

TillyTattle

Spring 2024



In this issue:

DONALD KEITH

TILLY TOTS

WALLACE TOWER

ANDY'S MAN CLUB

www.shmu.org.uk/press

Spring Edition 2024

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Welcome to your Spring edition of the Tilly Tattle.

Join with us in paying tribute to a much loved community member, Donald Keith. We have exciting news from the Lads Club, Tilly Tots and more

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.

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TILLYDRONE COMMUNITY FLAT

It seems like ages since our last update and so much has been happening! Christmas will be in the distant past by the time this is published but we still need to thank the many amazing people who supported us during our Festive Appeal. We were humbled by the generosity of friends old and new and the organisations who donated cash, food and toiletries, enabling us to provide a wee bit of festive cheer to those who desperately needed it. Demand on our foodbank facility is becoming unsustainable and we are genuinely worried about our ability to maintain the service going forward. We were thankful as always for the phenomenal donations of toys from The Giving Tree and Mission Kids and especially for the generosity of those members of the public who buy gifts for these charities.



Donald Keith

We were incredibly sad last November at the passing of Tilly Flat stalwart Donald Keith. Donald was a much loved and very weel kent figure in Tillydrone, always happy to pass the time of day with a cheery 'Fit like' to everyone he knew. Donald was a born farmer, passionate about the countryside and his beloved 'beasties' and love for tractors. Country born and bred; Donald worked as a farmhand in Aberdeenshire for many years. After moving to the city, he assumed a post at Doonie's Farm delighted to work with the animals and to tell the visitors all about them. Donald was a true gentleman, kind-hearted and willing to help anyone in

need, always with the stipulation that he 'meant you nae hairm.' It is hard to imagine Donald doing any living creature harm. He was determined in his efforts to save the Tilly Flat when it was under threat a few years ago, seating himself in the local McColls shop for entire days and collecting well over 300 signatures in support of our staying in our present location.

Sarah, Cat, Anne, and I attended his funeral on 19 December which was a very fitting ceremony, with tractors, collie dogs and bothy ballads. He will be very much missed by his family, friends and all who knew him.

Art Group

We're always looking for new members to join our Thursday art and crafts group! The group meets at 1pm on Thursdays. Please contact Sarah or myself on 01224 486641 if you want any more information.

Foyer at the Flat

Fee Fischer, Community Development Coach with Foyer visits the Flat weekly to support and advise those who may be interested in exploring training and development. Foyer is an incredible organisation who offer a wealth of opportunities. Please get in touch with us if you'd like to make an appointment.

Cost of Living – Still a Crisis

So many people are still struggling, especially over the chilly winter months. We are incredibly grateful to SCARF who have helped loads of our service users with their energy costs. We are limited in our capacity to help those in need but can signpost on to relevant organisations who may be better suited to assist.



TILLY TOTS

Tilly Trots is a parent and toddler group run by Donside community Church, in Tillydrone. The group currently meets every Thursday at the Tillydrone community campus from 10:15 until 11:30.

But in order to accommodate more families the group are planning on moving location to the new Donside community church building on Pennan road, they hope to be in by the end of February.

The group was started back in august of 2023 and is run by Rebekah Hamilton and two other women, they welcome families with children from newborn babies right up to children who are in nursery, and it only cost 50p per family. You can sign up each week through their Eventbrite link that is posted on the Donside community church Facebook page every Wednesday.

Each session consists of a bit of free play followed by a story and song from the bible all the goodies are provided with drinks and snacks.

It's a great chance to meet other parents in the area and for you children to socialize and play.

Here is what they had to say.....

What do you like about it here?

"One its socialisation for him, my grandson so he gets to meet all the other boys and girls, children learn through playing and so for me it gives me a little bit of a break and so for him it helps him to develop, and they don't just play they have to sit for snack time as well and also there is singing so they are brining on their vocabulary."

"it's so good for the mums, because we get to meet other mums and we can talk through our problems and grannies as well, we can talk about different things like, oh is he doing that, he was doing that as well."

"there's not many places that you can find that are so welcoming, I think it really is a good sense of community sprit here."

"that's my husband over there, so he likes coming as well because he can sit there and watch him plus speak to other dads, so you know

it's not just for the mums, its family its community."

What do your children like about it?

"I think it's really the open space, being able to play with different toys and seeing the other children and I think that brings on their independence, I think they like getting outside as well."

