

TillyTattle

Winter Edition 2011

LOCAL NEWS DEDICATED TO YOUR COMMUNITY



Featured in
this issue

DONSIDE PROJECT
The Latest News

WINTER FUEL BILLS
How to get Help

SURF
Don Conservation

M26
New Base Opens

CONTENTS

3	Clean it up!
4&5	Donside Project
6	M26
7	Tillydrone Community Flat
8&9	SURF
10	Lads Club
11	Poets Corner
12	Saint George's Church
13	Help with Winter Fuel Bills
14	SHMU
15	Christmas Turkey Advice



Editorial

Welcome to your Winter Edition of Tilly Tattle.

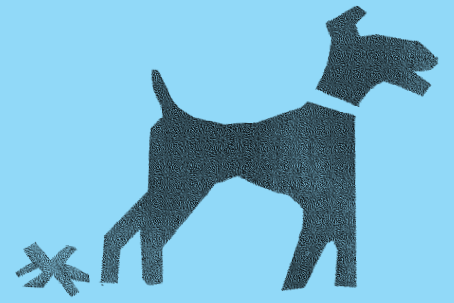
Remember if you would like to join the editorial team or have any ideas for your community publication, you can easily get in touch with us. The staff at SHMU are able to support and train anyone living in the area who is interested to develop their ideas and skills, whether it is design or content based. So please, don't be shy, this is your magazine written, edited and designed by the good folk of Tillydrone!

If you have any articles or ideas for the next edition please get in touch with either the Tillydrone Community Flat on 01224 486641 or call SHMU on 01224 515013

Happy Reading

Supported By





CLEAN IT UP!

Tillydrone youngsters
take action against
dog-fouling!

CLEAN IT UP!

Helen Polson from the Tillydrone Community Flat and Soozy Lai from the Aberdeen Play Forum teamed up with six children - Heather, Kayleigh, Estelle, Leon, Sol and Duncan - from the Breakfast Club and Riverbank Primary, three mums and two City Wardens to help combat the serious issue of dog-fouling on our streets and places where children play.



Soozy and her Giant Collie Dog collected the children from school, taking the opportunity to hand out some leaflets on responsible dog ownership to parents at the same time. The crew headed to the Flat to get fully kitted out in protective

clothing, before beginning their work of spray-painting "Clean It Up!" stencils on to the ground on Alexander Terrace, on their route from Breakfast Club to school.

Dog's dirt is not only smelly and unpleasant, but can be very dangerous too, particularly for young children. Young children love to get hands-on and roll around, this is vital for their development. A child's hands can easily come into contact with dog's dirt, if a child then touches their mouth or has a snack before washing their hands, they are in danger of Toxocariasis. Toxocara Roundworms can be found in dog and cat faeces, they can lead to severe illness and even cause blindness. Many people know of children who have become blind because of dog's dirt where children play.

Dog fouling is a huge barrier for children playing in Aberdeen. The Aberdeen Play Forum received special permission from the City Council Roads

Department to trial three stencils. If they have the desired affect of getting dog-owners to pick up their dogs' mess, we may see more stencilling appearing in problem areas; there has been a great deal of interest so far.

PLEASE CLEAN UP AFTER YOUR DOG AND ENCOURAGE OTHERS TO DO THE SAME.

PLEASE ENCOURAGE YOUR CHILDREN TO PLAY OUTSIDE, BUT REMIND THEM TO WASH THEIR HANDS THOROUGHLY WHEN THEY REACH HOME AND BEFORE THEY EAT.





What's in a Name..

Donside

Donside is a development led by Tenants First Housing Co-operative in partnership with CHAP Homes and Langstane Housing Association. There will be over 300 properties with mixed tenure including; properties for rent, mid market rents, low cost home ownership and properties for sale.

Letting

When allocating Donside a Letting Plan will be used. This is because so many people will be moving into a new area and it is important to try and create a balanced community. There is a set structure to a Lettings Plan in order to allow applicants from all categories and criteria to be considered, not just those with high housing priority. The Co-operative's Letting Plan will be reviewed after Phase 1 letting is complete in Spring 2012.

www.tenantsfirst.com/new-homes/on-site/donside.asp

Rents

Tenants First Housing Co-operative rents are calculated in accordance with the Co-operatives Rent policy. Rents are based on property attributes, e.g. number and size of bedrooms, own garden, etc. The Rent Policy has recently been reviewed and the Co-operative's

members were consulted prior to approval by the Committee of Management for implementation from April 2012. The key potential change in relation to new build properties is the addition of Cost Related New Build points. This is to try to ensure that rents charged for new build recover the cost of private finance input over a 30 year period. www.tenantsfirst.com/about-us/policies/policy-library.asp

If you are interested in applying for a home to rent in Donside, please register with homehunt at: www.homehunt.info/homehunt_nes.shtml

Low-cost Initiative for First Time Buyers

The Low-cost Initiative for First Time Buyers (Lift) aims to help people on low incomes who wish to own their own home but who cannot afford to pay the full price for a property.

