

TillyTattle

Autumn 2023



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ROYALS IN TILLY

CHALLENGE POVERTY

NESCAN

Autumn Edition 2023

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Welcome to your Autumn edition of the Tilly Tattle.

In this edition, get up to date with your communities news and find out about brilliant services on offer. Test your knowledge with our quiz too!

If you would like to get involved and join the editorial team or if you have ideas for the community publication, you can easily get in touch with us. The staff at **shmu** are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography or proof reading. So please don't be shy, this is your magazine written, edited and designed by the good folk of Tillydrone.

If you live in the Tillydrone area and would like to come along to the editorial meetings or submit an article, then get in touch with **Rose** at shmu on **07752586312** or you can email her on **rose.ross@shmu.org.uk**.

You can also view this magazine alongside previous editions on the **shmu** website **www.shmu.org.uk** then click the '**PRESS**' option.

Our dates for the next edition have not been set yet but keep an eye out on the Tilly Tattle Facebook page for more information coming very soon!

Tilly Tattle 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.





Recovery in the Community

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

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

These drop-ins are an opportunity for folk to pop in to a safe, non-judgemental environment and speak to peers about their recovery, life challenges they may be facing, to keep connected with others or simply just to pop in for a coffee and a blether.

The community timetable is:

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

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

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

Tullos Community Centre, every Thursday, 10am-12noon (Please note this is closed during school summer holidays and replaced with a Family Friendly drop-in at AiR's hub, 41½ Union Street)

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

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

Please pop in and see us at any of the above for a cuppa and some good conversation! If you'd like more information, you can contact the team by calling **01224 638 342** or by emailing **info@aberdeeninrecovery.org** You can also find AiR at their main office at 1st floor left, at 41 Union Street, AB11 5BN

Meet The Keyworker – Dave Cook

The Pathways Keyworker for the Tillydrone area is Dave Cook.

Dave has been with Pathways for seventeen years and has been actively helping people in Tillydrone for over eleven years.

Dave joined Pathways in 2006 having previously being a manager for over 20 years in the fields of retail, financial services, security, and hospitality. He had a specific interest in training and helping people to improve their performance and contribution which led him onto coaching individuals to achieve their goals.

Dave brings all this knowledge and experience to his work with his Pathways clients, helping people into suitable employment, even when the person cannot see a way forward!

Dave likes to tell his clients, "It is a 2-way process. If you attend meetings then we can work together to achieve your goal of finding work."

If you would like help to find work you can contact Dave Cook by phone on **01224 682 939** or by email at **davidcook@pathways-online.org**

To keep up to date with developments at Pathways in the Tillydrone area, follow Pathways on Facebook **<https://www.facebook.com/PathwaysAberdeen1A>**



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
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 or call 0300 303 0903



Royals in Tilly

There was a buzz of speculation within the Tillydrone community on the morning the 27th of June. Locals were intrigued by the sudden arrival of fencing and barriers, and the closure of the Tillydrone Community Campus for the day.

Before long, crowds gathered with anticipation of what could be going on at the facility for the day, a few hazarding guesses that there would be a royal visit. And those few would be correct.

Prince William arrived at the campus, one of six locations he would visit across the UK to launch his campaign to end homelessness. The Prince of Wales was met with a small crowd of spectators before he toured the campus and met with the various groups running, from

the Nursery sessions to a cooking class and NHS staff. He also spoke with Housing Access and Support Manager Graeme Gardner and a formerly homeless local resident.

The Royal's campaign aims to remove the stigma of poverty and reduce homelessness so that it is "rare, brief and unrepeatd" within the next five years. The Project hopes to increase early interventions by promoting the joined up working with community resources.

Earlier this year the Press and Journal reported that the rate of homelessness within Aberdeen. The city saw a 20% rise in homelessness within a six-month period in 2022 from the same period the year before. There was also a 31% rise in children going into temporary

accommodation. Aberdeen is not alone as across the UK there is a homeless population of around thirty thousand.

What would a co-located, joined up approach entail?

The co-location of services model can involve several things, from different services coordinating to provide different aspects of care, sharing space and resources and increased communication.

If you would like to find out more about homelessness support on offer in Aberdeen, visit Aberdeen City Council's Homelessness advice and support page.

Photography by Norman Adams, Aberdeen City Council

Join us in Challenging Poverty

The Poverty Alliance's Challenge Poverty Week is extremely important to us here at shmu and we will be participating in the campaign once again this year.

