

Summer Edition 2012

# TillyTattle

LOCAL NEWS DEDICATED TO YOUR COMMUNITY



Featured in  
this issue...

**TILLYDRONE**  
Jubilee Party

**'JOLLY' GEORGE**  
The Tilly Mouth

**GARY DAWSON**  
Interview

**SONNY OGG**  
Home from Home

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## editorial

Welcome to your Summer edition of the Tilly Tattle.

In this issue we have articles from NHS Grampian, Reiki in the community and Riverbank Primary, as well as some lighthearted anecdotes from Sonny Ogg and the larger than life 'Jolly' George Scott.

As you can see from our editorial picture our team is rather small, but we are always looking for more volunteers to get involved in the Tilly Tattle. So if you would like to join the editorial team or have any ideas for your 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 is 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 Mary Clare at Shmu on 515013 or you can email her on maryclare@shmu.org.uk



L to R - Cat, Elsie, Wendy, Sonny

Supported by



## Just Something to Ponder Over..

### No nursing home for me!!!!

I will be checking into a Holiday Inn! With the average cost of nursing home care costing £100 plus per day, there is a better way when one gets feeble. I've already checked on reservations at the Holiday Inn.

A combined long term stay and senior discount is £60 per night. Breakfast is included and some have happy hours in the afternoon. This leaves £60 a day for lunch and dinner anywhere I choose, or room service, with laundry service, gratuities and special TV movies. Also provided is a spa, swimming pool, a gym, a lounge etc. Most have free toothpaste and razors and all have free shampoo and soap. £3 of tips a day may get the staff making extra efforts to help me. They treat you like a customer, not a patient.

There's a bus stop nearby and senior bus travel is free. To meet other nice people, try the church on Sundays. For a change of scenery I'll take the airport bus and eat at one of the nice restaurants

there. While there I may fly somewhere. Otherwise the cash will keep building up. It takes months getting into a decent nursing home. Holiday Inn will take my reservation today. I don't have to be stuck in the one place forever.

I can move from Inn to Inn, or even city to city. TV on the blink? Light bulbs need changing? Need a mattress replaced? No problem. They fix everything and apologise for the inconvenience. They also have night security people with daily room service. The maid checks to see if you are okay. If not they phone you an ambulance...or undertaker.

No worries about family visits - they will be glad to find me so happy. Perhaps they may check in for a few days. The grandchildren can use the pool. What more could I ask for? So when I reach that golden age, I'll face it with a grin. To all you approaching this golden age, this is especially for you too !!!

**Sonny**



# RIVERBANK SCHOOL

## PARENT COUNCIL

Here at Riverbank the Parent Council have had a busy year! We were elected in October 2011 and hold our positions until September 2012.

The Parent Council members are Jill Robertson (chairperson), Claire Hamilton (vice chair), Alicia Richen (treasurer), Helen McPherson, Julie Stewart, Pamela Craig and Yvette Zarzoso. We are also very fortunate to have a group of adult helpers (Friends of Riverbank) who help out in the school.

**The Parent Council have been involved in many activities this year, including:**

- Dress up day and parade
- Discos for the children
- Bingo evenings
- Helping out at open mornings, afternoons and sharing assemblies

- Holding a fund raising event with Christmas ideas
- Providing the children with a small Christmas gift.
- Helping at the Christmas concerts and organising the Christmas Raffle.
- May Fun Day working along side the staff.

Before the term ends we will also be helping with the P7 prom and whole school trip to Seaton Park.

Friends of Riverbank are a group of people who help in the school and also businesses and companies that have supported the school in some way. The volunteers help in a variety of ways around the school such as P1 snack, tooth brushing, running of extra curricular activities, classroom helpers, assisting in class trips, cycling proficiency, pupil interest groups and many more.

The Parent Council also have the chance to work along side the senior management team at the school and attend regular city-wide meetings hosted by Aberdeen City Council.

So far this year we have raised over £1,600 which will benefit every pupil at Riverbank.

If you would like to become a Friend of Riverbank and would like to help us in any way please contact Jill on [PCRiverbank@aberdeencity.gov.uk](mailto:PCRiverbank@aberdeencity.gov.uk) or leave a message with the school office.

Elections for the Parent Council will be held in September 2012 – there will be more information coming out at the start of next term.

