

TillyTattle

Autumn 2024



In this issue:

RIVERBANK PRIMARY

AWARD SUCCESS

ROCK UP & RIDE

SHMUFEST

www.shmu.org.uk/press

Autumn Edition 2024

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Welcome...

We're celebrating in this Autumn edition of the Tilly Tattle! Riverbank Primary's P5F class told us all about their fantastic award and we reflect on shmu's 21st birthday party!

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.



Supported by



SCHOOL NEWS

Riverbank Primary

Abody's Fair Tricket wi Riverbank's Bairns Book



Great success for the pupils of Riverbank Primary School as their doric children's book, Summer E Magic Scurry wins a Doric Language Award.

Here's what P5F had to say!

"Summer e Magic Scurry was written by the pupils of P5F at Riverbank school. It was nominated for a Scots Language Award. The ceremony was held at Cumnock town hall on the 14th of September 2024.

"Mrs Farquharson went to the awards, along with Jackie Ross from Doric books, who supported the children through the project, and were delighted to be declared winner of Best Bairn's Book Category,

sponsored by the Scottish Government.

"The pupils were delighted with the win. Alice said, 'We are now award-winning authors!' Jasmine agreed, saying 'Maybe more people will buy our books now!'. A special mention was also given to the pupils at the Education Committee meeting held earlier in September for all their hard work and effort put into creating such an imaginative story. A motion was also passed in the Scottish Parliament, congratulating P5F for all their efforts."

Doric Books Co-founder, Jackie said "Doric Books is ower the meen – we're fair trickit that P5F won the best

bairns' book wi their fantastic story o Summer e Magic Scurry. It was such fun working with this enthusiastic and hard-working class. They put their heart and soul into the project, as I think you can see from the end result. It is great to see their effort rewarded like this."

What a fantastic achievement for the pupils and all involved, and well-deserved recognition for such a fun and creative method of keeping tradition and language alive.

You can find out more about Summer E Magic Scurry by visiting doricbooks.com



Pathways in Tillydrone

Our experienced, professional and friendly Employment Keyworker, Dave Cook covers the Tillydrone area, helping people to look for and find suitable work. Dave has been working in Tillydrone for over 14 years, consistently helping local people to overcome barriers and get into employment. If you would like to find out more then give Dave a call on **01224 682 939**.

**Tillydrone Community Campus
(Hayton Road)**

Thursday 10.00 am – 2.00 pm

Dave works by appointments only, so please give him a call on **01224 682 939** or email him, davidcook@pathways-online.org

**PATHWAYS – Helping YOU
Find Work!**



TILLYDRONE COMMUNITY FLAT

On August 14th we were thrilled to welcome a fantastic team from Hub North who visited us as part of their volunteering initiative. They brought us a fantastic donation for our foodbank and in the space of four hours completely transformed our garden from a forgotten wreck to a beautiful area with space for planting, creativity and relaxing. We are truly humbled at the generosity shown to us and by the endless enthusiasm shown by every single person involved.

Our new volunteer Jamie Cassidy then sourced us a lovely table and bench set for the space which has already been used by our Art Group, and our Nature Group have started planting in the newly cleared beds. This has opened up new opportunities for our service users and we look forward to next spring when we can get on with planting fruit, veg and flowers for everyone to enjoy. If anyone is keen to help out, please come in for a chat – we'll be getting a delivery of several hundred spring bulbs soon!

We have a new placement student, Grace Revell who is in her third year of a degree in Social Work at RGU. As always, it's great to have a new face on board and Grace has fit right in! Come along and say hello.

We were delighted to be approached by Alicja of VoiceAbility Scotland, who are keen to provide support and advocacy to people may be struggling to access Scottish Social Security payments – for example: Best Start Grants, Carer's Allowance Supplement, Child Disability Payment, Funeral Support Payment, Scottish Child Payment, Young Carer Grant, and Adult Disability Payment. Alicja will be holding regular drop-in sessions at the Flat so please give us a call on 01224 486641 to see if she can help you.