"He always goes home and says more tots more tots, so he loves it."

Do you think groups like this are important for the area?

"yes, I think so, because there is not really places we can socialize with other mums, you know after having a child you feel so lonely, so it is important to meet other people and get the opportunity to share your experiences and your worries whatever and create friendships."

Do you think it's a good option, financially?

"50p, what would you get for that now a days, his nursery is like £125 a week or something, so for some family's they really can't afford to do it."



Flexible childcare for all!

On Gort Road there is a hidden gem hoping to reach out to the Tilly community.

Tillydrone Nursery are doing things differently.

One of two Aberdeen branches of the national charity, Flexible Childcare Charity Scotland, Tillydrone Nursery offer a flexible model of childcare.

Rather than block booking half day or full day slots, parents and carers can book by the hour, as and when they need, around hours that suit their work and life.

Amy Grant, manager of the Cummings Park branch explained how it all works. "With us, you can book by the hour. A lot of private and school nurseries have set hours. The parents may only need a 9am to 3pm space but they must pay from the start time to the close time. With us, you can book just the hours that you need." Handy for parents who do shift work, but also for those who may be on the lookout for work too.

"We are also completely flexible with our funded hours too." Said Amy, "The Aberdeen City funding and the eligible ones can choose if they want 22 and a half hours or 30 hours per week, the hourly cost is low cost too, we are about £20 cheaper than a private nursery for a full day."

The Charity reported last year that over 77% of parents using the services had said they were able to work more flexibly. With 80% reporting that their household income had increased since accessing the childcare.

Amy, who had previously worked in private sector nurseries has noticed the difference this flexible method of working has on the families.

"It's brilliant, we can see the difference that we are making here. We do have some parents that come in and have their funded hours and now say that they are looking to pay for additional hours because they have been able to get back into work. It's a good feeling that you're helping so many families.

Riverbank Round-up

P5F at Riverbank School have been taking part in a very exciting doric book project. As a class, we have written and illustrated the book which is about a magic seagull called Summer. The book is a mix of imaginative stories and some facts.

We translated it all into Doric. The class also went on two trips. The first one was to the zoology building. The second one was the tillydrone library.

At the zoology building a professor came to talk about seagulls for our book and we took part in workshops to look at feathers under a microscope as well as making seagulls from milk bottles!

At the library we looked at books for inspiration and discussed How different types of books might look, as well as the importance of an eye-catching front cover.

The book will be edited and printed shortly and hopefully it will be on sale at the end of March 2024. Look out for our posters in the community advertising the book for sale. Jackie Ross and Aaron Gale are supporting us with editing and illustrating. We as a class would like to say a big thanks for helping P5F and Riverbank School.



Tillydrone Community Council Update

As I write this update on a very cold and windy day in late January, I'm reminded 2023 was a very busy year for Tillydrone Community Council (TCC), so I will try to keep our report as concise as possible.

Our community has grown in the past few years as new residents have joined us, so I'll begin by introducing TCC.

We are simply a group of local folks, your neighbours, who live in Tillydrone and meet monthly on a voluntary basis, to discuss ways in which we can make improvements to our community and assist any who need a little help. We are funded annually by Aberdeen City Council (ACC) and are your link to ACC when we report issues such as maintenance, environment, housing, and lighting in order that any such issues will be attended to, and through our Facebook page, inform you of any issues important to your everyday such as road closures, planning applications etc.

Our major project in the past year has been the creation of St. George's Community Centre SCIO. Since St. George's Church was to be amalgamated with another church, TCC was offered the building on Hayton Road, to be used for the benefit of our community. This was an offer we could not refuse and after many meetings and many draft documents, we eventually applied

for charitable status for St. George's and were delighted to be accepted in late January 2023, now the work had begun.

Whilst we are awaiting our lease of the building, we've been busy making application for funds to allow us to provide facilities which can be enjoyed by all and have been very successful. We will keep the community updated on the FB page; please do look out for some exciting news we hope to be able to share very soon.

As part of our fund-raising work, we applied for and were awarded money to buy a new electric community minibus. We held a fun day in September to introduce the bus and will be setting a timetable for free shopping trips, the pickup point will be St. George's and users will be dropped off at their home. Again, please look out for the timetable on the FB page.

