

# TillyTattle

Summer 2022



## In this issue:

EARTH & WORMS

COST OF LIVING CRISIS

MUGGER'S BRIG

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)

Summer Edition 2022

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## Welcome to your Summer edition of the Tilly Tattle.

In this issue, we have articles covering the benefits of saying no, the marvellous Earth & Worms project, an update on the cost-of-living crisis, news around other developments in the area, including Cruyff Court, Tilly Library and Mugger's Brig.

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



Laura Young



Goodbye Laura

# MEET THE NEW COMMUNITY SUPPORT WORKER

All good things come to an end, with that sentiment, shmu sadly bid farewell to Laura Young. Laura has been behind the scenes making the delivery of community magazines possible for several years.

After doing such an amazing job for the past 7 years, Laura has left behind big shoes to fill. Hoping to fill those shoes is Rose Ross, the new Community Media Support Worker. Rose will be supporting the dedicated volunteers on the editorial committee who bring this magazine to life.

Rose commented saying, *"I've enjoyed putting together this magazine with the brilliant Tilly Tattle volunteers and look forward to getting involved with the community. I look forward to meeting many more people from the area and getting even more people involved!"*

Rose Ross



# EARTH & WORMS, YOUR COMMUNITY GARDEN

**By Lou Parra**

About a year ago I was enjoying the perks of being in the middle of a pandemic (not!). Then I heard a thud at the front door. Exciting news from the outside world! The Tilly Tattle arrived to the flat and on the first page that I randomly open was an article about a community garden near where I live. I got excited and sent an email on the spot. Within a week I visited John Sergison, the community garden coordinator, and we had a chat about what they were doing at the garden. I told him what I could offer on a voluntary basis. Next thing I knew, I was on board and arranging herbal events. Yahoo! Since then many other events have happened in between.

Nowadays, I am also volunteering with shmu, making a documentary about community gardens in Aberdeen. Luckily for me, the first community garden that we decide to visit is Earth & Worms. I called John and told him about the project, and he happily agreed to share more information about our garden. This is what we talked about it.

## ***How did the concept of Earth & Worms community garden evolve during and after the COVID?***

The fact that people were isolating inside, I think, it brought the need to have a space outside. And then, through doing a community consultation, we found out what elements people would like to see flourish within the space. Then we've been working for the past two years to try and implement that. Now that COVID restrictions have lowered and stopped, we've now been able to have a lot more people in bigger groups outside. I think that's really helped a lot of people's mental health and social anxiety... because it's just

trying to take the next steps to get back into a new world of normal after COVID.

## ***Considering the return to the new normality following the pandemic, why do you think Earth & Worms is relevant to the community?***

We realised that we need to bridge the gap between society and nature. A community garden is a great space in which you can do that. In a world where nature is declining in such a way, these small green spaces and pockets are a great way to be able to bring back biodiversity under community stewardship.

## ***Can you give us any specific example of projects running in the community garden where we can see this biodiversity?***

We've planted a lot more pollinator species in the garden. And a lot of these have beneficial uses for the society as well because they're medicinal herbs that you can use. Later in the year you can take some of the flowers whilst leaving some behind for pollinating insects. Also, members of the group have built a bug hotel, which attracts many other species. So, then you have beetles, masonry bees, woodlice, spiders, etcetera, and then they all live together in one block rather than having a patch of land that's not got such a diverse community of plants and habitats within it. We've now created those different habitats and planted an array of food sources to attract a multitude of insects, birds and mammals.

The name of Earths & Worms also attends to this biodiversity....

It came from the idea that we were going to be based on mainly producing compost and having a

worm farm... As we need fertilizers to help grow vegetables and plants that we use either medicinally or to consume to feed ourselves.

## ***How do you envision Earth & Worms in the near future?***

The future will change with the members who join our group. To be able to make contributions towards food and fuel poverty for the community in which we serve, and to see the byre transformed into a food grade safe building where we can prepare food that might end up wasted. We could potentially freeze prepped food, so we can use it to make food at events, such as soups and pizza toppings... I think sustainability and being able to provide a service for the community that's run by the community is the main goal of the project.