Please remember that the more helpers and volunteers we have in the school the more the children will benefit!

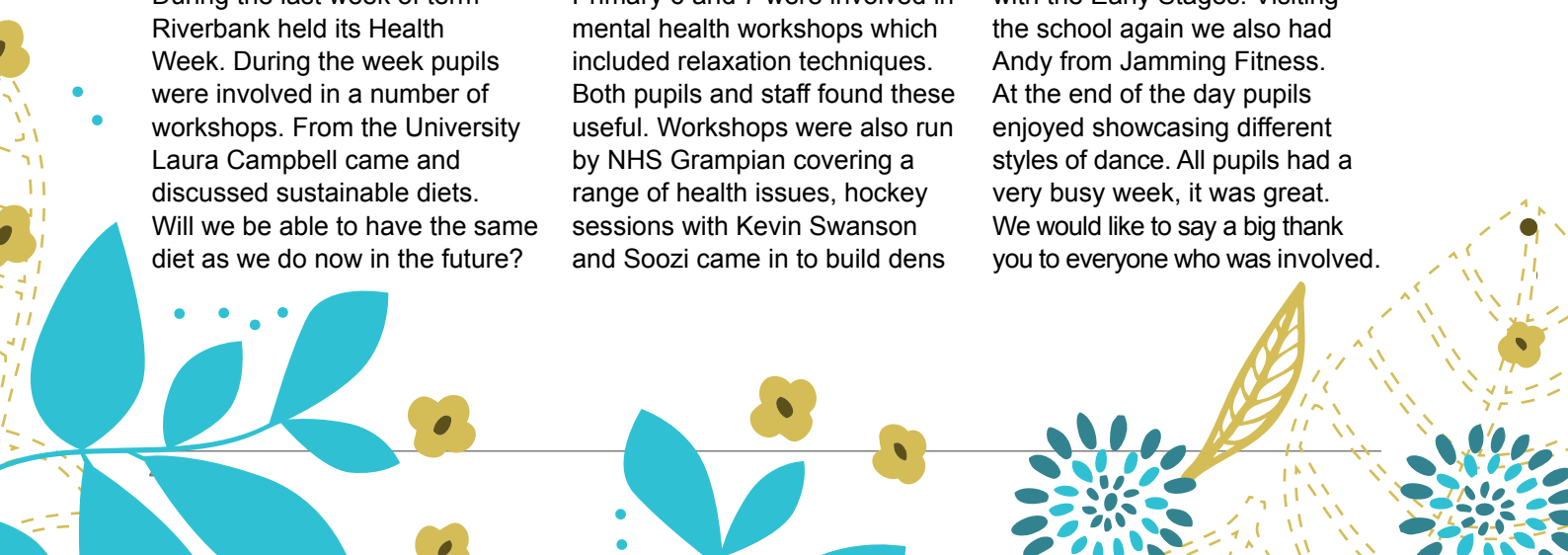
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## HEALTH WEEK

During the last week of term Riverbank held its Health Week. During the week pupils were involved in a number of workshops. From the University Laura Campbell came and discussed sustainable diets. Will we be able to have the same diet as we do now in the future?

Primary 6 and 7 were involved in mental health workshops which included relaxation techniques. Both pupils and staff found these useful. Workshops were also run by NHS Grampian covering a range of health issues, hockey sessions with Kevin Swanson and Soozi came in to build dens

with the Early Stages. Visiting the school again we also had Andy from Jamming Fitness. At the end of the day pupils enjoyed showcasing different styles of dance. All pupils had a very busy week, it was great. We would like to say a big thank you to everyone who was involved.





## P7 END OF TERM TRIP AND PROM

P7 are leaving this year to go to secondary school so they held a number of events to mark this occasion - including a Prom and an end of term trip. They held a fundraiser to raise money for these events, as well as receiving a generous cheque for £1000 - kindly donated from WOM companies.

For our prom, Miss Kennedy kindly donated a red carpet to contribute to the prom theme - "Hollywood Awards". Members of the Parent Council and staff donated food and refreshments. We had managed to extend the prom times from 6.30-8.30.

