

TillyTattle

Spring 2023



In this issue:

ROSIE'S @ THE CAMPUS

WALLACE TOWER

BLUEBERRY FITNESS

www.shmu.org.uk/press

Spring Edition 2023

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Welcome to your Spring edition of the Tilly Tattle.

This edition of the Tilly Tattle is full to burst with exciting groups and opportunities for the people of Tillydrone. There is lots on offer to improve your health and wellbeing this year! We also have plenty of updates from the Tilly Community Flat, Donside Hydro and Rosie's @ the Campus.

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.



Supported by





Rosie's @ the Campus

Rosie's Staff team is delighted to announce the re-opening of our much-loved Café within the Tillydrone Community Campus. Rosie's @ the Campus delivers the same friendly customer service and welcoming atmosphere we were so well known for in our Rosemount premises.

Our new chef Colin has brought over 40 years' experience and has been delighting us all with his amazing baking skills – including enormous pancakes, indulgent jam doughnuts and freshly made bread and rolls to serve with our traditional “like Grandma used to make” soups.

Rosie's Social Enterprises, part of the charity Turning Point Scotland, is a not-for-profit organisation.

Every penny you spend within Rosie's projects is re-invested to continue our long history of supporting people in recovery from mental ill health or acquired brain injury, through supported work placements within a real working environment.

The staff team at Rosie's would like to thank everyone who has supported and welcomed us into the community and the Tillydrone Management Committee for the opportunity to re-open Rosie's Café within these wonderful new premises.

Open Monday to Friday 9am – 3.30pm

Pre-order for collection or to discuss outside catering call us on 01224 489529.

TILLYRONE COMMUNITY FLAT



I am delighted (as are we all) that January is finally at an end! It seems to have lasted for around 170 days.... Christmas seems like a decade ago, but I must cast my mind back to December in order to thank the amazing individuals and organisations who gave so generously so that we could support folk over the festive period and into the New Year.

First up, the ever-inspiring force of nature that is Lewis McGregor. Lewis featured in the summer edition of Tilly Tattle when he spoke of his passion for fundraising to help the Tilly Flat Festive Foodbank Appeal. This year, Lewis knocked it out of the park and raised in the region of £2500 to help those most in need. Not only did he strip bare the shelves in Tesco of tinned, dried and packet goods, he thoughtfully purchased nappies, toiletries, cleaning products, treats and baby blankets. We were absolutely blown away by his mammoth shopping trip which necessitated the use of the Future Choices minibus to transport everything and two staff members in Tesco to assist him! He also

made the front page of the Evening Express. We are truly humbled by the phenomenal effort Lewis has put in to helping us this year – our thanks also go to his fabulous mentor David Forbes.

Donations came from far and wide. Folk we must thank include: Janie Read, Esther Kiehl, Sara Murray and family, Margaret McKeen, Amy McGillivray, Evelyn McLennan, Simon Hardie, Stephen Madden, Unite the Union (Aberdeen University), British Legion Raffle (prize donated by Julie Stewart, Tilly Butcher, Ishbel and Paul Gall, Rick and Sandra Vaughan, Newton Dee, Jane Fullerton, her lovely mum and her mum's lovely neighbour, Sarah and Logan, Melodie Fraser, Mia Herd, Alysha Green and the staff and customers of Rowlands Pharmacy in Ellon. The James Hutton Institute, The Lodge of Old Aberdeen No. 164, St Machar Cathedral, STV Children's Appeal and so, so many more. We are as always humbled by the support given to our wee charity.

Moving into the New Year we are increasingly busy with what looks

like almost double the amount of service accesses compared to the previous year. We are hopeful of an exciting new partnership in for 2023 which will enable younger adults in the area to access personalised training, employment and personal development opportunities. Our Art Group continues to run on Thursdays and our Nature group (under the guidance of Sareena-theprojectzenaberdeen.com) will now provide an opportunity for beginners to improve their English language skills. These classes take place on Mondays. For further details contact the Flat on 01224 486641.

The growth of the Tilly Flat over the last few years has been incredible and we are delighted to support so many friends, old and new. Just a thought though.... Although our service user base has doubled over the last year or so there are still just the two of us trying to handle it all! Please patient – we're trying our best!

Fiona Young

Plans to redevelop the Wallace Tower Continue

Tillydrone Community Development trust has been updating the Tilly Tattle with plans for the Wallace Tower (also known as Benholms Lodgings) for a number of years now and momentum has continued to build.