We continue to be supported by so many people and organisations. Huge shout out to CFINE who, thanks to funding provided by ACC Anti-Poverty and Inequalities Committee, have been providing us with large quantities of purchased food. This is helping keep our cupboards stocked and is a massive help to our foodbank service. A big thank you must also go to Heather of Cairncry Community Centre who cheerfully delivers fresh food to us, enabling us to offer a wider range of products to our service users (in addition to alleviating food waste). We appreciate all our supporters so much.



Cllr Kairin Van Sweeden

This month has been an exciting month for Tillydrone with the opening of the St. George's Community Centre on Hayton road. The church building, which also has kitchen facilities, will be a great place for big and small events and all kinds of classes. So far on their programme is Zumba, yoga, bingo, a pensioners lunch club and coffee catch-ups.

The bairns O Riverbank school were fair tricket as they triumphed at the Scots Language Awards. Their book 'Summer e Magic Scurry' won the Scots Bairns Book O the Year and fit wis even mair triumphant was that many O the bairns translated from Ukrainian and Polish to English, and then to Doric. Its braw tae see the

Scots language in print, especially Doric being used and preserved in this way because so much of our history is caught up in our languages.

The Riverbank Parents Group are busy getting ready for both the move to the new school and are thinking about Christmas too. They are always looking for more volunteers to help set up school discos and other treats for the Riverbank children so please get in contact with them if you can help.

There are lots of other ways to get involved in the Tillydrone community. The Community Council meets every month on Tuesday evenings at St. George's church and is always looking for fresh input from residents

across Tillydrone. Also, the Tillydrone Network meet on Wednesday afternoons every month at the Tillydrone hub. If you think you can volunteer some time, join in their meetings.

This month we celebrated our Community Councils at the Town house as they are such an important part of our community and democracy. Remember, you can learn about planning, road closures, local crime statistics and city council committees at your local Community Council, and perhaps make some new friend too.

Kairin van Sweeden

**Councillor for Tillydrone,
Seaton and Old Aberdeen**

Come From Away:

A Heartwarming Tale of Humanity

Come From Away is a musical that has captured hearts worldwide with its inspiring true story. Based on the real-life events of September 11, 2001, when 38 planes were diverted to the small town of Gander, Newfoundland, Canada, the musical beautifully portrays the remarkable kindness and resilience of the local community.

What Makes It Special:

Authenticity: The musical is grounded in real-life stories and experiences,

making it deeply relatable and emotionally resonant.

Humanity: It celebrates the power of human connection and the ability of strangers to come together in times of crisis.

Music: The score is catchy, uplifting, and perfectly complements the narrative.

Cast: The ensemble cast delivers outstanding performances, bringing the characters to life with authenticity and passion.

Why You Should See It:

If you're looking for a musical that will leave you feeling uplifted, inspired, and hopeful, Come From Away is a must-see. It's a heartwarming reminder of the goodness in humanity and the power of community.

Have you seen Come From Away? What did you think?

By Natasha Franklin

GROWING FOR WELLBEING:

CULTIVATING MENTAL HEALTH AND COMMUNITY AT THE SNUG

At Aberdeen's SNUG Community Garden, something special has been growing – and it's not just plants! Our "Growing for Wellbeing" course brought together a fantastic mix of people, all looking to boost their mental health, learn new skills, and connect with their community. Led by the amazing Viktoria Szilvas, participants got their hands dirty, learned the ins and outs of gardening, and discovered the joy of working in nature.

Growth, in more ways than one...!

People come to the course hoping to ease stress, anxiety, or simply to find some peace away from life's daily pressures. They find a supportive group where people can grow – in the garden and personally!

Each session provided a chance to learn new gardening skills while participating in mindful techniques.

The impact went beyond fun in the garden:

Interest in others went up by 50% as social connections blossomed!

Feelings of usefulness and productivity increased from 6 to 10.

Participants reported improvement in physical activity and self-esteem.

By the end of the course, the participants weren't just better gardeners, they were also feeling more connected and relaxed. One participant summed it up: "We came out from stress and had a funny, relaxed time with friends."

Wellbeing in nature...

Feedback from the course was overwhelmingly positive. One participant said, "I feel good and relaxed in the garden." The simple act of gardening turned into a powerful tool for improving both mental and physical health.