There were concerns about the expense of a decent prom dress/kilt/suit. But Miss Gardner advised - *"The reason for a theme was if you didn't have much money you could spend a reasonable amount on an outfit and still look the part, no need to fork out hundreds on a dress or outfit."*

Pupils were not expected to spend a lot on a dress or suit, they should have only spent what they were comfortable with and could afford

A great night was had by all!

***I'm Jorden Marcella and this was your update on P7 prom and end of term trip!***

## MEMORIES OF MISS GRANT

You were my teacher for 5 long years and they were some of the best highlights of my life, for example crocrairie, card making with Mrs Fraser and also when we went to the café, but one of my favourite memories is being in your class.

Remember when it was the end of primary 3 and everyone was crying? Well, that is how everyone feels when you leave.

Thank you for being a great teacher!!!!

You are a star!!!!

**Estelle Zarzoso p.7**

## HEADING TO ACADEMY

I am going to Harlaw Academy. Some of my friends are going there as well but some of them are going to St Machar. I'm looking forward to meeting new friends. I have already met one who is very nice, which makes me feel better already. I think that it will be fun going there.

Some other people are going to St.Machar Academy some are going to Harlaw, Robert Gordon's and Bridge of Don. It will be sad leaving Riverbank School but everyone has to leave school one day. Some people are scared to go to Academy but I'm sure they will be ok. I hope we

will get cool stuff to learn about. I heard that in second year you can choose stuff which you want to learn about, which I'm excited about but, you still have to do Maths and English.

**By Julia Gostrowska**

# Good Work in the Community

The Lighthouse which is based in the shopping centre in Tillydrone has been doing good work there for over eight years. It is a drop-in centre for adults facilitated by donations given to the Bethany Christian Trust.

They offer tea and coffee, soup and snacks, a pool table and various board games. But apart from these obvious benefits to the people like myself who use it, the centre will try to assist as much as possible with an individual's personal problems.

We all have problems and I find that just going there once a

week and relaxing in a friendly atmosphere, chatting to friends and catching up on local news usually helps. Most people like to try to help with our difficulties, there always seems to be someone who can either offer advice personally, or point you in the direction of someone else who can.

Even if you don't have any big problems it is nice to be part of a community group and know that there are people who care. John and the other volunteers are doing grand work, and because of popular demand, the project times have

been extended from Mondays 11am to 1pm (men only) and Wednesdays 11am to 1pm (women only) to Tuesdays 11am to 1pm (women only)

There is also a planned extension of the premises in the pipeline. Renovation work on the old butchers shop is due to commence soon to create a new table tennis room.

Keep up the good work, lads and lassies - it is what every community needs.

**Article written by Cat**

## REGIONAL SURGERIES

# LEWIS MACDONALD MSP

Regional surgeries in North East Scotland



Lewis Macdonald MSP is available to listen to your concerns, make representations on your behalf, and put forward your views in the Scottish Parliament. He holds surgeries on Fridays between 2pm and 4pm at his regional office in Aberdeen.

If you would like an appointment with Lewis Macdonald at a surgery, please contact his regional office, as shown below:

**80 Rosemount Place,  
Aberdeen AB25 2XN  
Tel: 01224 646333  
Fax: 01224 645450**



# Reiki in the Community

**Sceptical, like many others with a doubting attitude, I was asked if I wanted to take an appointment that someone had at the last minute cancelled with Reiki Master/Teacher May Paterson.**



I first came into contact with this wonderful healing group when I came to live in Aberdeen 18 months ago. What struck me was the warmth and generosity of spirit that was displayed, which made me feel very welcome and I had a sense of belonging which was very comforting and nurturing. The Reiki that we offer is very special where we work together as a team or as a group. The energies are beautiful and can be difficult to explain, as each client feels different on receiving Reiki. In giving, I also receive, in abundance. It's donation-only, nobody is excluded from this beautiful healing experience.

My life is much richer by taking part in Reiki in the Community. I have made lifelong friends and have met so many people.

Reiki in the Community is held in Fountain Grange common room with the kind permission of the residents. This is a beautiful space where healing takes place. Sometimes it's nice to just sit back and relax and bask in the healing energies that permeate the room.

We have also worked in schools, nurseries and at the Gala day too. The group is very popular within the community and it is growing by the week, bringing people together from Tillydrone, Woodside and Hilton. The feedback we get is always positive and a joy. My life is Reiki, it's not just a hobby. I use it every day on myself and others. It's a way of life and it's a pleasure to be able to give Reiki healing to this special community. I love Aberdeen and

the people. The weather might be cold but the people are warm.