John believes Earth & Worms is a community space in which people can grow within themselves and within the space provided. He reminds us that the apple trees were already there before the project started. The trees, are in a way, the foundation of a place. Before cleaning the site there were needles and litter everywhere. Now there are new projects to keep the garden moving forward like planting hops. These plants are usually planted in warmer places. They are planted with the hope that they would accept the soil and grow. You will think, what about the weather? Well, the polytunnel is on its way, but we need more hands, for sure.

**If you are interested on joining our group of volunteers, please send us an email to [earth.n.worms@gmail.com](mailto:earth.n.worms@gmail.com) and follow us on Facebook and Instagram @ [earth.n.worms](https://www.instagram.com/earth.n.worms)**



Documentary Filming



Meditation Workshop



Soap Workshop



## Planning approval gained for Aberdeen's third Cruyff Court

Planning permission for a further Cruyff Court in Aberdeen has been granted by the City Council.

To be located in Tillydrone, by Formartine Road and Conningham Gardens, the court will be the third of its kind in the city and only Scotland's fourth in total.

Built with the aim of providing a space and encouraging children to 'sport and play', the courts take the form of an all-weather playing area, free to access at any time. The Cruyff foundation has introduced courts around the world.

Cruyff Court Denis Law was built in 2017 in the city centre, on Catherine Street, while Cruyff Court Neale Cooper was unveiled in the green space by Tullos Primary School in Torry, in 2019.

David Suttie, Trustee, Denis Law Legacy Trust said: "We are delighted that Aberdeen City Council has granted planning permission for Aberdeen's third Cruyff Court. It is anticipated that construction will start over the coming months.

*"Cruyff Court Denis Law in the city centre and Cruyff Court Neale Cooper on the south side have proved to be a great success and we're sure that the new Cruyff Court in Tillydrone will prove equally as popular.*

*"This has only been possible because of the fabulous partnership between Aberdeen City Council, Johan Cruyff Foundation and Denis Law Legacy Trust."*

Further information about the project will be released in due course.



## Donside Village Community

Donside Village Community recently held an Easter 'Bunny Hunt' in Donside Village. The event had a fabulous turn-out, with loads of families participating. Donated chocolate eggs were handed out as prizes.

The group also held an event to spruce up their newly installed community benches. People got involved to give the benches a lick of paint and make them all the more attractive.

**To get involved in the Donside Village Community, please contact Jane Fullerton at [Info@DonsideVillage.Community](mailto:Info@DonsideVillage.Community)**



## NEWS FROM TILLYDRONE LIBRARY

There are a lot of exciting developments taking place at the Tillydrone Library.

On 4th April the library service launched a micro:bit lending service aimed at children and young people to support the development of coding skills at home.

The micro:bit is a pocket-sized computer that introduces you to how software and hardware can work together. It has an LED light display, buttons, sensors and many input/output features that, when programmed, let it interact with you and your world.

The device is completely programmable via easy-to-use software on a dedicated website **microbit.org**, that can be accessed from a PC, tablet or mobile. Please see the micro:bit page on our online catalogue for more details.

You might have a health condition that puts you at higher risk from Covid-19, or you might just feel more comfortable when you have more room. You can pick up a free Distance Aware badge or lanyard from any Aberdeen City Library. Just ask library staff.

We have been working with CFINE to make free period products available in all our libraries. We

have a range of products which can be picked up on your next visit to Tillydrone Library if you require them.

If you are unable to visit the library due to disability, illness, shielding or caring responsibilities, please contact your library for information on our Home Library Service.

Bookbug sessions are resuming in Libraries and Tillydrone will be holding sessions on Thursday 26th May and Thursday 23rd June 10.30am – 11.00am. Spaces will be limited so please watch social media for when bookings open.

