to put people first and deliver the best for our city as we move forward. We are conscious of the ongoing cost-of-living crisis, and the issues that everyone is facing with rising energy bills, so we are looking at how best we can support citizens through this difficult period.

If I can ever be of any assistance with any issues, no matter how big or small, please do get in touch with me as I am always here to help.

**You can contact me either by phone: 01224 336 633 or by email: [amclellan@aberdeencity.gov.uk](mailto:amclellan@aberdeencity.gov.uk)**

**Yours sincerely,**

**Councillor Alexander McLellan (SNP)**

## Pathways in Seaton

Pathways, Aberdeen's Premier Employability Service since 1998, and our Employment Keyworker, Stan Smith, have been working in the Seaton area for over 20 years, helping clients to find suitable employment.

This is what some of Stan's clients have said over the years.

"I really enjoyed my time with Stan at Pathways. Stan helped with my CV and personal matters and if I were off work again, I would not think twice about giving him a call."

"Thanks Stan. I could not have done it without your help."

"I could not use a computer so found it difficult to apply for jobs. Stan showed me how to access web sites for job search and how to attach my CV to emails and fill in online forms. He also competed some applications for me too! Stan was a great help in finding a job."

If you would like help to search for suitable work and find out how to apply online and be coached through

interview techniques, then Stan is the man to see in Seaton.

Stan meets people in Seaton at the STAR Flat on Wednesdays between 10.00am and 2.00pm.

As Stan's diary is always busy, please phone 01224 682 939 to arrange an appointment or to find out more about how Pathways can help you!

**PATHWAYS – Start Your Journey With Us**

## I.5 degrees film challenge

I was very proud of my group at the screening of the 1.5 degrees film challenge. It was amazing to see their films alongside the other entry's from around the North East of Scotland as it gave us a sense of belonging to the bigger project as well as getting to celebrate their work.

The 1.5 film challenge was a project where participants around Scotland were challenged to make a 1.5-minute film about climate change. The aim was to heighten awareness of the climate problem as well as develop some new skills in film making.

shmu got together with a group from the charity Healthy Minds to deliver a six week workshop where we shared ideas and produced 4 very different 90 second films about climate change. It was lovely to see the groups confidence and enjoyment grow over the 6 weeks. We managed to cover a range of subjects including eco art, pollution in Aberdeen and the plight of the bees. A highlight was when the group filmed Geordie performing his original song "The Litter Picking Gremlin" down by the river Don.



## Youth Media

The youth media team have been lucky to have a visit down to the University of Aberdeen for workshops with the Microscopy and Histology departments where they got to find out more about microscopes and experimenting with yeast and cells. The group got to interview two technicians from the department and are looking forward to having a follow up session at their base at Foresterhill. After this, the group got some special treatment at the Zoology Museum where they got to look around the museum, the first group allowed into the museum since covid started. The group loved looking at the 'dead animals' and thought it was super cool!

Recently the team was joined by a music placement student from the University of Aberdeen to work on sound effects/ foley. The team had expressed an interest in learning about this, so it was great to be able to bring someone in to work with the group for 4 sessions. The group were able to learn about the history of foley and how sound has a key role in film. They had to work as a team to decide a film and then create some sound effects and think creatively about how to create those sounds and edit them together. The group have focused on making films, but this was a good task in thinking about the different elements that are linked with film



# Seaton Speaks

Our Seaton show was relaunched a few weeks ago as we continue to emerge from lockdown.

Broadcast live every Thursday between 10am and 11am on 99.8FM, we aim to provide an overview of what's going on in Seaton, both regular and current events.

We'll keep you up to speed on what's happening at the Star Flat as well as the Community Church, Fresh Wellness and the Community Centre to name but a few.

Local events such as the monthly Soup and Sandwiches will also be mentioned. Often, we'll invite guests on to discuss local issues,

look out for your local councillor for instance. If you have a local issue you'd like to discuss then get in touch and see what we can offer, don't forget we can link into the Seaton Scene magazine as well.

So, if you have a local topic, you'd like to explore we can visit you as well, just let us know how you'd like to tackle it, we're here to help.

We mustn't forget the awesome tunes, if you want a request or help to celebrate an anniversary or birthday just let us know, always happy to help.

**Tim Brown**



# More Volunteers wanted!

Seaton Scene are looking for more volunteers from that live in Seaton to get involved in the magazine.

There are so many different ways to get involved with the magazine from writing, editing, and sourcing stories to taking photos!

This is a great way to get more involved with your community, try

new skills, meet new friends and use your voice for the community.

**If you would be interested in finding out more about the team and how to join, we'd love to hear from you. Email Rose on [rose.ross@shmu.org.uk](mailto:rose.ross@shmu.org.uk) or call 07752586312.**

# Grampian Credit Union

We are a savings and loans co-operative open to everyone living or working in Aberdeen, Aberdeenshire and Moray areas.

For over 29 years, we have helped more than 10,000 people in the Grampian area with safe savings and accessing affordable loans - and we can help you too!

With the continuous increases in prices for food and fuel, heating and household bills, Grampian Credit Union is available to help you with affordable short- and long-term loans. First loans are from £200 and can help get that extra money you need at an affordable rate, and you'll be able to build up some savings while paying back your loan.

You can contact us through any of the following ways:

**Website:**

[www.grampiancreditunion.co.uk](http://www.grampiancreditunion.co.uk)

**Email:**

[admin@grampiancreditunion.co.uk](mailto:admin@grampiancreditunion.co.uk)

**Telephone: 01224 561506**

**Office: 250 Union Street, Aberdeen AB10 1TN**

And Now through our NIVO app, free to download from Google Play or the App Store.

# 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