I am actually leaving Aberdeen to start a new life in South Wales... so I am a bit sad to leave such a unique and dynamic group of healers and friends, but hopefully we will continue our friendship and, you never know, I might start Reiki in the Community in Wales.

## **Love and Light**

### **Josephine Jensen**

For more information about Reiki in the Community or to book an appointment please contact Louisa:

**Tel:** 01224 489832

**Mobile:** 07503 243017

**Email:** [louisa.brown@talktalk.net](mailto:louisa.brown@talktalk.net)



# Tillydroners know how to... Party!

Tillydroners know how to Party! The Queen and Prince Philip enjoyed celebrating with us as surprise guests at Her Majesty's own jubilee party at Tillydrone Community Flat on Monday the 4th of June. This event went exceptionally well.

Prince Philip commented: 'There is really something about Tillydroners - when there is a free event of any kind, the people come out in vast numbers to attend.'

At one point there were about 150 kids/parents at the flat, inside and out, luckily the weather was on our side. The bouncy castle was a big hit, but unfortunately, only for the

under 12s. This came as a huge disappointment to some of the more fun loving parents!!

The face painting stall had lengthy queues from start to finish. Thanks everyone for lending a hand, ensuring no child left disappointed.

Childhood memories came flooding back as the children pitted their luck at the Lucky Dip. Another game involved rolling pennies down a chute in a bid to land on a star and claim a prize. This proved a firm favourite. Although, for one little boy, rules didn't seem to matter, choosing to pocket the coins instead before promptly returning to his colouring-in!

The best part was a few of Riverbank girl pupils playing house with the toys in the crèche. Picture it - one has a bag on her arm and says to the other - 'mummy, shall we go shopping to Tesco's.' 'Its all right hen, we can do it online, you put the kettle on and we can put our feet up and watch Jeremy Kyle.'

Staff at the flat need a round of applause! Firstly, for acquiring funding to hold this event, and secondly, for the organisation - the hiring of the bouncy castle, the games and activities. Also, gratitude to Sarah for the wonderful food, catering for the people's needs. A great day was had by all!





“ It was really good. It was good for everyone to be socialising and getting together.

*Rachel (8)* ”

“ It was pretty awesome. I helped with blowing up balloons, taking photos and made flags because it was for the community. ”

*Shannon (13)*



“ It was a brilliant day. I couldn't take the corgi today. They can't go everywhere can they? Thanks to the people who organised it all. ”

*Dorothy (Queen for the day)*



“ This is what the flat is supposed to be like. It's a long time since I've seen it like this! ”

*Helen*



## M26 Road to Recovery

Despite receiving a bill of over £5000 for rent for the premises in the shopping centre, the group is still going strong.

The problem has now been resolved and although some of our activities are quite expensive, we also do a lot that costs next to nothing. For example - local walks, our gardening project and picnics in Seaton Park.

The group is about belonging and having a purpose in life. All the members have said that people they know have noticed a difference in their outlook to life and their future.

Our next big project is a camping trip which the leaders are not allowed to go on for insurance reasons. Three of the group went

camping on their own which they said was inspired by the group.

The garden is beginning to look good again but not all of the good work carried out by the M26 can be seen yet.

Aileen and Graeme are happy with the progress of the group, but because of their nature and the challenges they face, the work they do can sometimes prove difficult and quite problematic.

Lastly, congratulations to Aileen Davidson, who was selected to carry the Olympic Torch when it reached Aberdeen. This honour was in recognition of her charity work and ongoing commitment to the community. Well done, Aileen!



*Article written by Cat*

### TILLY BUTCHER

#### **Lurch's Rant;**

**Tesco's Kebabs are £12.16 per Kilogram (£3.50 per box)**

**Asda's Kebabs are £13.64 per Kilogram (£3.60 per box)**

**The Tilly Butcher is £9.99 per kilogram for Kebabs!!!**

This makes me sadder than a naked hedgehog because of the ignorance of some people saying they can get a pack of mince at Asda for £4. Yes you can, but its £8 per kilogram and you are buying a pack that is 500g in weight - therefore £4. I charge £7.10 per Kg for mince which is £3.55 for 500g. When supermarkets package things and slap on a £3 sticker it's because

it's a certain weight, look past the conveniently priced brightly coloured sticker and start looking at the price per KG on food in supermarkets. You will soon realise you're being ripped off.