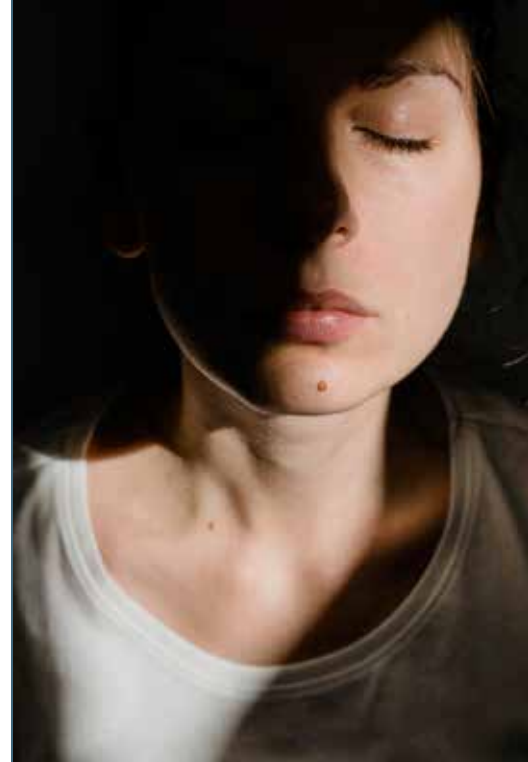
Look out for upcoming events over the summer by visiting your local library. We look forward to seeing you.

For the latest information about opening hours please visit **www.aberdeency.gov.uk/services/libraries-and-archives**

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

Tillydrone Library,  
Tillydrone Community Campus,  
Hayton Road, Aberdeen,  
AB24 2UY

**Telephone 01224489539**  
**Email TillydroneLibrary@**  
**aberdeency.gov.uk**



## Penumbra

Penumbra provides a first response and information service for mental health issues. This service can be accessed in Aberdeen for people aged 16 and over.

Aberdeen 1st Response can provide you with short term support when you feel at crisis point. If you are feeling overwhelmed, we can provide support tailored to your individual needs when you feel you need it most. You will receive sensitive and non-judgmental support, information and signposting. Aberdeen 1st Response will support you to find ways to successfully resolve the crisis situation and to plan for your own future.

**Contact Us Freephone:**  
**0800 234 3695**

**Email [aberdeen1stresponse@penumbra.org.uk](mailto:aberdeen1stresponse@penumbra.org.uk)**

Aberdeen 1st Response provides support between 9am and 5pm, Monday to Friday.

it is - - to - -

SAY

NO

There are times in life when we want to say no, but we feel compelled to say yes. It might be that you have been asked to work late, again. Perhaps you have been asked by a colleague to swap shifts. Or was it that time when you were offered that cigarette on the first day of high school? There are various situations when we say yes to things that are detrimental to our own physical and emotional health. Why is it then that we find it so difficult to say no? In this article, I aim to provide you with a brief insight in to a relatively unknown, yet serious public health issue, the inability to set reasonable boundaries.

One reason we find it hard to say no is our fear of conflict. We spend our lives actively trying to avoid conflict in our everyday lives. This could be conflict at home, in the workplace, and perhaps, especially in the wider community. To say yes to everything would seem at first the best way to avoid conflict. One other reason we find it difficult to say no is our fear of rejection. Human beings are a social species. From birth we depend on other people for the most basic of human needs, to be wanted. In fact, research shows that the experience of being rejected stimulates the same region of the brain that produces the physical sensation of pain. We say yes, because we fear being excluded from social life. To say no, therefore, would seem unwise. One further reason is the issue of guilt. As a society we are taught to be agreeable. Children who are disagreeable and refuse a request are almost always punished by the parent figure. Punishment produces the feeling of shame, which in turn, leads to feelings of guilt when we do not do as we are asked.