This year the week will run from the 2nd to the 8th of October and is incredibly relevant today with persistent poverty on the rise in Scotland. **According to The Poverty Alliance**

The Scottish government estimate that around 21 percent of Scotland's population were living in relative poverty between 2019 and 2022. Poverty is an issue which effects every aspect of ones life. Figures from March 2023 suggest that 49% of Scottish adults reported their mental health being affected by the Cost-of-Living crisis, which is why it is so important that we tackle this issue.

For this year's campaign, The Poverty Alliance have five key policy asks of the Scottish Government, each day of the week will represent one of the key asks. Here is what we are asking for:

Introduce fair and sustainable funding for three years or more for the third sector. This is one close to our hearts. As a third sector organisation, we understand the lifeline support that all of our partner organisations provide and understand the uncertainty that comes with public funding. This

policy asks for longer-term funding agreements over three years and more. As well as sustainable funding awards which cover inflation and the payment of staff a living wage.

Ensure that everyone has access to a safe, secure and sustainable home that meets their needs. This one challenges the government to deliver over 38 thousand social homes by 2026 through the Affordable Housing Supply Programme. This ask also states that a homelessness prevention strategy should be implemented and public bodies supported and funded to make this possible.

Ensure that everyone has access to an adequate income. This policy addresses the need for a minimum income and asks the Scottish government to provide a guarantee. Employers can also commit to providing adequate income by pledging to pay the Real National Living Wage.

Improve the affordability and accessibility to public transport. Anyone that relies on public transport will know how unpredictable and expensive it can be. For those that live out with city centres and in the shire, public transport is often very scarce which is incredibly limiting for access to services, employment and leisure opportunities. This policy asks the government to expand concessionary travel to more groups,

integrate concessionary travel across all forms of public transport and to provide funding for local authorities to design adequate routes for transport.

Ensure people have dignified access to good quality, healthy and sustainable food. Finally, this policy asks for support for community food approaches such as community growing and pantry's. It also asks for commitment from supermarkets to set the lowest prices for basic food items.

Please join with us throughout Challenge Poverty Week 2023 as we address each of these issues. We will be hosting a range of guests throughout our radio takeover day, so make sure to tune in to 99.8FM between 8:30am and 7pm. Keep an eye on our social media where we will be signposting to amazing organisations and services, sharing our volunteers' stories and more. We will also be having a screening of 'The Cost of Warmth', a brilliant short film by our shmuTV volunteers which addresses the reality of those having to choose between 'heating and eating' throughout the cost-of-living crisis.

You can read more about the Poverty Alliances Policy asks at <https://www.povertyalliance.org/cpw/>

A Paraguayan in Aberdeen

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Blanca Matto





Una paraguaya en Aberdeen

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Blanca Matto



HOW DID THE NESCAN COMMUNITY ASSEMBLY GO?

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

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

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

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

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

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

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

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

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

www.nescan.org/community-assemblies

Aberdeen is Learning Together for Better Lives

The two Universities, Aberdeen City Council and NHS Grampian are working together to make research easier to access for the whole city. By creating opportunities for everyone to get involved in research projects and by sharing the learning as far and wide as possible, Aberdeen will make decisions based on evidence that puts the needs of communities first.

Everyone can help make a big contribution to learning in the City. In fact, evidence shows that the quality of research is better when members of the public are helping to shape the project. But all too often, people don't get involved because they think they need a qualification or special skills. This couldn't be further from the truth!

By being involved in research you'll meet new people who share your interests and find out lots of new information. The conversations you will be part of will make a huge difference to the communities of Aberdeen and beyond.

You may be interested in some of the topics that are being researched right now:

Food Insecurity and Nutrition, Fuel Poverty, Social Prescribing, Drug &

Alcohol Deaths, Early Learning & Childcare.

Employability, Convictions & Reconvictions, Climate Change, Community Empowerment and more.

So if you think you might want to learn more about getting involved in research, the team would love to hear from you! There are friendly faces that will support you through the whole process.

Bea Dawkins (pronounced Bee) looks after all public involvement in research. She'll chat with you about what you're most interested in and will join you up with a project that matches your interests. Speaking of interests, Bea's interests include arts & crafts, anything cat related, and drinking too much coffee.

Kathryn Martin is a senior lecturer and researcher at the University of Aberdeen who is passionate about making research more inclusive. She is working with members of the public and people with lived experience on projects about chronic pain, arthritis, and physical activity. In her spare time, Kathryn enjoys being in the kitchen baking, exploring Aberdeen and

the Shire, and the occasional trip to Costco.