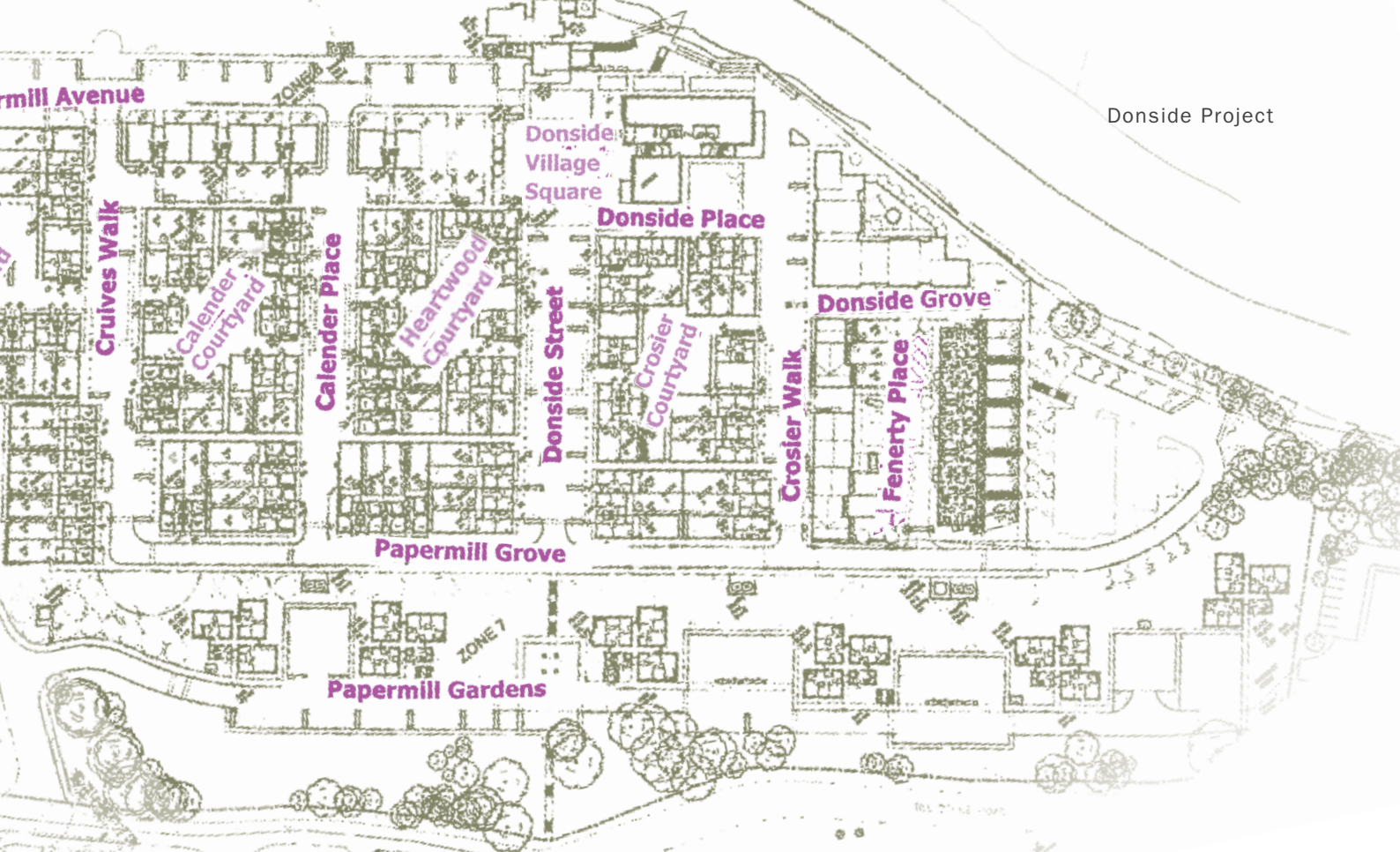
The LIFT scheme is aimed at first time buyers on low incomes

and prioritises people living in council / housing association properties, people in the Armed Forces or veterans and those with a disability. Consideration will also be given to those whose circumstances have changed significantly for example marital breakdown etc.