A new architect (Tinto Architects) was appointed last Summer and since then we've reviewed the comments from previous planners and public consultations and a different design for the Tower has been developed.

The overall plan is still for a café on the ground floor and for a meeting/ exhibition hall on the first floor and flexible work spaces on the top floor but the previous glass clad conservatory has been replaced with a single story design. In the words of the architects; "The extension, as now

proposed, sits relatively discreetly at the rear of the Wallace Tower, with materials which complement and contrast the original stone of the tower.

"Views are captured to the surrounding building and tree line through strategically placed windows and roof lights, giving a visual link to the parkland surrounding but maintaining a high level of energy efficiency."

The renewed planning application for this design was lodged with Aberdeen City in November and should be considered by the planning authority before Spring.

Tillydrone Community Development Trust have also submitted a Community Asset Transfer Request to Aberdeen City Council to take ownership of the tower on behalf

of the community and while there are still some steps to follow in that process it was approved in general by the Council in December and the request is moving forward.

The Trust is also developing the plans for a sensory trail, an all inclusive play trail leading from the Tower through Seaton Park towards St Machar Cathedral.

Tillydrone Community Development Trust is a charity, set up and managed by members of the local community and we are always open to new members. Although there are no opportunities currently to get involved in hands on building or renovation, we would be happy to speak to anyone interested in helping with fundraising, communication and public engagement.

Images: Tinto Architects





Empowering Grampian Group keeping lived experience at the heart of NHS Transformation looking for volunteers.

NHS Grampian's Mental Health and Learning Disability (MHL) Public Empowerment Group (PEG) are looking for volunteers with lived experience to help inform change.

The MHL PEG is part of a wider project of the NHS to transform Mental health and Learning Disability services across Grampian.

In 2019, NHS Grampian conducted a review of these services and began to investigate how services can work more collaboratively and provide more support.

From there, a portfolio board was created, this board is made up of representatives from different services working together to drive change.

But real, positive change can't be made without the input of those who access the services!

That is where the Public Empowerment Group comes in.

The MHL PEG is a group, open to those with lived experience

with Mental Health and Learning Disability. It is an opportunity to bridge the gap between service users and providers, influence change, empower yourself and connect with a network of supportive and passionate people.

The team are on a mission to welcome more and more members to their supportive group and raise awareness for the important work they are doing! If you'd like to get involved, there are plenty of ways you can.

Amanda Foster, MHL PEG's Chair, discovered the group on a whim. While chatting to NHS Grampian's Engagement and Inclusion manager, Liz Howarth, she just so happened to mention the group.

Amanda was sold and she hasn't looked back! She attended the very next meeting, before long she was the Vice Chair and now, Chair. "It's a really friendly and supportive community, we all really care, and we would love to broaden the group and welcome more people."

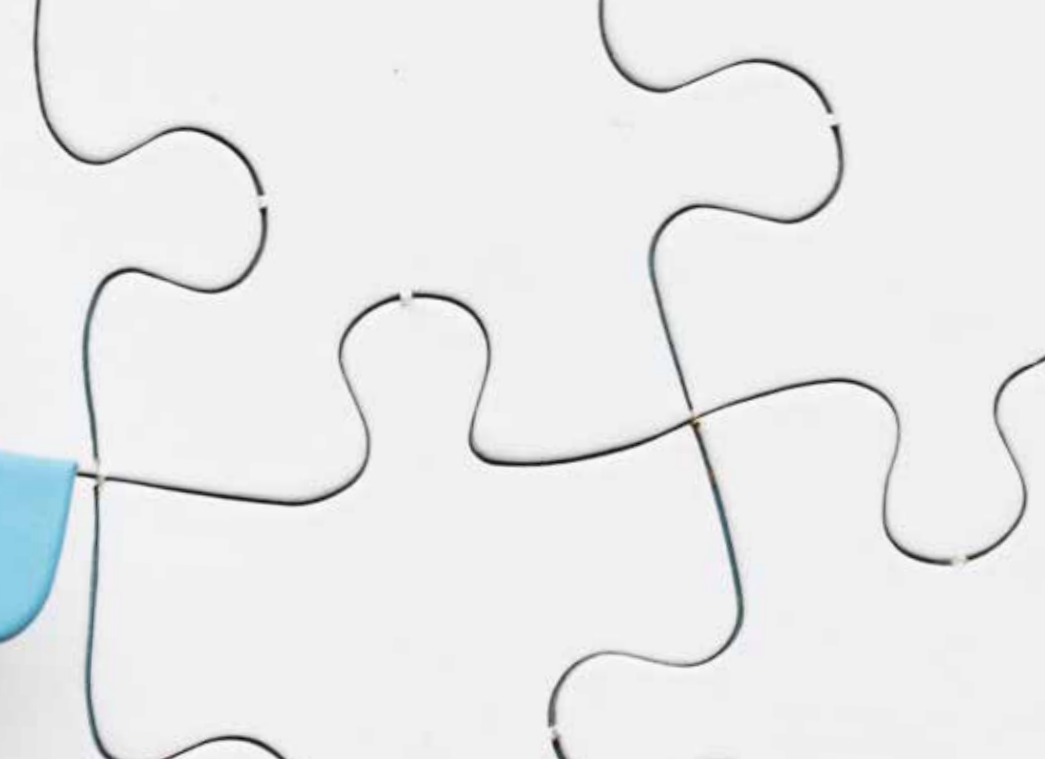
Amanda has experienced having to fight for access to basic healthcare, throughout her whole life. After doctors discovered that she was blind as a baby, her parents struggled to find support for her in Aberdeenshire. This is an issue which has slightly improved over the years but still has leaps and bounds to go.