Looking ahead...

The "Growing for Wellbeing" course has been a huge success, giving people a chance to connect with nature, meet new people, and find a sense of purpose. We're excited to keep this momentum going with future courses, helping more people take control of their wellbeing - one plant at a time!

Interested in joining? Register here: <https://forms.office.com/e/L1wk2SCNEF>

New dates will be announced soon, so don't miss out!

The SNUG Community Garden is run by FRESH Community Wellness. You can find out more about the community garden and how to get involved by attending one of their regular volunteering sessions – they are very friendly and anyone is welcome! – or contacting them using the details below.

The SNUG Community Garden,
Fresh Community Wellness
SCIO, Seaton

Regular volunteering sessions:
Thursdays 10-12 and 2-4,
Saturdays 2-4

Phone: Dave 07572112974

Email: secretary@freshcom.org.uk;
chair@freshcom.org.uk



News From Tillydrone Library

We've had a very busy summer in Tillydrone Library! Since April, we have been open again on Saturday afternoons from 2-5, in addition to our usual hours. We continue to run our monthly Bookbug sessions which are extremely popular. Bookbug sessions are free, fun, and friendly sessions for children aged between 0-5 years old and their parents or carers. Each session consists of several songs and rhymes to engage your little one as well as a story for you both to enjoy. These sessions are great opportunities for families to meet other local families, to learn new things and to introduce your little one to libraries. Currently our sessions are drop-in, so there is no need to book in advance!

We have also recently begun holding Memories Scotland sessions in Tillydrone library. These sessions are a great opportunity to come along, meet new people, grab a cuppa and

learn a little more about the history of Scotland and Aberdeen. If you would like to find out more about the next session or would like to book a space, please see our website or contact staff in the library who will be happy to help.

In the next few months we are also hoping to start a board games club in Tillydrone Library. This club will allow children and young people to come along, play some games and make new friends. More information will be posted in the library and if your children are interested in coming along then please do let us know!

Last year, we also saw our self-service library, Old Aberdeen Library, continue to grow. This library is based on the ground floor of the Sir Duncan Rice Library (a sort of library within a library) and is open to all when the Sir Duncan Rice Library is open. Although the Old Aberdeen Library is an unstaffed service point,

you can borrow and return your books there, browse our shelves and collect reservations.

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. Our libraries remain a collection point for several health and well-being items including ChildSmile toothpaste and feminine hygiene products.

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

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



ABERDEEN LADS CLUB INTRODUCES NEW CHILDCARE & YOUTH SERVICES TO TILLYDRONE

Aberdeen Lads Club is continuing to bring new services and activities to Tillydrone after it re-opened its doors earlier this year, following a major renovation project that saw its Dill Road building completely transformed.

The charity, which celebrated its 100th anniversary in February, recently introduced boxing to the community, having forged a partnership with Northfield sports club, Byron Boxing.

More than 30 eight- to 15-year-olds have been attending the Tuesday afternoon sessions, which are aimed at getting the youngsters fit and healthy, while also helping them channel their energy positively.

A new programme, 'Wednesday Wheels', has also been launched at 'the Ladzer', for children up to five years old. The relaxed sessions are aimed at bringing families together while providing young children with an opportunity to participate in healthy, active fun play sessions.

Charity manager, Angie Johnston said these new additional services are just the start as she looks to roll out a number of new activities, thanks to the venue having been refurbished.

She said: "The recent renovation works have completely transformed the charity's facilities, creating a modern, fit-for-purpose and multi-use community hub.

"The refurbishment project has created significantly more space

within the building, which means that we can offer so much more to our children, young people, their families and the wider community.

"A mezzanine floor was added to the building, which means we now have dedicated early years, after-school and youth rooms, as well as meeting facilities and multi-purposes spaces.

"Thankfully though we still have our large games hall and it continues to be a well-used part of our building.

"We also have more amenities including kitchen areas, an accessible lift, and modern showers and changing facilities."

According to Angie her priority after the building re-opened in April, was to get the club's second early years nursery launched – the first one being located with the Tillydrone Community Campus – along with Dill Road after-school club and junior youth club.