Trust me when I say that The Tilly Butcher is cheaper than all these supermarkets for meat - I have forced myself to wander round all these soulless places to prove it! Nearly every other butcher (with the exception of the ones in the city centre) is cheaper than a supermarket for meat.

The round weights and packaging ploys that supermarkets use now mean people have lost the ability to

judge portion size. The public are left believing the local butcher is the expensive one. WRONG!

230g (1/2lb) is the ideal portion size of an adult and 115g (1/4lb) for a child. Next time you're in the supermarket remember the weight of what it is you buy then forcefully throw it back on the shelves in disgust. Seriously, go to a butcher and get it from there.

Remember to support your local butcher, tell your kids to support your local butcher or when they grow up the sad truth will be your local butcher will be no more...

**Lurch Monster.**

## it just takes a minute

Hello to all our readers - this is just a wee reminder to all the dog owners in Tillydrone and surrounding areas about the brilliant job local children did a few months back bringing our attention to the problem of dog fouling on our street footpaths and children's play areas.

Just last week I saw a man from the terrace not only picking up the mess his dog had just deposited on the path but also clean up someone else's dog mess as well. I was so impressed to see this act of public spiritedness I gave him a round of applause and praised him for his unselfish deed.

Unfortunately, not all dog owners in the terrace follow

suit! It's a pity that the law won't allow us to name and shame them as it is not just a legal offence not to clean up after your dog but it's very unhygienic for children and adults alike, so here is a wee rhyme to give you a reminder. The next time your dog does its business on the street or in play areas think:

**IT JUST TAKES A MINUTE TO BAG IT AND BIN IT.**

So please, all you dog owners, think about the children, yourself and the public. Keep Tillydrone a clean and safer place for all our children to live in.

Thank you,  
**P. Robertson**

## ADULT LEARNING

### adult learning

If you are interested in learning more about:

- Cooking cheap and nutritious meals
- Help with reading, writing & numbers
- Learning English for non-English speakers
- Learning basic computing

There are small, friendly, free classes starting again in your area in September.

Please contact Lesley at Tilly Community Flat on 486641 or Lifelong Learning on 277931 for more information.

**Lesley Duffus**  
**Adult Learning and Literacies Co-ordinator**

Tillydrone Community Flat  
3B Alexander Terrace  
[leduffus@aberdeencity.gov.uk](mailto:leduffus@aberdeencity.gov.uk)

## summer drama work shop

**Learn amazing new skills!**

**Work with costumes, props and make-up!**

**Make new friends!**

**Week one will contain different experiences every day.**

**Week two will work towards a performance which may be live or filmed.**

**Dates: Monday 30th of July to Friday the 4th of August and then Monday the 6th to the 10th of August!**

**Classes run from 10am to 4pm**

**Spaces are free but limited so BOOK NOW!**

**Contact:**

**Shazamtheatregroup@yahoo.co.uk or speak to Kathleen at St Georges Church to book a space.**



# A Journey...

**For the record, I am a born and bred Aberdonian. I have never had the inclination to learn to drive, so I have always had to rely on others for a lift, used Shank's pony, or had to use public transport.**

The purpose of this wee epistle is to take you, The Tilly Tattle reader, on a personal journey by public transport - the number 19 bus in this case, from here in deepest, darkest Tillydrone into town. All very simple and straightforward stuff you may think, but if you keep your eyes and ears open there's a lot happening both on and off of the bus. Besides the physical conveyance, courtesy of First Bus, I also hope to take you on a wee trip (no pun intended) down memory lane as the n-n-n-n-nineteen wends its way from Tillydrone on to Union Street (and thereafter beyond).

Okay, here I am, waiting patiently, with some other tortured souls at the Gort Road stop on Gordon's Mills Road. I thought that the 19 Bus Service operated every fifteen minutes? So where is it?! Idle chit-chat about the weather and this poor bus service abounds; language is not a barrier at times like these.