**By Sean Small**



Having now considered just a few of the reasons why we find it so difficult to say no, it can be easily understood why many people prefer to say yes. What if I told you that it was better for your physical and emotional health to be able to say no, when you really need to? And what if I told you that being unable to set clear boundaries, such as saying no, is doing more harm to your physical and emotional health than you realise? In *When the body says no: the hidden cost of stress* (2003), Dr Gabor Maté argues that many serious illnesses are caused or exacerbated by prolonged exposure to stress. Maté spent years interviewing patients suffering from a wide variety of serious illnesses such as cancer, heart disease, diabetes, strokes, anxiety and depression. Maté identified that without exception the patients he interviewed were all known to have been exposed to prolonged periods of stress. The patients Maté interviewed were also all highly agreeable people, unable to say no to the slightest request from anyone. Maté's patients all reported that their agreeability was their way of avoiding conflict, avoiding the risk of being rejected and because they felt guilty.

Some of the patients Maté interviewed were highly successful businesspeople. However, as Maté notes, wealth does protect us from the impact that stress can have on our wellbeing. Others were informal carers who had spent their whole lives caring for others. And always did so at a detriment to their own health. Another common feature among the patients Maté interviewed is that they seldom asked for help from others in times of need. Maté argues that learning to recognise your own physical and emotional

limits are essential for maintaining good physical and emotional health. In fact, the word health itself means wholeness. Only recently has the mind/body connection re-emerged as topic interest amongst medical professionals. Maté reminds us that we must begin to listen more closely to our inner voice.

We need to recognise that there are times in life when we need to say no, to ensure that our own physical and emotional health is not compromised. This does not mean that you have to say no to everything. It is important to allow the body and mind to rest. If you respond with kindness, you will feel the benefit. When you feel guilt, this is your body telling you that you are doing something for yourself. Guilt is the body's natural stress response system alerting you to a threat. Just because you did not say yes today, does not mean that you will never be able to help. It just means that at this moment you need the time to yourself to rest and recuperate. It is understandable that we want to maintain important relationships with significant others. To set limits is not an act of defiance or resistance. It simply demonstrates that you respect yourself enough to be able to say that you are not able to help in that precise moment.

### **“It is important to allow the body and mind to rest.”**

In *12 Rules for Life* (2018), the clinical psychologist Jordan Peterson argues that it is important to be precise in our speech. If we truly believe that we are putting ourselves at risk of emotional or physical strain, we need to be disciplined enough to say so. Peterson also advises us that we should only be friends

with those people who want the best for us. If you want to know who really carers for you, you will know because they understand that in that moment, you need time to rest. Of course, there are times in life when we will need to compromise. We can also reduce the risk of exposing ourselves to unnecessary prolonged periods of stress by knowing when to say no. The psychological benefits to being able to say no are more liberating than the fears that subjugate and force us into submission.

If we can say no, we are beginning the process of mastering ourselves and our lives. We show that we respect ourselves by demonstrating to others that we know our own limitations. It is possible to learn to say no without disrupting the ties that bind us together. By setting boundaries and being clear we reduce the risk of resentment developing in our lives. It also reduces the feeling of regret. Therefore, we should learn to embrace the word no, as opposed to being held prisoner by it. My advice would be to start small. Try it out in situations where you feel comfortable. Most important of all is to remember to listen to your inside voice. If you feel guilty because you have legitimately said no to that last minute request to cover a shift, remember that your body is telling you that you are doing something for the benefit of your physical and emotional health.

If you would like to learn more about the issues raised in this article I strongly recommend *When the body says no: the hidden cost of stress* and *12 Rules for Life*. Copies can be found on the Aberdeen City's Library catalogue and can be ordered to the Tillydrone Library for convenience.

# Pathways in

## Tillydrone

Our Keyworker, Dave, has been working in Tillydrone for over 10 years, helping local people to find employment, and if required training courses and volunteering opportunities as steppingstones to getting into work.