Traditional methods of consultation are not always accessible and support services are not always easy to find.

For Amanda, some basic improvements, such as more staffing and better signposting of information would go a long way to make the health system more inclusive.

"Lack of staffing is major factor; it means that people are not getting to see their consultants when they really need to.

"People also really need to know what services are out there. What we're seeing a lot of, is people not knowing what is available in their area and trying to find out but getting



Tilly Tattle

The editorial team of the Tilly Tattle want to hear from you.

The team are introducing a new interactive section to the magazine and want to hear from the community.

In this section, you can write to the editors of the Tilly Tattle, let us know of issues and events taking place in the community, send us your thoughts on topics we have covered. Have your say of what you want to see represented in the magazine and what you'd like to read. We'd also love to publish your stories and photos too!

Please email rose.ross@shmu.org.uk with the email subject 'TT Letters to the Editors' to have your letter included in the magazine.

Please contact Rose if you would be interested in getting involved!

nowhere. That is the kind of things I'd like to see changed."

NHS Public Empowerment Officer, Catherine Garrow agreed. "That has been one of the amazing things about the group, we have been able to connect a lot of people with services and third sector organisations, that they weren't aware of. I think that has been really significant."

Amanda feels strongly that this group, alongside the portfolio board is the way to ensuring real and lasting change for the better. "There is a lot of work to do, and it's a slow process. Sometimes the portfolio board aren't as efficient as you want them to be but, overall, it is empowering, and people do listen to us."

So, if like Amanda, you would like to be a part of striving for a better system for all, there are many ways to get involved.

Now, the group meet once a month, online. The Teams meeting is held on the third Thursday of every month from 10am to 11:30. As the group serves the whole of the Grampian area, members are

scattered far and wide. Online is the easiest way to bring everyone together for the moment, but the group are looking to organising some events to bring people together.

"We understand that getting people together can be a bit challenging" Amanda said. "But we want to try our best to meet and see people. To try and get as many people involved in the group. Even if you can't come along, get involved in some way."

Cate explained alternative ways to get involved if you're not able to attend the meetings. If you sign up to the mailing list, the group can keep you up to date with minutes from the meetings and papers signposting projects. "Or they could just have a chat with us individually and share their ideas, if they don't want to join the group."

Visit NHS Grampian's website to read more about the group or get in touch with Cate at catherine.garrow@nhs.scot if you'd like to get involved too.



Social enterprise, bringing all things health and wellness arrives in Tillydrone

Aberdeen Blueberry Wellness (ABW) has kicked off its mission of bringing wellness to every community.

Laura Walker, the founder of ABW is bringing group fitness to Tillydrone, with the bonus of training and employment opportunities for residents.

With over 25 years' experience in the fitness industry, Laura knows the importance of fitness to benefit mental and physical health. She is also aware that not everyone has the same access to fitness and is trying to set this right.

shmuPRESS had the opportunity to speak to Laura and find out all about Blueberry wellness.