Alan, Gbemileke (pronounced Bay-mee-lay-kee), and Isaac are contributing their ideas to make sure that getting involved in research is easy for everyone. Alan is retired and has an interest in supporting vulnerable people in our local communities through the use of reminiscence therapy, particularly on sport and local/ social history. You might have read his articles that shmu publishes in this magazine! Gbemileke is a student at RGU interested in inclusive communications that unite people and Isaac is the Minister at St Andrew's Cathedral on King Street.

To find out more or to get involved in research email Bea at bdawkins@aberdeencity.gov.uk. You can also call or text her work phone on **07971706765**.

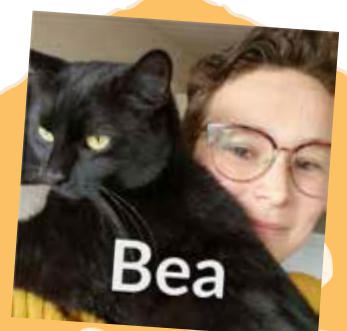
Website: aberdeencity.gov.uk/hdrc-aberdeen

Twitter: @ahdrc

Facebook: Aberdeen Learning Together for Better Lives

Instagram: @aberdeenhdc

Thank you for reading.



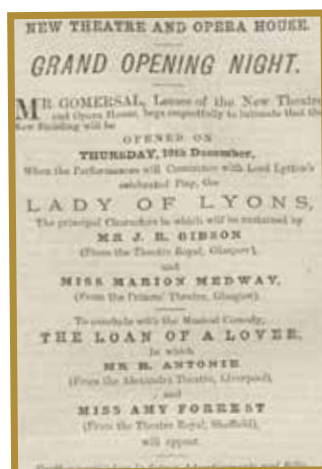
HER MAJESTY'S THEATRE

The Aberdeen Journal of 18th December 1872 looked forward to the opening of Her Majesty's Theatre and Opera House, later known The Tivoli Theatre.

The New Theatre, long talked of, is at last un fait accompli, and will be opened for public performances to-morrow evening. There are few who would have believed it possible, even last Christmas. But there it stands, a marvel of expeditious work, a credit as well as an ornament to the town. The project was started by Mr Stevenson of Viewfield, and some other enterprising citizens, in January last. They immediately communicated with Mr C. J. Phipps, architect, London, and that gentleman came down to Aberdeen, and, along with Mr Matthews, architect, examined the site in Guild Street, which they found suitable. An influential Committee was formed, Mr Ross (of Messrs Adam, Thomson, Ross, advocates) being appointed Secretary; and in the beginning of February a prospectus was issued for the formation of a Joint-Stock Company, with limited liability. The capital of the Company was to be £8,000; and in a comparatively short time between £5,000 and £8,000 of this sum was raised, the shareholders numbering about 200. The total estimated cost of the building was £8,000, and the contracts, when taken, were found to amount to upwards of £6,000. Upwards of £1,000 for decorations will bring the total cost up to a little within the original estimate.

About seven months ago the work was begun, and that it has been finished in so short a time is due, mainly, to the energy of Mr Brown of

London, the clerk of works. Having described in the Journal, the main features of the structure, and the process of building with concrete. It is the first theatre, we believe, ever built of concrete substance. The front of the building to Guild Street is built of granite, with bands of white and red freestone, six pillars of polished red granite at the base, with the pediments of the Gothic windows inlaid with yellow ornamental firebricks. In most towns the building would be regarded as plain, but here, where the eye falls only on grey granite walls, the variety of colour gives it a "kenspeckle" character, which, if once seen, is not likely to be mistaken.



There are five entrances for the public. At the east end is the entrance to the balcony and private boxes, and westward each class of seats has a separate entrance, that to the gallery being at the west corner. Two handsome shops are also formed out of the spare space. The Theatre is seated for 1,650 persons but will accommodate 1,700. The auditorium is of curved circular shape, and every seat commands a full view of the stage.

The pit, balcony, and gallery are supported by moulded iron columns, resting on brick piers, and the proscenium is in the form of an elliptic arch, strengthened with a cluster of columns at the sides. The house is lighted from the ceiling by means of a sunlight, around which the decorators have thrown a halo of bright and beautiful colours. The decorations altogether are of a superior character, and consist not of mere tinsel, but of good substantial and durable materials.