Dave always stresses it is a two-way process and the first time you meet Dave it is all about him completing paperwork and finding out from you what you have done in the past, what you would like to do and sometimes what can you do. From there Dave goes away and creates a CV for the client and conducts initial job search to see what vacancies are out there for the type of job you are interested in. He can help complete online applications and coach you through the interview process, so you already have answers ready for the most asked questions. Any other assistance or signposting to other agencies depends on the client needs, as at Pathways we are a client centred organisation helping people to get back into employment in a job they like.

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

Dave Cook, meets with people looking for help at the Tillydrone Community Campus, Hayton Road, Aberdeen, on Thursdays from 10.00am till 1.00 pm. As he is usually fully booked, please contact to arrange an appointment.

**Pathways – Helping You To Find Work**



## LEWIS MCGREGOR – FUTURE CHOICES

Here at the Tilly Community Flat, we consider ourselves extremely fortunate in having many supporters whose generosity enables us to help those most in need. Among them is Lewis McGregor. Lewis is a volunteer with Future Choices, an Aberdeen based charity providing recreational activities, respite and most importantly, fun to disabled adults and their families. Future Choices was established by the marvellous David Forbes, whose drive and enthusiasm are inspirational. David is a mentor to many young volunteers and has been a supporter of the Tilly Flat food bank for several years and Lewis has been involved in supporting our festive food drive for three years.

Lewis is 19 years old, a keen ice hockey player with the Aberdeen Predators and proud Dad to a gorgeous one year old son. Lewis first met David through a former neighbour and was interested in hearing about what Future Choices do, especially so, when he heard about the volunteering opportunities and Saltire Award programme.

I asked Lewis why he is so passionate about raising funds for the Tilly Flat

Festive Food Appeal. He replied that he hates to see families struggling, especially at Christmas when it's really difficult to see folk being unable to get enough food. He feels it is good to help those who may be less fortunate.

Given that Lewis himself relies on Universal Credit and must live to a very tight budget, his commitment to helping others is all the more humbling. Lewis started his fundraising effort for Christmas 2022 in January and has made an incredible start. He has collected some amazing raffle prizes and took over a stall in the Trinity Centre back in March to sell tickets for these. His fundraising will continue throughout the year, and he advises me that I may need to hire a storage unit to contain the amount of food he intends to provide!

Lewis is a truly inspirational young man, and we are incredibly thankful for his continued support. You can follow his fundraising journey at <http://www.facebook.com/SupportTillyFoodbank/>

**Fiona Young**

# MUGGER'S BRIG UPDATE

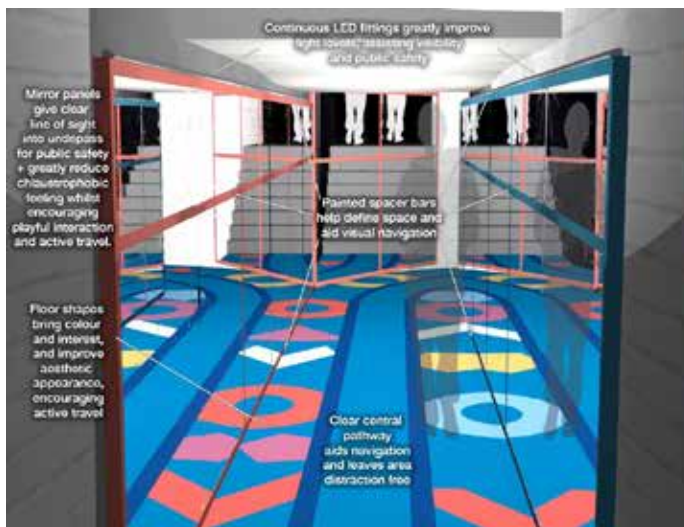
The Tilly-Wood Street Design Project (2018-19) was led by The Street Design Steering Group, Sustrans and Aberdeen City Council.

The project area focusses on Hayton Road and Don Street with the aim of making Tillydrone and Woodside a more attractive place to live, work and move around, by strengthening the corridor between Great Northern Road and Tillydrone Avenue.