Throughout the past three years because of the Covid pandemic, we delivered care packages of household goods and food to our elderly who were mostly shielding and could enjoy a little help. Feedback was very positive, particularly from some of our older residents who enjoyed the shopping we chose, and at a time when some were housebound, a short visit at the doorstep came as a nice surprise.

We have been working alongside Riverbank Primary School to provide any help where we could for our young families and our primary children. We are only too aware of the cost-of-living crisis and will continue to assist where we can for as long as this is needed.

How can you help?

Tillydrone Community Council has been operating for quite some time, we have members who have been with us for over 20 yrs. But now we need some young folks with new ideas to join us and take TCC forward. Our community will soon expand again with the new housing development on Tillydrone Avenue and without a community council our work cannot continue.

Our meetings are open to all residents and are held on the second Tuesday of each month in St. George's at 6 pm, please do come along, meet with us over a cuppa and with your help TCC will continue to support for our community well into the future.

Should you want any further information please do not hesitate to contact me at chairperson.tillydrone@hotmail.com

Bye for now

Eileen Grassick
Chairperson Tillydrone
Community Council



Adult Protection

Throughout Aberdeen there are some adults who are more at risk from harm, due to illness, trauma and physical or mental health conditions.

Having just had Adult Support and Protection Day on the 20th of February, Aberdeen Adult Protection Committee is urging everyone to look out for signs of harm and report any concerns, ensuring those at risk can receive the help and support they need to live safely.

As well as physical, psychological, financial or sexual harm, individuals can also be at risk through neglect or self-neglect. Additionally, adults may find themselves dependent on alcohol and/or other drugs and lose awareness of the situation they are living in - or the consequences of decisions they make.

Harm can happen anywhere - in someone's home, where they work, or in a public place - and is often caused by the people closest to them. It can even happen in places responsible for keeping someone safe, such as a care home, hospital or day centre.

It's important to speak up about any concerns you have, as the person may not be able to do

so themselves. It can be difficult to know what to do when you're worried about someone, and you might feel that you don't want to interfere. However, reporting your concerns could really help to keep someone safe and turn their life around.

The current cost of living crisis is making it even more difficult for those who are looking after others, or struggling to take care of themselves, so it's more important right now than ever to keep your eyes open for signs of harm.

Everyone has a role to play in keeping those in their communities safe.

If you're worried that someone is at risk of harm or neglect from others - or harming or neglecting themselves – please contact

Aberdeen City Adult Protection Social Work Team:

Email:
APSW@aberdeencity.gov.uk

Tel: 0800 731 5520

Alternatively, you can contact the Police on 101, or call 999 if you believe the person is in immediate danger.

Wifies, quines, wimmin – your health matters.

I've found during my previous career that women frequently told me that their pregnancy was the trigger for a new regime of taking care of their bodies. This is great, but ladies you are so worth self-care all the time, not only when your body starts to grow another human being inside of it. Ladies, you are the ones most likely to take on the important economic role of being a carer, so caring for yourself first must be a priority.

Council officers published a report in October 2023 called our 'Population Needs Assessment', and it was sobering reading for Ward 6 Councillors, because in Tillydrone we have the lowest up-take of the HPV vaccine. This saddens me greatly as a quine fae Tillydrone, because it means sometime in the future it will be girls from Tillydrone who will disproportionately receive a positive diagnosis of cervical cancer. So please take up, or encourage your daughters, granddaughters, nieces and female friends to make an appointment to get this vaccine, which has already proven to be a great success.

So look after yourselves wimmen, wifies and quines, in as many ways as possible.

Kairin Van Sweeden



ANDYS MAN CLUB

Andys Man Club is a UK wide men's suicide prevention charity that provide free groups for any man to attend. They run every Monday except bank holidays from 7 until 9pm, the Aberdeen branch is held in Northfield Community centre, where you will find a great group of guys including club champion Scott Brander.

Scott was keen to share his story and spread the word about the club in the hopes that it might just help that one man come forward.

Right away he came across as a down to earth guy, his story starts back in 2019 when he was living in Dundee after moving away from his home in Aberdeen.

"I was going through a bit of a difficult divorce, not seeing my boys, and you know just feeling a bit lonely down in Dundee because I wasn't from Dundee."

"I'd basically hit rock bottom, I was really really struggling. Going back and forth to the doctor and then somebody said have you ever heard of Andys man club?"

Scott explained how he went along but with reservations thinking it might just be some "sad mannys club".