Wait... movement from the other side of the road... people are stirring and starting to migrate over to the bus-stop! It must be our carriage! It is! Hurrah! Hold on - what does that say rather than "Turquoise Line. CULTER"? No way! "Sorry. I'm Not In Use"? No way, man! You are in use. You are a bus, my bus, you're mobile and pointing in the direction I want to go! So YOU ARE IN USE!! Whoa! Don't go! But it does, and I swear that the driver has a smirk on his face as he passes us by - schadenfreude (look it up) is not a badge of honour, Mr Driver. Various expletives

abound in several languages, the driver's parentage is rigorously questioned and we settle down for another lang stand. Walk? Moi? Nah, I'll wait. It'll give me something (else) to complain about and besides, I'm lazy.

Anyway, another alleged fifteen minutes later our bus finally arrives. Due to the fact that the last bus ran away, this one is already hoaching. "Welcome Aboard" the sign on the driver's cab-door proudly announces, and we all trundle on like sheep - albeit ill-tempered ones. After paying the equivalent of a Somali pirates' ransom (£4.20 off-peak) for an all day ticket, I spy a seat and park my bum. Collective sighs of relief echo throughout the bus because we are finally on our way. "Woo Hoo!" (Nod to Homer (Simpson) for that one.)

For whatever reason, I'm in nostalgia mode and my mind wanders back to the halcyon days of buses with open back doors for boarding and 'alighting' from, I fondly remember Aberdeen Corporation Transport, bus conductors, inspectors and cigarette smoke so thick and deep on the top deck you had to literally duck underneath it to get to your seat. Happy days, but I must get out more.

Okay, the view from the bus: Tillydrone Avenue, the Tower Bar Flats - not bad! Been inside them and they're great. The Zoology Building: Aaagh! Was the architect who designed this using an Etch-a-Sketch? The new Queen Mother Library - the

biggest fish-tank in Aberdeen, and what's this about the wrong glass? How long has it taken for this thing to be built anyway?

Wait a minute, here we are on Bedford Road and a young lady with a buggy about the size of a small family car wants to get on board. The driver informs her that she will have to fold the pram up as there is already someone on board with a baby in a buggy. Graciously (well so I thought) I offer a helping hand. In the name of Mammias and Pappas, how heavy is this thing? Who designed it? Isambard Kingdom Brunel? (Google.)

Anyway, after wrestling this thing which was like tackling The Kraken from Clash of the Titans, I put it to rest in the appropriate area for such thingummies - albeit the area is more suitable for parking articles about the size of a mobile phone rather than a gargantuan perambulator such as this. Wait a minute; the young lady I thought I was helping has nicked my seat. Marvellous.

Wait! Look! There's a wee wumman who looks about 6 stone, soaking weet, sitting on her own. Room for me! Hang on, as I approach I see that she's taking up as much room as a brickie's labourer. Bunch up, babe. "Aloha! How are you doing?" I enquire. "Fine", she reluctantly replies. It's going to be a long journey.

I am now suddenly aware of someone playing music into their lugs via head-phones, and disturbing all of us. Okay, me. I need to focus. I'm built

like Buddha, so I try a bit of transcendental meditation. Get in the zone, Georgie-boy, get in the zone. It's no use. Garage? House? Dance? What is that racket? It was never like this in my day - God, I'm turning into my Dad. Oh no! Here come the lights at Bedford Road/Powis Terrace: we're going to be here for about 3 days.

3 days later, the nearly mile long George Street - my old stomping ground has become a complete and absolute dump, all hairdressers and charity shops - not a lot of planning refusals here then. Nostalgia envelopes me once again, the Grandie Picture Hoose, C Bruce Miller, Isaac Benzies (with a lift and a wee lift operator!), the Rubber Shop (nothing kinky here folks), Little Woolies, to name but a few. Best days of our lives.

It always depresses me witnessing the carnage of what has become of my beloved George Street (hey, they even named it after me). In my opinion, the totally ill-conceived creation of the St Nicholas Centre (1985) and the Bon Accord Centre (1990) effectively choked Aberdeen's second shopping thoroughfare by starving it of the much needed oxygen of shoppers.