Rather than having to find the full purchase price of the new home, LIFT makes home ownership more affordable by the buyer paying part (between 60% and 80%) of the purchase price. The remaining share will be held by the Scottish Government.

When you buy through the LIFT scheme you own the property outright, therefore you will have full title to the property, and like other home owners you will be responsible for all maintenance, insurance and repair costs, as well as making your mortgage repayments and paying tax to your local authority.

In Donside there will be 65 new homes available for Lift in total:



18 houses and 47 flats. If you are interested in applying for the Low-cost Initiative for First Time Buyers in Donside please find contact details below:

Telephone: 0845 459 3095

Website: www.donsidelife.com

Donside Street Names

In Spring 2011 a consultation took place with the Tillydrone community and Tenants First Housing Co-operative members and staff regarding street names for the new housing development at the former Donside Paper Mills on Gordon's Mills Road. Four clear themes emerged: Papermaking and Industry; Biodiversity and Nature; Fishing and the Don; and Notable people. Papermaking and Industry, and Fishing and the Don were the most popular choices, and would allow the street names reflect the heritage and innovation of the site and the new development. Below is

an explanation of some of the street names.

Crosier refers to the shape of a Bishop's Crosier, or Shepherds Crook. The River Don bends in this way just below where St Machar's Cathedral now stands.

A Cruive is an old form of salmon fish trap operated in rivers. Cruive's Dyke is directly opposite the north end of Donside.

Fenerty, Charles Fenerty (Canadian inventor), invented the wood pulp paper making process.

Calender, is a part of a paper making machine. The calendar is a series of hard pressure rollers used to form or smooth a sheet of paper.

Heartwood, is the part of tree used for paper making. Heartwood is the centre of the stem

New postal addresses are issued by the Local Authority and so a plan was marked up with suggested street names and sent to the Enterprise,

Planning & Infrastructure Directorate (EP&I) of Aberdeen City Council. The Street Naming and Numbering team consulted with the Local Councillors regarding the proposed names and then added house numbers prior to sending the proposed addresses to the Royal Mail, and the Emergency Services for comment. The Royal Mail issue the post codes to the City Council at this time and once all is agreed the postal addresses including street names and post codes will be issued formally to Tenants First Housing Co-operative by Aberdeen City Council.

Contact Details for information on Donside:

Telephone: 0845 459 3095,

Website: www.donsidelife.com

Contact details for Tenants First Housing Co-operative:

Telephone: (01224) 628400

Email: enq@tenantsfirst.com

www.tenantsfirst.com/new-homes/on-site/donside.asp

M26M26

The opening of the new M26 based in unit 5 of the Tillydrone shopping centre on Tuesday the 6th of September 2011 was a great success.

Among others, councillors Jim Noble, Norman Collie and Richard Robertson were there. We started in the M26 garden at the community Flat in Alexander Terrace. With a lot of help from the Woodlands Community Ranger Stephen Bly the M26 has totally transform a waste piece of ground into a garden with flowers, vegetables and a memorial bench at the moment. It is an ongoing project which has been documented on a video which SHMU made for us.

The giant cabbage is very impressive but the whole project has impressed the many who doubted we would not continue without losing interest.



We then moved to the new M26 building where there was homemade soup which was made using only the products grown in the garden, and a variety of sandwiches.

Stephen Bly handed out gardening Certificate to the people who helped make the garden a success.

Aileen Davidson with the very able help of Graeme Benson and others has enabled the group to take part in a lot of activities which would have been beyond our reach.

On Tuesday the 4th of October seven members of the group went ten pin bowling with Graham and two recent recruits, Jamie who helps Aileen with the M26 and Kirsty who helps Graham with Drugs Action. As usual a good time was had by all.



Name: **Jamie Stein**
 Studying: **Psychology**
 Pets: **2 Dogs , 1House Rabbit**
 Family: **Mum, little brother & little Sister**
 Birth: **Edinburgh 2/6/90**
 Music: **Lots and lots**
 Food: **Pizza**
 Hobbies: **M26 [obviously]**
 M26: **Really enjoy the group everyone made me feel really welcome and I definitely hope to stay with the group for the rest of my time at university**
 Holidays: **I wish !**



Hi my name's Graeme, I'm the local Drugs Counsellor for Tillydrone.