"One of the biggest things I was going through when I was feeling quite down was feeling alone, you know feeling like I was the only person going through this, this was me alone."

"I went along and thought, I wouldn't say anything on my first night because you didn't have to speak, and the next thing I know, somebody asked me a question."

"And I thought I'm going to either not speak or maybe just going hold back and the next thing you know I'm sitting, you know blubbing, just spilling my heart out."

"I just find this, sort of really surprising, you know what I was

saying about feeling quite alone, the next thing I know, the 22 other guys that were in the room that night were all going through something maybe not the same thing, but all going through something and I thought, well, the very first thing that hit me is I'm not alone."

"Six of them came up and gave me a hug afterwards, even that first night was a breath of fresh air."

Scott then became a facilitator for the charity and helped set up other clubs in Arbroath and St Andrews. Before moving back up to Aberdeen for a fresh start, it's a place he felt was familiar and where he set up the Northfield club in October 2023.

After hearing Scott's story, we asked him about the ideas behind the club.

"One of the key things is, confidentiality."

Explaining how there was a closed Facebook group for the club that was sort of an extension of the Monday nights.



“At Andys man club, one of the hashtags is its okay to talk, I’m completely behind that now, because I think I struggled for a while, not really opening up to anybody about it”.

“Partly because I didn’t feel I had anyone to open to. But a problem shared is a problem halved and all that”.

We asked him what men could expect when they walk through the doors of Northfield community centre.

“Since we opened about 15 (guys) have been coming”.

“The key thing is peer to peer support, other guys that understand what you are going through”.

There is always someone at the door to welcome you, and they all follow a similar format of a few questions some light-hearted and some more serious. They have a break mid-way through where you

get a chance to chat to the other guys and it helps you relax.

“There’s no sign up, no referral, you just come through the door”.

The club provide the goods with free tea and coffee and plenty of biscuits on hand, although Scott did mention that they need to up their chocolate game. Guys come in for all sorts of reasons.

“First of all, I would say somebody doesn’t even have to have an issue. Just that they want to get together with a group of like-minded guys. But you know it’s been everything from bereavements to sort of separations, divorces, work issues.”

It’s also important that the members don’t compare the seriousness of their issues to other guys. “That’s your storm.”

I asked him if he had seen any improvements from the guys who attend.

“Oh definitely, yeah. I won’t go into names or anything, one guy who had a rough year last year and his confidence was totally shot, now you would struggle to make the connection to the same person.”

One of the biggest issues surrounding men’s mental health is the stigma. Scott has witnessed firsthand its harmful effects across Scotland that are stopping men opening up.

Scott hopes that one day the club won’t be needed, as men will feel comfortable enough to share their problems with each other big or small. Maybe at the pub, a game of golf or just a during a break at work. But until then, Northfield’s doors will remain open even if it’s just to help “that one guy.”

For more information please contact info@andysmanclub.co.uk or visit andysmanclub.co.uk

Olivia Andrew

City Voice - have your say!

Aberdeen's Citizen's panel, City Voice, is seeking new participants (age 16+) from Tillydrone. Panelists receive around 3 surveys per year to complete, on topics such as transport, the environment, and community engagement. Responses are collated, and the views shared are used to help shape planning by public bodies in the area, like the council and NHS Grampian. Surveys take around 10-15 minutes to complete.

Michelle Crombie, Manager of Community Planning Aberdeen, said, "it's crucial we have representation from all of Aberdeen's communities. City Voice is a great tool, allowing residents to have a say, and it gives organisations essential data on what is going well and what needs to improve."

To join the panel, email cityvoice@aberdeencity.gov.uk or sign up via the link, <https://>



TOOTH DECAY IS PREVENTABLE

Childsmile

Childsmile is a national programme in Scotland which is helping to reduce dental decay in children from birth. It is funded by the Scottish Government and has three main elements.

Toothbrushing:

The programme aims to help children develop an important life skill at an early age.

It offers supervised toothbrushing routines in nurseries & in some schools to P7.

Free toothbrushing packs to use at home are available within the community.

Fluoride varnish application:

Within targeted schools and nurseries, children can join the programme when they start nursery until P4, receiving two fluoride varnish applications per year from the Childsmile team. Further applications can be received from the child's dentist.

Community & Practice:

Childsmile works closely with health visitors, public health nurses, dental

teams, education, community groups and other partners within the local community to map services that can support families. These include food banks, parent/baby groups, community family support, local churches, and many more.