Laura began her career in the fitness industry 27 years ago, after starting

her family. She was encouraged by one particular fitness instructor, whose classes she attended regularly, to get started in the industry. Now she, herself, is encouraging others to take the leap.

Laura's work has largely centred around helping people maintain ability, having spent most of her career, leading classes for people with health conditions and creating and delivering training programmes. She is no stranger to training others and imparting her wisdom. Something she is continuing to do through Blueberry Wellness.

Laura, can you tell us what blueberry Wellness is?


Blueberry Wellness is a social enterprise, and it is set up to do 3

things. One of them is to educate people in the fitness industry, to become fitness professionals. The second is to employ the fitness professionals once they have qualified. And the third thing, which goes along with that employment, is the delivery of fitness for health, within communities like Tillydrone.

I like to think of Blueberry as a wellness offering to the community, not just fitness. And it really needs to be what the community wants.

Every community will be different and want different things but it's about giving them a wellness option to benefit their health and their community.

What inspired you to create Blueberry Wellness?



It's really all my years of dealing with people who have health issues and knowing how much fitness and nutrition impacts that health overall.

With all the experience I've got, it would be stupid not to pass on those skills and give everyone the benefit of my knowledge within the industry. But also, be able to have the health offering outside of the GP surgery. For some issues, you may need to see a GP but there is some advice you can get without going to the doctor.

Blueberry Wellness is such a simple idea, but it has the potential to have huge benefits. I think the NHS is open to supporting something like this, it just needs to be established first.

And that's really what I'm trying to do now. Get people on board and involved and I'm hoping that the NHS will then support and refer in. And give us clients which we can then support and ease the pressure off the NHS by offering preventative measures in the community.

What can someone looking to join the group fitness course expect?

For anyone within Tillydrone and other regeneration areas in Aberdeen, the training is completely free of charge.

I will deliver the training over a ten-week period with four hours of teaching per week. The group fitness course is around about 250 study hours. 40 of which are in contact with me.

At the end of the ten weeks, there are three forms of assessment. One of them is a workbook, different topics with different questions that you work

your way through, throughout the course.

One of them is a practical assessment, for example, leading a group as an instructor, such as a Zumba class. You will put the class together, then deliver it.

The practical allows the assessor to see that what you're doing is safe and you have knowledge of the cardiovascular system and the effects of what you're asking participants to do.

And then finally, there is an exam paper about all the muscles, bones and insides which you've learned about throughout.

Once you pass all three, you're fully qualified. And I will say, whoever comes on board will pass. If you do the work you will pass, I will make sure you will. That's my job.

My motivation comes from seeing others thrive, so I will ground the students with knowledge then allow them to fly with it.

What are the requirements to join the course and what materials would people need?

There is an application form on the website and the form is all about why you want to be a community influencer. That might seem like hard questions, but we are here to help people as well to realise what they can offer the community.

But I think people must want to do something and if we can see you want to do this and lead the community. Then we are happy to help you take that opportunity.

All course resources are available online. I have already spoken to the

tilly library, and they are more than happy for students to come in and utilise the computers here. So, if being online is a bit of an issue, you can come to the library and access everything there as well as complete the work.

If you are as passionate as Laura and feel that you have what it takes to influence your community, keep an eye out for further courses.

Laura is currently teaching her first Group Fitness cohort but promises there will be plenty more opportunity to get involved.

For more information, you can visit <https://blueberrywellness.co.uk/> or call 07773 021851

Free fitness classes for the older generation

Granite City Taekwondo are holding free fitness classes for their older residents and anyone who is very unfit for six months.

The classes are held on Wednesdays at 1pm at the Tillydrone Community Centre.

The project is funded by Aberdeen Health and Social Care Partnership's Health Improvement Fund.

The class is offering the chance to improve your health and make new friends at the same time.

You can stay for a cuppa and a piece after the class to get to know fellow participants.

For more information or to sign up, please contact Garry on 07969 003070



DONSIDER COMMUNITY HYDRO - ALL POWER TO OUR FABULOUS VOLUNTEERS!

It has been an extremely industrious few months for the volunteers down at the hydro, next to the River Don. As always there are loads of tasks that must be done, and this was an especially busy winter!

Last November the River Don, like many areas of the Northeast, was hit by extensive and severe flooding. Rivers in spate are an awesome force of nature, and we did experience some damage, although the reinforced flood defences, put into place by a team of 12 volunteers last year, held up very well.