The bus takes a left onto St Andrew's Street and I cast a glance at the John Lewis building - formerly Norco House a.k.a. The Co-opie - another, in my opinion, monstrous carbuncle. An example of a Ziggurat building, apparently. As I recall, it was described as "space-age" back in the day (1970), but even now it still retains a certain horrendous lack of appeal for this Aberdonian. Built to replace the beautiful Co-op Arcade just around the corner in Loch Street (which was eventually demolished in 1986), this is just another example of the woeful planning and poor

maintenance of one of the jewels that was in Aberdeen's crown.

As the ghosts of Loch Street Post Office, The Soup Kitchen and The Swan Bar melt past me, within seconds we are gliding past the Middle School Baths where many of those of a certain, now delicate, age first discovered the joys of a swimming pool. (My beloved Beach Baths and Up-town Baths start tugging at my heart strings and my water wings.) Hey! We are now on Broad Street. Yippee! Nearly there. Broad Street: the magnificence of the Marischal College sitting directly opposite the flawed sixties-style, eye-watering architecture that still is St Nicholas House is a pure contradiction in terms: The Beauty and The Beast.

## It always depresses me witnessing the carnage of what has become of my beloved George Street.

Bus-wise, previous experience tells me that I should start to hoof it from this point. Whilst I will remember that driver change-overs used to be seamless here, it takes an age these days. And oh no! The Broad Street lights as well. I guarantee they will change 3 times by the time the bus reaches them. Correct! We managed to travel a further 100 metres in 5 minutes.

Oh, look, here's Union Street. Aberdeen's premier thoroughfare: a massive 'PAWN BROKER' sign in luminous yellow (which I swear can be seen from outer space) greets me as we swing onto Union Strasse. Might I suggest a little bit of tinkering here and there when giving the go-ahead for such shops to open on what

was once a proud and prestigious street? Oh look, Esslemont and MacIntosh, still empty - the pain goes on. Why are we spending all this time, effort and money on Union Terrace Gardens when major shopping thoroughfares such as George Street and Union Street are in such a mess? Hey-ho.

My penultimate stop: outside the Aberdeen Market. Yet another faded and jaded imitation of its once illustrious predecessor. Sorry, but another ugly duckling that used to be a swan. Is it just me? I hope not. Anyway, I have sent in my C.V. into Grumpy Old Men as I have almost completely morphed into Victor Melgrew during what was supposed to be a short bus journey into town.

Hello, world! Here I am! Just past Bridge Street and time to 'alight'. Hold the bus (literally) I've been sitting here for so long that I feel that I've developed deep vein thrombosis - akin to what one would expect on a long-haul flight. I swear I have been on holiday and it has felt that I have spent less time travelling to get there than I have spent getting into my city centre from Tillydrone. Between waiting for my bus and the long and winding road that was my journey - albeit 'eventful' and simultaneously allowing me to wallow in nostalgia - I have lost more than an hour of my life. Maybe it's just me, but at £4.20 for an off-peak return (normally £4.80), who's the mug?

Okay, so I'm here, I'm going to have a juice at my favourite hostelry, but I'll have to get home... so how am I going to get there?

"TAXI!" - *Now that's another story.*

**Take it easy.**

**George Scott**

## SHMU Celebrates Aberdeen



On Saturday 9th June SHMU took part in this year's Celebrate Aberdeen Parade, joining together with other third sector groups to unite and highlight the diversity of work going on in the city in a bright and energetic parade.

In total, 126 charities took part this year with over 3,000 people parading down Union Street. There were a variety of SHMU groups involved including our shmuFM volunteers, Youth Radio Project members and shmuTRAIN Positive Transition trainees.

Radio Station Manager, Nikki Morris, said "Unfortunately the sun didn't shine for us but that certainly didn't dampen the mood. There was definitely a real buzz in the heart of the city and

it was great to see such a turnout from all the charities and groups. We're looking forward to next year already!"

For more information about the parade, visit [www.celebrateaberdeen.org](http://www.celebrateaberdeen.org)



Big thanks go to Aberdeen Action on Disability (AAD) for donating t-shirts especially produced for wearing during the parade. Through their new Social Enterprise, AAD printed branded t-shirts which our volunteers and trainees wore with pride. If you would like to find out more about their printing services, you can pop in to see them at 84 Spring Gardens or phone them on 01224 641355. Alternatively drop them an email on [office@aad-online.com](mailto:office@aad-online.com).