Tooth decay is preventable

Childsmile can support families with advice, to remove barriers that prevent daily, routine, toothbrushing. This can reduce the need for dental treatment.

The Childsmile team use a person-centred approach to support families in understanding the everyday benefits of promoting good oral health benefits.

We provide the central link between dental services, the family, the health visitor, and education.

If you require the help or advice from your local team, please contact gram.childsmile@nhs.scot or call 01224 550088.

Further information about Childsmile can be found on our website: <https://www.childsmile.nhs.scot>

Aberdeen Lads Club Opens Its Dill Road Doors After Major Renovation

Around 150 children are set to return to Aberdeen Lads Club Dill Road in the next few weeks, after the building benefited from a major 14-month renovation project.

Our Early Years Nursery, Junior and Senior Youth Clubs will return to Dill Road, while our After-School Club will continue to operate from Riverbank Primary School for the coming weeks.

The renovation work, which saw a mezzanine floor be added to the building, means that we have significantly more space in which to operate, and now have a dedicated Early Years, After-School and Youth rooms, as well as meeting facilities and multi-purpose spaces. Our games hall continues to be a key feature within the building.

Reflecting on the renovation project, club manager, Angie Johnston said: "It's been quite the journey from when we

closed the doors on Dill Road in Autumn 2022.

"The team at Burns Construction has done a fantastic job and has done everything possible to make sure that we got the building we wanted.

"Even though I knew how it was all supposed to turn out, I didn't imagine it would be as good as it is. It's unrecognisable compared to how it looked before.

"We have so much more space and all our amenities have been modernised, so our children, young people and families will feel like they're coming into a completely new club."

The next step for the charity is to raise funds in order to fully

equip each room with furniture, playthings and kitchen items.

Angie continued: "Now we have a brilliant building, it's time to add to what we already have, to make sure that each room is fit for purpose to meet the local community's needs.

"We've kicked off a fundraising campaign and are hopeful that Aberdeen's business community, along with a number of trusts and foundations, will be willing to support us and our ambitions. It's an exciting time for the Lads Club and we're really looking forward to what 2024 brings."



It's A Person Behind The Uniform

Tilly residents may be aware that their area postcode, AB24 was mentioned for having the most addresses flagged under the Scottish Ambulance Service "Red Flag" policy with 36 in total.

This means that the crew are not allowed to enter a flagged address without police back up or unless a further risk assessment of the situation is carried out.

An address is flagged when a crew has suffered some form of abuse at the property while attending a call out.

Abuse on ambulance staff is rising throughout the whole country, this article will help you understand what the policy means and how to help reduce the mistreatment of the crew.

I spoke to an Ex SAS paramedic who has had personal experience with violence while on shift, to get her opinion on the issue.

We spoke over the phone, where I asked her about her time in the service.

"I've been in the ambulance service for just under 20 years, I joined in 2001 and worked my way up from PTS up to paramedic and then I left in 2019."

"I do bank shifts every now and again just to keep my paramedic skills up"

"it's like a zero-hour contract basically, you're not fully employed with the service you just pick up the odd shift now and again."

In summer of 2023, an incident took place while she was on a bank shift.

"It's the worst thing that's happened to me in 20 years, I have had lots

of little ones, more sort of verbal but nothing quite as aggressive as that."

We discussed if she thinks the policy is enough to help prevent these situations, she explained that one of the problems is that "people aren't always in their address, when they call an ambulance."

I asked if it would be better if a person was flagged rather than an address.

"It's difficult, so illness can effect if they're going to be aggressive, so like mental illness, even like a delirium from a bad illness can make them aggressive so you know people change, it's a really difficult thing."

She told me how their main concern is always crew and patient safety, the first thing they do at any address flagged or not is carry out a risk assessment.

"it's always a dynamic sort of situation, you can only go the information you are given from the control room and then what you can see when you're at the scene."

"I have been in situations when we're on our way to an address that has been flagged, we get there and because of the story and the scene itself we might decide that it is okay for us to go in and assess the situation."

"it's not always a hard and fast rule"

"it's definitely not a perfect system, but there needs to be some sort of protection for crews because the amount of violence that's happening these days is defiantly worsening."

With certain areas having a much higher amount of flagged address

than others I asked her if people living in the AB24 postcode should be worried even if their address isn't flagged.