During the spate, loads of things were washed down the river and got caught in our lade, including massive trees, shopping trolleys, bikes, general 'rubbish' and tons of mud and silt. All of this had to be removed by our amazing volunteers, who have worked tirelessly over the past 10

weeks to remove it and get our site back to how it should be.

It's especially important to keep the 'intake screen' cleared, as when this gets blocked up with 'stuff', it stops the water flowing through the turbine and means we produce less electricity. This was the first job the volunteers undertook, immediately after the floods had subsided, pulling out all the things caught up in our screen and piling it up next to the turbine house. Over the weeks we have been slowly removing this stuff from the hydro site and taking to recycling and waste centres.

The huge mountain of silt and mud (removed from the bottom of the lade by a digger and deposited next to the turbine house) has been moved, barrow by barrow. Volunteers have wheeled hundreds of filled barrows to the rest of the site, filling in areas where soil was eroded and holes

created by the flooding. We also filled a huge number of sand bags for future flood protection. It's looking great now and we just have to plant some more grass and wildflower seeds to finish the job!

Sadly, due to the height and force of the water, some damage was done to the foundations of the pedestrian bridge to the island so to keep everyone safe, we have had to make the decision to close the bridge to the public until summer 2023 (when the river is low) so we can get proper repairs done to the foundations.

In January, over three Saturdays, our volunteers planted around 150 trees and shrubs and 2,000 spring bulbs around the hydro scheme and on the island.

Looking back over the past 6 years, it's wonderful to see what a difference the volunteers have made to the landscape. The 2,000 plus

trees, shrubs and grass have transformed it into a beautiful spot, with loads to offer all the wildlife living by the hydro!

It's a hard graft, but very satisfying, and everyone who contributes walks away with a feeling of satisfaction of 'a job well done' and contentment from being outside, in fresh air, with others working towards a shared goal.

We have also given a number of hydro tours over the past few months.

In October we showed a large group of students from RGU around our scheme. In November we were delighted to welcome 2 classes from Riverside Primary School, letting round 45 local children see round the hydro (this was a first visit for our very own local school which we hope will become an annual event) and we also welcomed a group of students who are doing the 'Girls in Energy' course at NESCOL. In December we were visited by a group of pupils from Robert Gordons as part of their NAT 5 course.

Education is very important to us, and all of the volunteers who participate in delivering these tours are always very happy to share the message of the importance of 'clean, green, renewable energy', and in sharing our community hydro scheme with the next generation.

Forward planning for 2023 –

From now on, we are planning to have a 'Hydro monthly volunteer day' which will take place on the last Saturday of

each month starting at 10am. All are welcome, so if you would like to get involved, just turn up at the hydro. No experience or equipment necessary, just wear suitable clothing and footwear, as it can be wet and muddy and the terrain is not flat! We will decide what activity to undertake closer to the date of each volunteer day – it could be screen cleaning, general tidying and odd jobs, path clearing, litter picking – basically anything that needs to be done that needs willing and enthusiastic people to get involved and help out!

We are having a Hydro Open Day as part of the programme of tours and events for Climate Week North East 2023, and this will be on Saturday 26th March, 10am to 4pm. If you have always wanted a look around please come along and one of our (volunteer) directors will be happy to show you around and tell you our story. We especially enjoy showing local people what is sitting on their doorstep, down on the Don!

To find us – go to 'what3words' jabs.slides.sleep

We are located a very short walk from the bus turning circle in Donside Village (on the 19 bus route). Lots of parking available too, on Papermill Avenue.

You can find more info on our Facebook page- Aberdeen community energy

Email: acenergy2016@gmail.com



Hippodrome

ALAN JOHNSTONE

John Cooke's Hippodrome visited Aberdeen in April 1906, with the Aberdeen Daily Journal of 17th April reporting on the entertainment on show.

"The hippodrome is a class of entertainment rarely brought before the public nowadays, but one with which the name of Mr John Cooke has long been creditably associated. Mr Cooke has carefully wooed the patronage of Scotland, and the lengthened runs of his performances in the various towns bear ample testimony to the regard which the people have for his entertainment. Last night witnessed the opening performance of a visit to Aberdeen, when a large audience thronged the commodious marquee, which has been erected at the Central Park, Kittybrewster, and should the "turns" continue to be as bright and varied as they were on this occasion - as doubtless they will - there is every prospect of the visit being eminently successful.