## New Appointment in Tillydrone

We recently caught up with Gary Dawson to chat about his new role as Development Worker at the Tillydrone Community Flat. Gary is a well-known face in Tillydrone and is passionate about this area. In this interview he talks about his excitement about being back working within the community, and we find out his plans to help the people of Tillydrone....



### What is your job title?

*My job title is Development Worker.*

### What does your new job entail?

*I am here to support groups and individuals to make the best use of the community flat and my role is to create more classes and groups in the flat. I also need to find funding to run the classes and groups.*

### What do you hope to bring to the flat?

*I hope to bring more opportunities to the people of Tillydrone and also to make the flat a more usable resource.*

### Do you think there needs to be any improvements in the flat, if so how do you hope to achieve them?

*The flat definitely needs to become a registered child care provider as there is only a morning crèche running at the*

*moment. However, we have submitted an application hope to find out whether we've been successful within the next few weeks. Becoming a registered child centre would allow us to offer more class/group spaces to parents with the added bonus that childcare need not be an issue.*

### What are you most looking forward to in your new job?

*I'm looking forward to seeing the flat getting used more and more during the week as well as weekends. I'm also excited about getting community members involved in helping to run the flat too.*

### What do you think will be your biggest challenge?

*It's a new era, many communities have seen big changes. Most have been affected by the extensive funding cuts. More than ever, we need the people of Tillydrone to rally together, to become more involved in the management and day-to-day running of the flat in order to ensure it's future success.*

### If people need to get in contact with you what's the best way to reach you?

*You can call me at the flat on (01224)486641 or email me on [gary@tillyflat.com](mailto:gary@tillyflat.com). I work Monday to Friday 9am to 2pm, but the flat is open till 4:30pm*



## Tillydrone Vision – Working With Young People in Uganda

### 2013 Visit to UGANDA!!

*(Almost Free)*

Are you interested in a 2 week visit to UGANDA? Well if you are aged 16 -25 on the 1st of September 2013 and live in Tillydrone then please visit our website for more information [WWW.TILLYDRONE-VISION.ORG.UK](http://WWW.TILLYDRONE-VISION.ORG.UK)

# COMMUNITY CONTACTS

## Alcohol

Alcoholics Anonymous **0845 769 7555**  
Drinkline **0800 917 8282**

## Benefits

Benefits Agency Advice Line **0800 587 9135**

## Crime

Crimestoppers **0800 555 111**

## Drugs

FRANK – National Helpline **0800 776 600**

## Dentist

Emergency - G-Dens **01224 558 140**

## Doctors

NHS 24 Emergency **08454 242 424**

## Electricity

If you have a Power-Cut **0800 300 999**

## Family Planning

Square 13, Support & Advice **01224 642 711**

## Gas

Gas Emergency **0800 111 999**  
Gas Emergency with a Meter **0845 606 6766**

## Housing

Emergency Repairs **01224 480 281**  
Call Centre Emergency **0845 608 0929**

## Police

Non-Emergency **0845 600 5700**

## Samaritans

Need to talk **01224 574 488**

## Social Work

Social Work Duty Team **01224 765 220**  
Emergency Out-Of-Hours **01224 693 936**

## Young Carers

Support & Information Service **01224 625 009**

## Water

Scottish Water Emergency **0845 600 8855**

## Alkohol

Anonimowi Alkoholicy **0845 769 7555**  
Problemy z alkoholem **0800 917 8282**

## Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

## Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

## Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

## Dentysta

Nagłe wypadki **01224 558 140**

## Lekarze

Nagłe wypadki **08454 242 424**

## Elektryczność

W wypadku odcięcia energii elektrycznej **0800 300 999**

## Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

## Gaz

Nagłe wypadki **0800 111 999**  
Nagłe wypadki w związku z licznikiem **0845 606 6766**

## Pomoc mieszkaniowa

Nagłe naprawy **01224 480 281**  
Centrum pomocy **0845 608 0929**

## Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji **0845 600 5700**

## Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

## Praca społeczna

Dyżur pracowników społecznych **01224 765 220**  
Nagłe wypadki poza godzinami pracy biura **01224 639 936**

## Pomoc w karierze

Wsparcie i informacje **01224 625 009**

## Woda

Nagłe wypadki **0845 600 8855**