If you have or know someone with a drug problem I can offer you 1:1 counselling support, information and advice. If you are a local professional or group I can offer you training relating to drugs awareness, overdose awareness and discuss drugs issues in your

local community. I will be available for you to drop in on:

Tuesdays - 2pm-4pm at 3B Alexander Terrace Community Flat

Wednesdays - 11am-1pm at the St Machar Parent Support Project, Powis Crescent

You can contact me on: 07894513711 or 01224 577120 Graeme@drugsaction.co.uk

Tillydrone Community Flat

It has been a very busy time at the Community Flat with all the Council cut backs. Sarah Jack our clerical worker has left the Council but we are so lucky that she has come back self employed to work in the afternoons.

We have formed a Steering Group for the Community Flat. If you would like to become part of it please call 486641 for more information.

CRECHE

We still have our Crèches running...

Monday- Wednesday
9.30- 11.30 for Over 2's

Tuesday -Thursday
9.30- 11.30 for Under 2's



PEEP

Why not come along to a PEEP group where we will provide a warm welcome, support and guidance with singing, story time and a time to chat.

Monday: 1pm to 2pm Babies

Wednesday:
1pm- 2pm 1-2Years

Friday:
1pm to 2pm 2-3 Years

ADULT LEARNING CLASSES

At present we provide classes in English as an Additional Language, Literacy, Creative Writing, Computing, Health Issues and Art & History. If you are interested in any of these classes or if there are any other courses you would like to attend then please either phone 486641 or come along to the Tillydrone Community Flat.

We would like to wish you all..

**'A VERY MERRY
CHRISTMAS AND
ALL THE BEST
FOR 2012.'**



goodbye from helen

Hi Everyone,

I am writing to thank you all, so much for all the support and encouragement you have shown to me during my time with you as Parish Worker in St George's, Tillydrone. I have really enjoyed getting to know so many of you in the community and the School over the past few years. I will miss you all very much. It will take some getting used to not seeing many of you from day to day.

I am now employed as a Parish Worker in St Columba's Church, Bridge of Don and I will be working with children of all ages and their families within the Church, schools and community there. Already the Minister, Louis Kinsey and the Session Clerk have supported me through this transition with much Christian grace, quiet understanding and prayer. I truly feel that I will settle well in this Church and be able to play my part within the Ministry team and work alongside others in the community.

I would just like to say thank you so much for the many kind messages I have received over the last few months from

people from within St George's Church, Riverbank School and in the community. It has been a tremendous privilege to work within your community and I feel truly blessed by my time amongst you.

I have found it hard not being able to say goodbye to many of you in person but hopefully our paths will cross again in the future and I'd like to take this opportunity again to thank you for making me feel so welcomed in my time amongst you. I'm so grateful for all the friends I've made along the way.

Thanks again,

love, helen xxx



sustainable urban fringes

Project outline

How well do you know Aberdeen's 'River Don Corridor'? It's a very beautiful area right on your doorstep – made up of the River Don and surrounding open spaces, from 'Sea to 'Shire'. It's has vibrant communities; wonderful open spaces; fantastic industrial heritage; and inspiring wildlife. However, in places it also has disjointed access; poor maintenance; loss of wildlife; and loss of heritage.

SURF Aberdeen is a project that aims to improve the quality of the 'River Don corridor'. We are bringing people and information together to collectively plan & manage open spaces along this corridor. We hope to help deliver real long-term environmental, community and economic benefits to the area.

We want to understand how communities identify with the Don and surrounding spaces, to understand what is there now and how it could be improved. We are also considering how the major developments along the Don may change the area, exploring ways of linking them into existing open spaces to bring benefits for people and wildlife.

The project is in two key parts. In the first part we have been working with communities to develop an outline plan for the open spaces across the area. In the second part we aim to identify and deliver a selection of on-the-ground improvements.

Ways to get involved

The success of this project rests on the involvement of communities, including

businesses, land owners and developers. There's many ways to get involved - as a part of our group, by joining the online conversation, or contacting us directly.

'River Don Communities Network' – a project network for representatives of local groups and organisations. We meet at several key stages throughout the project.