The Underpass element of the project was planned to improve the aesthetic and provide a clear line of sight through the reflective panels and lighting to increase public safety.

As you can see, the reflective panels and floodlights are still to be installed

Before and after images of the underpass show the extent of the improvements made.



# Grampian Credit Union

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

For over 28 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 the continuous increases in prices for food and fuel, heating and household bills, Grampian Credit Union is available to help you with affordable short and long-term 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.

You can contact us through any of the following ways:

**Website:** [www.grampiancreditunion.co.uk](http://www.grampiancreditunion.co.uk)

**Email:** [admin@grampiancreditunion.co.uk](mailto:admin@grampiancreditunion.co.uk)

**Telephone:** 01224 561506

**Office:** 250 Union Street, Aberdeen AB10 1TN

**Follow us on Twitter - Join our network on LinkedIn**



## Meet Councillor Kairin Van Sweden

I arrived in Tillydrone in 1972 aged 6 because my dad, who was a welder, had found work offshore. I struggled initially to understand the quines and loons in St. Machar Park, but I quickly got up-to-speed with the Doric. Now, after years of travelling and speaking in either my telephone English or Dutch, it feels very relaxed to be back in Aberdeen and conversing in Doric every day.

I had a fantastic childhood growing up in Tillydrone, as there were loads of other kids around me to play with. In St. Machar Park there was a small pavilion-style building where Spacehoppers, Pogo sticks, tennis racquets and footballs were stored and a nice auld mannie used to lend them out to us for a few hours – at no cost! Unfortunately, this brilliant regime didn't last forever but we did get an American-style wooden 'fort' in the park, which was a great place to play in and around.

Along with all the usual stuff, at St. Machar primary school I learned phonetics and 'Tae a Moose' by Robbie Burns. At Tillydrone primary school, I was taught to play the recorder, play chess, speak in French and gained a cycling proficiency certificate. I still love cycling and I think that childhood course equipped me with

the confidence to navigate roads on my bike, my motorbikes and eventually in cars. Tillydrone school also ran a popular Youth Club when I was a teenager.

I'm really looking forward to the opening of the new school, which will be another anchor institution for our city. The school will also create many more social connections in Tillydrone, which can only further strengthen the community.

As councillor, I am a campaigner for Scottish independence, but I am also interested in local community empowerment, economics, environmental issues and science. In 2015, I graduated with a science degree, but in 2017 I started studying economics and helped set up Modern Money Scotland. I also co-present a YouTube show/podcast called Scotonomics, which aims to de-mystify economics as we interview economists from Scotland and around the world.

I am incredibly proud and humbled to serve the community where I grew up, it's a huge privilege. I aim to get to as many meetings and events in the ward as possible so I can learn and understand the best ways to serve the Tillydrone, Powis, Seaton, Sunnybank and Old Aberdeen communities.

# THE COST OF LIVING – A CRISIS LOOMS



**The past few months have seen the entire nation hit by an unprecedented hike in home energy costs. Food prices are also increasing. National Insurance contributions have risen, affecting many working people. Everyone will feel the impact of the alarming rise in the cost of living. Politicians regularly affirm their commitment to helping ‘hard working families’ though how, and to what degree this will be delivered is uncertain to say the least.**

Little is said about those who will suffer most from these alarming increases. Individuals in receipt of the basic rate of Universal Credit (or other legacy benefits such as New Style Jobseekers Allowance) who receive around £77 weekly income simply will not be able to cope. Poverty only makes you poorer. Poverty is expensive. Lower income households are more likely to have a prepayment energy meter which comes with a weekly charge before you even begin to pay the bills. Not everyone has easy access to supermarkets and must instead rely on local shops where choice is limited, and prices are higher. If an essential home appliance breaks down, there is not the option of using savings or a zero-interest credit card to purchase a replacement. This will

often have to be bought from a high interest payment catalogue, meaning you are paying double the price for your washing machine or television. New clothing or shoes become an unaffordable luxury. The constant worry about having your gas or electricity supply cut off means that simple things we all take for granted such as, using an oven, are no longer viable.