"No if it's not a flagged address we will treat it like any other address."

She was addiment that they will attend every call out they can with the same attituded of prioritising safety for both parties, if it's in a highly flagged area or not.

She offered advice to anyone who has to call an ambulance.

"Just to try and remain calm and to try and give as much accurate information as possible, so the more information we get and the calmer the person is, the better picture we get of what's going on and the better we can triage things."

We discussed if the rise in violence on crew would ever stop her from doing shifts.

"Certainly, the recent incident has made me more worry, I have been out since but yes I have been more apprehensive about going out, so it does affect you absolutely."

Coming away from the conversation it was obvious that she loved her job as a paramedic even now, the fact that she still does "bank shifts" shows how dedicated the Scottish ambulance crew are to helping people when they find themselves in some of the worst situations of their lives.

I hope you never do, but if you do have to make the phone call, remember its human beings who are coming to help you.

Olivia Andrews



AMBULANCE

PULL TO OPEN ←

shmu, Who?

Considering I didn't know what an AGM was until last week I didn't really know what to expect. I have only been at shmu now for just over 2 weeks so it's safe to say I have a lot of learning to do.

We were all told to meet downstairs before the meeting begun, it was hoatching with folk from volunteers to the board members I still can't believe how big the organization actually is.

We all shuffled into the hall, that had been painstaking cleared out in the days before. Packed was an underestimate, people where even standing in the doorway.

After a few polite chuckles at some attempted jokes, the show was under way.

One thing I have felt since being at shmu is the sense of real care for the people that come here for all sorts of reasons, and that evening my eyes were opened to just how much help and incredible opportunities they provide.

So, from just the last year alone they:

- Had 459 young people involved in shmu activities
- 30 adults were involved in employability programs
- 81 pupils took part in shmu foundation apprenticeships programs

- Helped 69 people go to a positive destination that is things like further education, employment or training programs.

And that's barely scraping the surface.

Just as I was starting to grasp what platforms we already had, they announced they are planning all kinds of new developments.

I must have missed the inside joke about finally getting DAB radio, but now shmu can broadcast up to 20 local stations to Aberdeen North, providing the underheard voices of the North East a platform to shout from.

They even managed to help save the Belmont Cinema, announcing that shmu would become film partners with the Belmont, and a remodelling of the building would take place giving shmu a hub right in the city centre.

They also now have spaces in the new Greyhope community hub in Torry.

And just as I was starting to find my way around the building we are in, they are now renovating the other half of shmu HQ as they have already run out of space.

It looks like I now have even more to learn about this insane organisation, and with so much more planned for the future I can't wait to see what more good this place can do.

Olivia Andrews





THE REDEVELOPMENT OF THE WALLACE TOWER GAINS MOMENTUM

Tillydrone Community Development Trust (TCDT) is excited to share updates on the progress of the Wallace Tower redevelopment. Volunteers have been working hard for years to bring back to life a forgotten landmark near Seaton Park. The group is happy to announce that they are taking great strides in achieving their goals!

Following the appointment of Tintos as new Project Architects in 2022 the designs have changed and a shorter but broader extension is now planned with the multi function use of the tower unchanged.

Planning and Building warrants for this new design were granted in Summer allowing us to move forward with plans for the development.

Aberdeen City Council and the Courts have approved a Community

Asset Transfer and so have agreed to allow the Trust to take ownership of the historic Wallace Tower. This agreement has been a long time in the works but now we are just waiting for legal teams to agree the conveyancing and allow the Trust to take ownership of the tower on behalf of Tillydrone.

Tillydrone Community Development Trust concluded 2023 on a high note, securing additional funding from the Community Ownership Fund. The Trust has successfully obtained £250,000 in capital funding and a further £46,900 in revenue funds. This significant financial boost, when combined with the existing budget, means that TCDT are now well-equipped to initiate the redevelopment project.

After careful consideration, the Trust reached the decision to appoint Chap

Construction as their Principal Contractor. TCDT is expecting to initiate the works in the upcoming weeks, ideally starting before the end of February.

Tillydrone Community Development Trust, a charitable organisation established and run by local community members, extends a warm welcome to new members interested in joining their mission. The Trust values any form of support and are happy to speak to anyone interested in helping with fundraising, communication, and public engagement.

Aleksandra Staskeviciute,

**Tillydrone Community
Development Trust**

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