She said: "Both early years nurseries are run in partnership with Aberdeen City Council and funded by the Scottish Government, which means it's possible to access 1,140 hours of free childcare.

"In addition, our early years' service is highly regulated by the Care Inspectorate and we are proud to have scored highly in our recent inspections.

"As well as providing high quality education and childcare it also improves the well-being of the family increasing the opportunities

for parents and carers to pursue or maintain employment, education, and training."

There are fees for the junior youth club and the after-school club, but they are kept as low as possible.

Having achieved that, Angie is now looking to roll out a number of new programmes, which will focus on teenagers and young adults.

She continued: "Youth development has always been at the heart of Aberdeen Lads Club and so I'm really looking forward to bringing our young people back into the building.

"It's so important that we help our youngsters develop the skills and connections they need to take part in society and reach their potential, while working with them to build their confidence, support their wellbeing and give them a real sense of purpose.

"We'll therefore be introducing a mix of leisure and educational experiences to our current offering, which our older children can fully engage within a safe and fun environment, while also being supported by our highly experienced staff team."

However, Angie explained that the Lads Club is not just there to support children and young people, but their families too.

She said: "Building strong relationships with families is important to us as we aim to achieve and sustain positive outcomes for everyone.

“We are well aware of the challenges that people are facing currently, not least with the continued cost of living crisis and the fall-out from the covid pandemic. So we want to make sure that we are able to help wherever and whenever we’re needed.

As well as being used by the Lads Club, the Dill Road building can also be hired out for meetings, workshops and sporting activities by the local community, external agencies, other third sector organisations and wider city groups.

Angie concluded: “Thanks to a recent fundraising campaign, we have a fully-equipped facility, which is light, bright and spacious, but most importantly fit for purpose.

“We are already working with a number of other third sector organisations from elsewhere in the city, so that they can offer their services directly within the Tillydrone community, but would love to hear from other groups who are looking for space in the area.”

Aberdeen Lads Club, which moved to Tillydrone in 1984 from its previous home in Mounthooly, has been providing a wide range of childcare, youth engagement and family support services in the local area for more than four decades.

For more information about Aberdeen Lads Club or its services visit www.aberdeenladsclub.org.uk or call 01224 492672.





Sport Aberdeen boosts free cycling opportunities through Rock Up & Ride



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

LBenson@sportaberdeen.co.uk



The Joy of Giving.... Can you help?

Do you have any clothes or shoes that are in good condition, but you just don't need them anymore? Do you want to help make a difference in someone's life?

A range of male clothing items such as warm jackets, jumpers, t-shirts, trousers, gym wear and shoes are desperately needed to help one of the most vulnerable groups of people we have in the city. Please ensure donations are in clean, good condition.

The sizes desperately needed are: Small, Medium, Large in Men's warm Jackets, Jumpers and T-shirts 28in/30in/32in waist Men's jeans, shorts or tracksuit bottoms (sizes S,M,L) Men's footwear: Size 39-44/ UK 6 -10 There is also a great need for unused socks, boxers/ briefs. Any gym clothing would also be greatly appreciated.

We also get regular requests for football boots, mobile phones, charging cables etc, therefore would be delighted with donations of these items too. Highland Moss, which is on Constitution Street, Aberdeen is a drop off point for AARC. Opening Hours: Wednesday to Sunday 10am - 6pm. Monday 12 noon - 4pm. They are closed on Tuesdays. For further information or to arrange drop off or collection, email: jaynesmith@asylumandrefugeecare.co.uk or Tel: 07392 856117



AFRICAN WOMEN'S GROUP SCOTLAND

African Women's Group Scotland (AWGS) is a registered charity dedicated to empowering African women in Scotland by providing support, resources, and opportunities for personal and community development.

Our Organisation focuses on several key areas:

Reduce isolation and loneliness to improve mental health.

Enhancing social, economic, and cultural well-being of African women through empowerment, education and self-improvement, workshops, social events, and advocacy efforts.

Offering support to help those in hardship with current economic challenges.

Supporting selected charities in Africa to promote global solidarity and improve the lives of African communities.