We, like many other grassroots neighbourhood charities, feel helpless and very afraid of what is to come. With further eye-watering energy bill hikes forecast for October, just in time for the winter weather. Demand for emergency food provision is at an all time high. Our food bank stocks are entirely reliant on donations from generous members of the public. With every household feeling the financial squeeze, donations may well decrease. We are quite simply unable to assist anyone with energy costs.

Change is necessary, and this change must come from the very top of Government. The Queen’s Speech has given no reassurance that assistance will be provided to households who may be struggling to eat, heat and clothe themselves and their families. Action is needed and this is a collective responsibility. We

will, of course, continue to work with partner organisations to ensure the voices of those most affected by the energy crisis are heard. If you get the opportunity to do so, then consider contacting your local MP or MSP. Tell them about your own struggles and concerns. Lived experience is much more impactful than a report which merely states figures. Make your voice matter.

***Fiona Young  
Community Development Worker  
Tillydrone Community Flat***

If you would like support or advice regarding managing your finances or reducing energy costs the following organisations may be able to help:

**Citizens Advice Scotland:**  
**Tel: 01224 569 750**  
**Email: [bureau@aberdeencab.casonline.org.uk](mailto:bureau@aberdeencab.casonline.org.uk)**

**Scarf:**  
**01224 213 005**  
**[info@scarf.org.uk](mailto:info@scarf.org.uk)**

**Aberdeen City Council Financial Inclusion Team:**  
**03000 200 292**

**Scottish Welfare Fund:**  
**0800 030 4713**

**turn2us:**  
**<https://www.turn2us.org.uk>**

## shmuFM

Radio has been busy with lots of planning going into new shows as well as more live shows being back on the schedule. We welcomed Sarah Burns and Kerry Cheyne back into the studios as well as new shows from our past shmuTRAIN participants and Dave White's Country music show County Folk. A new live slot for The Moshpit has been a success with a lot of new listeners tuning in on Saturday evenings." We are launching a new slot in the schedule for local charities and the first one started on Thursday (26th May), presented by Dave Ironside with Aberdeen FC Football Community Trust (AFCCT). We also look forward to having input from Family Learning and WeToo, for future shows. Thursday (26th May), presented by Dave Ironside with Aberdeen FC Football Community Trust (AFCCT). We also look forward to having input from Family Learning and Wetoo, for future shows. We also are working on having our community shows return on air once the teams for the shows have been set up and we will be looking for suggestions on how to enhance these shows. Our next step is to complete the phase 2 return to the building by having all volunteers back live in the studio and launch our new recruitment drive for presenters.



## shmuTRAIN

Positive Transition young people have had an eventful month with outings to Instant Neighbour and Farrans construction site at Haudagain. At Instant Neighbour we chatted with the ever-helpful Susan who told us about her journey and what her current role at Instant Neighbour entails alongside an excellent tour of the premises and furniture shop. At Farrans, we learned a lot about what goes into building a road and how it impacts the local area. We discovered the various job roles in Farrans and routes into working for them. They highlighted how work experience can be invaluable but also how important it is to set reasonable goals and expectations. We have also had a blast scripting, preparing, and filming the horror movie Killer Clown with Laura dressed up as a scary clown and running around the bushes in Woodside – a standard workday at shmu! The young people are extremely excited to see the finished product and so are we! Finally, Laura and Michelle had the pleasure of attending the opening of the road at Haudagain on the 16th of May, where they chatted with the Minister for Transport Scotland Jenny Gilruth!



# Opening of the Astoria Cinema

ALAN JOHNSTONE

The Astoria Cinema at Kittybrewster opened on December 8th, 1934. This is an extract from an Aberdeen Press and Journal article, which was impressed with the new building.