Behind the scenes the accommodation is of the most complete and perfect description, a whole wing of the building being set apart for green-room, dressing-room and band-room. The stage and its appurtenances are of the most approved construction and have been fitted-up under the practical superintendence of Mr Rhodes. Mechanical appliances are provided for sliding the whole body of the stage to one side, while at some depth below is the mezzanine stage, the uses of which will be seen to advantage in the pantomime. The decorations, as we have indicated, are of superb description, and a liberal blending of gilt with bright colours imparts to the house a gay and cheerful aspect. The drop scene represents the "silver strand" of Loch Katrine. The lunettes over the private boxes contain scenes from Sir Walter Scott's poems, and are painted by Mr Philipps, scenic artist, London. The decorations, including the painting of the drop scene, are the work of Mr George Gordon, London.

Alan Johnstone

DAVE'S QUIZZES

12 QUESTION QUIZ

- 1 – which Australian bay did convicts first get sent to ?
- 2 – In Doric a Feel Gype is supposed to mean what ?
- 3 – Danny Williams sang about what type of river -?
- 4 – Where in Scotland was Robert Burns father William Born ?
- 5 – Printfield Terrace Aberdeen was the Birthplace of which Famous Footballer ?
- 6 – What is the London Eye ?
- 7 – Name the type of transport that goes to Manchester Piccadilly ?
- 8 – Built in Dumbarton the Cutty Sark is what style of ship ?
- 9 – Grampian Regional Transport and Badgerline buses Merged to form which bus group ?
- 10 – To prevent it falling into English hands Robert the Bruce Destroyed which castle in 1308 ?
- 11 - In 1964 Aberdeen was hit By which outbreak with 3 deaths ?
- 12 – The Part of William Wallace in the film Braveheart was played by who ?

DO THE MATHS >>

$$26 + 54 \times 4 - 2 - 75 \times 3 = ?$$

MISSING LINK

- 1-- Head ----- ? -----Bulb
- 2 – Stirling ----- ? ----- Gate
- 3 – Silly ----- ? ----- Ticket
- 4 – Party -----? ----- Dance
- 5 – Cold ----- ? ----- Tunnel
- 6 – Scot's ----- ? ----- Courts
- 7 – Beef -----? ----- Mix
- 8 – Chicken ----- ? ----- Kitchen
- 9 – Cross ----- ? ----- Search
- 10 - Cotton ----- ? -----Tail
- 11 – Grand ----- ? -----Player
- 12 – Highland -----? -----Campbell

ANSWERS
 missing link --- 1-Light 2- Castle 3- season 4-Hat 5- Wind 6- Law 7- Cake 8- Soup 9- Word 10- Shirt 11- Piano 12- Glen
 12 Question Quiz
 1 – Boaty Bay 2- Stupid Idiot 3- Moon River 4- Dunrobin
 (Grampian) 5- Demons Law 6- Ferris Wheel 7- Trains & Carriage 8- First Bus 10- Aberdeen Castle 11- Typical
 12- Mad Gibson
 Marks - = = 255

Yoga in Tillydrone Community Hub

Find your inner truth to light up your life.

Hi, I'm Heather and I teach Forrest Yoga in the Tillydrone Community Hub on a Monday evening. I love teaching in this building. Here is a little bit about the style of yoga I would like to share with you.

Forrest Yoga is named after Ana Forrest, who created this style to help students go deeper, find your truth and take these gifts beyond the mat. As a beginner to Forrest Yoga, you learn to breathe deeply and connect with your body. It involves a planned sequence, where we warm up with gentle stretches and activate the core with abs. Once the abs are activated then they are better able to support the body for the next 30 minutes while the class moves through some sun salutations, and then the theme for the session. The theme can be legs or back for example, or breathing deeply into one area for the whole class so that old feelings and ideas are released, making room for a new perspective or opportunity.

We use a mat, block (foam brick shape), yoga strap, blanket and a rolled-up towel. These are all provided, although you are welcome to bring your own.

I teach Yin yoga as well, which is a very different style, as it is mainly on the floor and the class relaxes in a pose for up to 3 minutes then we change sides. I make an invitation to the class, for example, think of a time that you felt warm and cosy, and then the next pose would be something like, when can you include something warming in your day like a chat with a friend?

I spend as much time in nature as I can, even if it is 5 minutes outside for a tea break at work. I pause, take a deep breath and connect to feeling in the moment. This helps to guide my day and each time I pause and take a breath it strengthens the new pathways.