Encourage publications in order to document their experiences and working hard to provide and enabling environment for them to thrive.

This year, AWGS celebrates 30 years since it was founded in 1994 to support African women and their community here and in Africa. We are excited to Celebrate this

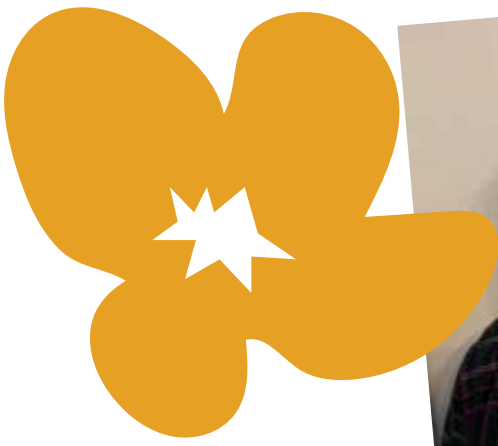
30yrs of our existence this with gala event, scheduled to take place on 23rd November at the Chester Hotel in Aberdeen. This special celebration is for the achievements and resilience of AWGS over the past 30 years. Also for the incredible work and their contribution African cultures, voice promoting diversity and inclusion. The celebration provides an excellent platform for fostering links with the local Scottish community, contributing to a vibrant cultural exchange.

While the primary aim of this year's gala is to celebrate our 30th anniversary, for the many initiatives AWGS to accomplished, we also hope to use this opportunity to raise funds to support our ongoing selected charities based in Africa. You can support us by donation or sponsorship or through partnerships. For more information please contact us by email or visit our website and social media platforms.

Email: africanwomenscotland@gmail.com

Website: www.africanwomenscotland.org.uk

Facebook: <https://www.facebook.com/africanwomenscotland>



Marie Curie Companion at Home

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

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

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

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

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

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

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

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

Provost Skene House digital guide

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

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

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

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

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

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

shmu Turns 21 in Style!



Around 700 people gathered in Deer Road Park and shmuHQ to celebrate shmu's 21st birthday on the 22nd of September

The Community Media Charity couldn't have asked for a better birthday party than shmuFEST!

Guests showed up from across shmu's communities to enjoy fun filled day. There was truly something for everyone, from live performances of poetry, music and dance throughout the day, to a silent disco, a BBQ, street art, craft, circus tents and more!

The day was an absolute hit with those who came along, across the day volunteers new and old attended, community members and partner organisations paid a visit. Here's what some of them had to say about the event, and shmu itself!



"The good thing about shmu is, it's open to everybody, you can see that looking round here, there's people from all walks of life and they're all enjoying themselves, there's not a frown in sight. Radio has been a closed shop for years; I started in the 70's and if you didn't know someone you didn't get in. But shmu opens the doors for so many different people for media, magazines, editing, they can do everything here."

Paul Hazel

"I thought it was a fantastic, fun day with lots of activities and really nice people! It was just great fun, I really enjoyed it, I liked the music, creating the artwork and listening to the stories."

Mark

"A big thank you to everyone who organised shmuFEST. It's been a good time spreading joy here in Woodside and a fantastic day getting everybody together!"

Mike Melvin



"I loved doing the dancing for Afristyle, representing and performing in front of everyone."

Performer



"It was amazing, there were lots of familiar faces around, the weather behaved nicely, you've got a birthday every year, so I hope to see something next year too! It was a great experience."

Community member



"It is such a cool day today; I really love it. I hope it happens on a regular basis, wandering about I have seen so many people that I know from all different places. Earlier on I was trying to explain to my family what shmu does and I was like 'well it does this, and it does tv and it does radio and it does youth employment and all sorts of stuff. But I couldn't explain it, I couldn't put it in a box, but coming along to shmuFEST, that explains it, that gives you an idea of how all-encompassing shmu is and how many different people come and what an amazing opportunity it is for so many folk."

MSP Kirsty Blackman



"I loved having a hotdog! I am in a great mood, and I can't wait to go on the bouncy castle next!"



"To have a shmuFEST and have us as guests is just brilliant! I have never been involved in anything like this before!" Murdoch

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