“Many innovations - some the first of their kind in Scotland - are included in the Astoria Cinema, which will open its doors to the public of Aberdeen for the first time on Saturday. Every contract, except for the sound equipment and the organ, has been placed in Aberdeen, and the work done is tribute to the local tradesmen. The cinema is an enormous building. It has seating accommodation for 2,060 persons and waiting rooms for 500. The frontage is an imposing one of granite. There are two shops, one each side of the entrance, and the whole front is illuminated by neon lighting in red, green, blue and flame. The canopy over the entrance is the first of its kind in Scotland in as much as the neon lighting is carried underneath the canopy right into the door. Bronze fittings adorn the main entrance doors, while the payboxes have stay-bright bands forming a novel and pleasing ornament. In addition to the payboxes the entrance hall has separate cloakrooms for the stalls and balcony, and public telephones.

The general colour scheme of the theatre is in light pink, ivory and brown. Throughout the theatre there is beautiful walnut panelling, and the doors are of solid walnut. Approximately two miles of carpet were needed to cover the floors of the cinema. The carpet, of the best Wilton quality, is carried out in green and terra, which harmonises with

the up-to-date seating of brown and terra moquette. All the chairs, which are of the automatic tipping type, were made in Aberdeen, including the castings, of which about thirty tons were needed. The upholstery work has kept 102 girls and men busy since July. A mile of moquette was needed for the chairs. The softly carpeted stairway leading the balcony lounge has a tasteful chromium handrail. The lounge is spacious and has been fitted with four showcases in which Aberdeen merchants can display their wares. Here also are situated the boardroom and offices. The balcony itself is divided into front and back sections, and the chairs are so constructed that they give the maximum of draught-free comfort. The balcony is provided with step lighting, according to the new regulations.

The proscenium of the theatre is a work of art. It is forty-six feet wide and thirty-eight feet high. The stage has a depth of twenty-two feet. The proscenium curtain is of green damask and is interchangeable. The screen curtain is silver roman satin with side screens. The general effect is a silver cyclorama. The most important feature of modern cinemas is the lighting, and in this respect the new house at Kittybrewster has kept well abreast of the latest improvements. The general scheme of the cinema is flame and pink lighting, but the proscenium has been the object of special attention. The chief colours employed are red, blue and green. By means of a special mixer, however, those colours can be so blended that hundreds of different shades can be obtained.

A special feature of the Astoria will be the organ. It is a Compton and is of the illuminated console type, the first of its kind in Scotland. The illuminations, flood and cascade lighting, will be controlled by the organist, and here again, although there are but three primary colours, there is a blender which will give an infinite variety of shades. The organ itself has a new feature - the latest the Compton design - a string-toned stop controlling a solo cello which stands apart - as a solo stop should - from the rest of the organ, and yet blends unobtrusively with the general tonal scheme of the instrument. The organ is mounted on a novel railway, an invention of the managing director, Mr Bert Barley. It will pull the organ out from the side of the stage and thus obviate the necessity of a lift. The organist will be Mr Harold Titherington. Mr Titherington has had twenty years' experience as an organist, and for the last three years was in Blackpool. Another facility for patrons is a car park. Free of charge to persons visiting the cinema the park has accommodation for 300 cars. It has been so designed that the first car to enter is automatically the first to leave. Another novel idea is the opening ceremony. It will be performed by a Hilton pensioner. He is Mr Robert Gibb, 19 Cattofield Terrace. Seventy-two years of age, he has taken the liveliest interest in the Astoria and has visited it every day, including Sundays, since work began on the site.”

**Sourced by Alan Johnstone**

# 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](http://sdfmh.org.uk)

**Grampian Women's Aid**

Telephone: 01224 593381. Website: [grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932. Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)

**LGBT Domestic Abuse Helpline**

Telephone: 0300 999 5428 or email [info@galop.org.uk](mailto:info@galop.org.uk)

**Men's Advice Line**

Telephone: 0808 801 0327