Come along and join us, I'm a gentle soul, with enthusiasm for sharing this fabulous style of yoga with you.

We've had an extremely busy summer here at shmu, with lots going on both at shmuHQ and across the city.

Celebrate Aberdeen

Recently, we had the best time celebrating our volunteers and the hard work of all of Aberdeen's charities and third sector organisations at the Celebrate Aberdeen Parade. The Parade is always a joy to be a part of, it's a privilege to be part of such a brilliant group of organisations. Thanks to all who came out to support us. Here's to next year!



Aberdeen Mela

We certainly had a fun filled weekend as the day after Celebrate Aberdeen, we got to attend Aberdeen Mela. At this vibrant festival, celebrating diversity and multiculturalism within the Northeast, our volunteers Vickfor, Tim and Mike had an amazing time interviewing the performers and filming the brilliant acts. Keep an eye out for the film which we will be sharing soon.



Volunteer BBQ

We also had a fantastic volunteer BBQ, the first since before the pandemic, which miraculously, the sun shone for, despite the forecast of rain. The BBQ was made all the more enjoyable with the accompanying Northeast Culture Collective (NECC) Event. NECC Creative Practitioners hosted a range of workshops from Zine making, dance, storytelling photography and more for Woodside residents.

It's always a great privilege to attend events and groups across the city and our communities and we truly love getting to chat to everyone we meet. If you see us at an event, don't be afraid to come and blether and find out more about what we do!



News From Tillydrone Library

It's been a busy summer here at Tillydrone Library! We had a very successful Aberdeen Reads Challenge and would like to thank all our members, both new and existing, who took part. Across all our libraries, our borrowers read enough books to send library bear to the moon! Massive well done to everyone who took part.

We are also delighted to announce that we will be starting a Creators' Club at Tillydrone library where children aged 8+ can come along and show off their creative talents using Lego. This promises to be a fun and popular activity for our members. Spaces will be limited so booking either online or by contacting the library is essential.

As you may already know, our monthly Bookbug Sessions are back in full swing. Bookbug sessions are free, fun and friendly sessions for children aged between 0-5 years old and their parents and carers and consist of songs

and rhymes which little ones find engaging. It's also a great opportunity to meet other local families, learn new things and introduce your little ones to the library. Currently our sessions are drop in so there's no need to book in advance!

Childsmile, a national programme designed to improve the oral health of children in Scotland, have been in attendance at our last few Bookbug sessions and are willing to answer any questions parents and carers may have. In addition to this you can pick up toothpaste, a toothbrush and a toothbrushing diary for free in Tillydrone Library and at our network of libraries across the city. We have also been continuing our partnership with CFINE to help eradicate period poverty and currently have a range of disposal and reusable sanitary products free for those who require them.

For those of you who perhaps struggle to visit the library due to illness or caring responsibilities, we also offer the Home Service library which is available for monthly deliveries to your home address. Please contact staff at the library for more details and they will be happy to assist.

Library membership is free, and you can use your library card in any of our libraries across the city to borrow books, DVDs, use PCs, access online resources to download audiobooks and eBooks as well as finding out about topics such as business information, family history and much more.

For queries or for help with any of our services, please contact:

Tillydrone Library, Tillydrone Community Campus, 52 Hayton Road, Aberdeen, AB24 2UY. Telephone 01224 489439 or email us at TillydroneLibrary@aberdeencity.gov.uk

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen Carers Support 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 0800 234 3695

Oldmachar Medical Practice

0345-337-0510

Old Aberdeen Medical Practice

01224 486702

Tillydrone Clinic

01224 276723

Tillydrone Library

01224 489539

Woodside Medical Group

01224 492828

LOCAL COUNCILLORS:

Councillor Alex McLellan

07500 999522

amclellan@aberdeencity.gov.uk

Councillor Kairin Van Sweeden

07977399586

KVSweeden@aberdeencity.gov.uk

Councillor Ross Grant

07738688458

rossgrant@aberdeencity.gov.uk

DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:
Your husband or wife. Your boyfriend or girlfriend
Your current or ex-partner

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

Help and support

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

National Domestic Abuse Helpline Free and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: sdfmh.org.uk

Grampian Women's Aid

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

Rape Crisis Grampian Telephone: 01224 590932. Website: rapecrisisgrampian.co.uk

LGBT Domestic Abuse Helpline

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

Men's Advice Line

Telephone: 0808 801 0327