The principal feature of the performance, of course, consists of equestrian displays, and in this the respective artistes not only show wonderful and daring horsemanship, but prove to what a high degree it is possible to train the animals. In some instances the horses exhibit a sagacity that is almost human, and the manner in which "Cleveland" responded to the commands of Mr Leicester Alfred Cooke, spoken in an ordinary tone of voice, evoked the admiration of the audience. "Kentucky Beau," trained and presented by Miss Chloe Convere, is another "turn" that cannot fail to attract. The "Beau" is a graceful animal that performs the Yankee Cake Walk with an elegance and uniformity that would do

credit to human intelligence, while the grace with which it is guided and assisted by the fair rider, adds considerable charm to the performance. A clever and daring exhibition of the Indian style of horsemanship is given by Black Eagle and Prairie Flower, who career round the arena at a terrific pace, at one moment stretched full length along the girths, clinging to the trappings, and the next, poised on the animals' backs, while bundles and fences are being taken a wild gallop.



Athletic performances are also included, and one cannot but marvel at the endurance of La Belle Lillie and Clown Albert, who appear as trapezists. The former, especially, shows great power, at one time hanging by the feet from a trapeze and supporting from her wrists a bar with five full-grown men hanging to it as a dead weight. Les Henries take the carpet as Continental athletes, showing extraordinary power and strength in balancing the articles manipulated, including a solidly-constructed horse vehicle. Du Calion, who climbs unsupported ladders, and plays a mandolin solo while balanced on the top rung, performs neatly and with great nerve; while Blumenfeld's troupe of

performing dogs form a pleasing feature of the entertainment. Wit and humour are freely distributed during the evening, and the old-fashioned clown continues to find a foremost place in the attention of the audience. There is a host of these mirth-provoking individuals - namely the old favourite Neddy Vokes - and their ludicrous antics and droll talk keep the spectators in the best of spirits. Individually, they were successful, but when the whole lot were turned "loose" in the arena the audience were convulsed with laughter.

An item that is likely to create interest is the nightly appearance of Tom Cannon, England's champion wrestler, who offers £10 to any man who can withstand his attack, in any style, for ten minutes. He was opposed by Francois Josephs, the Austrian champion, in Graeco-Roman style, last night, and the encounter was not only stiff but particularly long. The Austrian was at a disadvantage so far as weight was concerned, but proved a wiry opponent, possessing great strength and power of endurance. For a time he eluded Cannon's neck grip, and in the second minute sought the mat, where he met his opponent's attack with considerable skill. Cannon got his man in a dangerous position and tried a half-Nelson, but Josephs burst the grip and had a spell at aggressive work. He was soon bowled over, and the big man secured the rolling lock and wore out his opponent, getting the fall in 8 minutes 11 1/2 seconds. Prior to the contest, G. H. Johnstone stepped forward and expressed a desire to meet Cannon, with the result that match was arranged for to-night."

Morven's Musings

The Ghost Bus

The number 8 Bus has stopped coming through Tillydrone. The number 8 started at Dubford and finished at A.R.I which I thought, made health care more accessible.

I think it has been a bit step back for the area in the way of employment, safety and general living.

The number 8 made it a more accessible area to live in because Tillydrone is bit like living in a compound there is wall round the area, even the road that goes through it acts as a wall.

It was an easy bus to catch because it was an hourly bus and easy for people to set their clock by.

I do think that there is need for 2, buses passing in Tillydrone There were three busses but now it has been reduced to the No 19 only.

Do you think there should be path made behind the new builds at the end of Formartine Road?

There is already a hole in the wooden fence so people can walk through on the industrial estate on St Macher Road, as short cut and for some people it may be safer to walk on, if there was a path.

I'd like know what my fellow Tilly residents think about this. Please get in contact with views with rose.ross@shmu.org.uk to share your thoughts.

Elected officials

Cllr Kairin Van Sweeden

I was recently asked how to get into politics, and I wondered why anyone would want to. Although my new job is fascinating and rewarding, it's not easy. I considered standing for years before I took the leap. Even when you're campaigning, your life will come under scrutiny, so if you value your privacy, it's a big decision.

So why would anyone want to become a politician?

You must be interested in current affairs because consuming the news will steer you towards the issues that matter to you. From there you might start following and getting involved with campaigns.

Then you decide to join a political party.

This is the big leap, because no political party will completely match your own political views, which means personal compromise. However, compromise is the normal stuff of life and collaboration is how you get things done.

It is important to get your news from a broad a range of sources, otherwise you will have a very narrow view of the world.

Nowadays, there are so many sources to choose from to broaden your views.

The short answer is issues, if you care enough about those issues, you compromise, give up your privacy, collaborate and, hopefully, make some things work better for the future.

Councillor Kairin van Sweeden

Grampian Credit Union

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

For almost 30 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 continuous increases in prices for food and fuel, heating and household bills, Grampian Credit Union is available to help you with safe savings and affordable 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.

Our app we use is called NIVO and can be downloaded free of charge from the QR code shown below.

We are open Monday to Friday from 10.00am to 4.00pm for members and enquiries.

Website: www.grampiancreditunion.co.uk

Email: admin@grampiancreditunion.co.uk

Telephone: 01224 561506

Office: 250 Union Street, Aberdeen AB10 1TN

And now, through our NIVO App

Follow us or Twitter - Join our network on LinkedIn

Wellbeing Cafe

Come and join our Adult Services Team's Wellbeing Café!

The Wellbeing Cafe is held every Thursday between 2pm and 4pm at shmuHQ on Station Road in Woodside.

The group is open to everyone. Come along to meet others, play a game, take part in wellbeing activities or

just have a brew and a blether. No sign up required, but if you'd like more information contact Sarah by emailing sarah.igesund@shmu.org.uk or by calling her on 07592 355 131.

Christmas For All Appeal

The Christmas for All appeal is an initiative aimed at helping people during the festive season who may be struggling for food, warm clothing, toiletries and more. It's in the form of a "reverse advent calendar" in which these goods are collected during the month of December at Station House Media Unit, then delivered to Cfine for distribution in time for Christmas.

The first of our Christmas for All Appeal's was launched in December 2021, but the idea for it was suggested in 2019 but not acted on as we didn't have enough time to implement it. The plan was to start it in December 2020, but unfortunately the Pandemic hit, and we had to put it on hold.

We returned to the building and although there were limited staff and volunteers given access we decided to go ahead. The plan was to set up a box in the building and invite anyone who was coming in to put whatever they could into it. In the end we were overwhelmed with the response from all including listeners to shmuFM who took bags of items down and left them at the door for us to pick up. We managed to fill ten boxes of items and the week before Christmas, the Breakfast Show presenters, Dave, Tim, Sandy G and Sandy S, all dressed in festive garb and delivered them to Cfine, where they were gratefully received.

With Covid restrictions lifted we decided that this should be an annual event and in 2022 we managed to surpass our 2021 totals by collecting 12 boxes and again delivered them to Cfine.

It was quite a humbling experience as when we went down to Cfine there was a lot of bare shelves, and it made us glad that we could help in a little way to make peoples Christmas just a little bit better.

I would like to thank, from the bottom of my heart all the volunteers, staff, visitors and listeners who contributed to this, it's a phenomenal response and certainly put smiles on people's faces.



NEWS FROM TILLYDRONE LIBRARY

It's been a busy time at Tillydrone Library with monthly Bookbug sessions now back in full swing and lots of visits from local Schools and Nurseries. Bookbug Sessions are free, fun and friendly sessions of songs rhymes and stories for 0–5-year-olds and their parents/ carers. Each session lasts around 30 minutes and is a great opportunity to meet other families, learn new things and have some fun. You can book online at [BIT.Ly/ACLEventsCalendar](https://bit.ly/ACLEventsCalendar) or ask Library staff for details.

Childsmile is a national programme designed to improve the oral health of children in Scotland and reduce inequalities both in dental health and access to dental services. You can

pick up toothpaste, a toothbrush, and a brush diary for free here at Tillydrone Library and at all other libraries across the city.

All Libraries have been working with CFine to make free period products available. We have a range of products which can be picked up next time you visit the library, if you require them.

If you are unable to visit the library due to disability illness or caring responsibilities, then the Home Service Library is available for monthly deliveries to your home. Please contact staff for more details.

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

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

Tillydrone Library, Tillydrone Community campus, Hayton Road, Aberdeen, AB24 2UY. Telephone 01224 489439. E-mail 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