Facebook group - River Don: SURF Aberdeen – the place for online conversation where anyone can join in and make connections, share memories and ideas or report any 'on the ground' issues.

Contact us directly to ask questions, make suggestions or find out how to get involved at a more practical level.





Project team

Sinclair Laing
Project Manager –
SURF Aberdeen
silaing@aberdeencity.gov.uk
01224 522 793

Stephen Bly
Woodlands Community Ranger
stephenbly@aberdeencity.gov.uk

A word from our Ranger...

"It's been a busy summer! We've meet with over 200 users of the Don corridor to discuss their hopes and fears for the area. There What stood out most was the passion for the Don Corridor and a commitment to its well being.

I've carried out over 50 hours of practical work with volunteers.

Together we've improved access along the paths from Grandholm Village to Donmouth. We've also worked with Dyce Playgroup, Tillydrone Family Centre and made planters / digging pits. Please let me know if you are a service provider that could make use of these... they are FREE!

Part of my job is also raising awareness of the Don corridor and what it has to offer. Tenants First staff and I spent an exciting day exploring the open spaces near their Donside Urban Village. This helped them to better appreciate and understand the area where they work and see the opportunities available for their new tenants".

Stephen.

The SURF Aberdeen project is being funded by Aberdeen City Council and the European Union's European Regional Development Fund's Interreg IVB North Sea Region Programme.



Sustainable URBAN FRINGES SURF

European Union



European Regional Development Fund

The Interreg IVB North Sea Region Programme



AFTER SCHOOL CLUB



Here at the Aberdeen Lads club we have many groups. One of which is the After School Club. It has 45 children on the register who attend daily from primaries 1-7. All the children on the register at the moment are from the Riverbank Primary School but in the past we have had children attending from neighbouring schools.

We have 6 members of staff to care for and support all 45 children and our weekly fees are £15.00. We run from 3.15pm – 5.15pm during school term time.

Most of the activities, snacks and trips are planned from “wish lists”. This is where the children write up their ideas once or twice each term. A programme of activities is then devised that incorporates as much of the learning and play activities that the young people have requested, keeping a realistic view on what can be provided due to the lack of time and funding.

Some of the After School Club children volunteered to help us write this article by asking the children who attend the After school Club questions on how they feel about their club. So hopefully we can bring you a true reflection on what the

children think about After school Club.

Estelle asked some of the children what their favourite activities are, we got a variety of answers. Cooking, playing football and playing on the scooters.

Estelle went on to ask different children what is the best thing they have done at After School Club and the answers she got were, going ice-skating, and playing with their friends from school, playing the chocolate game and the very popular cooking.

Kaitlyn and Ana interviewed children asking them what has been their best trip so far and most of the children answered, Camperdown Wildlife Park with the play park afterwards. A few of the children had answered the Carnivals. They also went on to ask the children if they feel they have a say what goes on at club. All the children answered yes and said because we might have a good idea and there is a sheet of paper on the wall to put your ideas on and our ideas are put on as activities.

Jake and Aidan asked the children what they would change. The children’s feedback was that they would like more trips, fix the basketball nets and a few answered nothing.

We feel that the children’s opinions are very valuable as they are the ones who use the club everyday and it is our aim to make the club as fun as possible. We can only improve our out of school care service for the children if they keep listening to what they want to do or try and



keep imputing their suggestions into the programming so they can see that their opinion matters and can make changes.

The children at the after school club like to cook and bake so the boys asked them what was their most enjoyable cooking food, the feedback was brownies, sausage rolls, pizza, cakes and gingerbread men. As you can see the children get a wide variety of cooking opportunities.

Jorden went around asking the children if they have met and made new friends and everyone said yeah that they have made lots of good friends.

When all the children were sitting together I asked them to describe the Club in one word, here is a selection of the words were fantastic, awesome, happy, fun and brilliant.

We aim to provide a service that is vital to many families that are working or furthering their learning and education. We want to ensure that not only does our service meet this essential need in our community but that the children who attend the Club enjoy their time here and that they develop in to healthy confident skilled young people.

If you would like your child to attend our After School Club please contact Angie or Shelley on 01224 492672 or pop in and see us for further information.

Riverbank Sharing Assembly and Macmillan Coffee Morning.

The Sharing Assembly ,on the morning of the 7th October, was a great success and was well supported by parents. Everyone enjoyed seeing the presentations the children had put together; sharing information on the work they had done this term, and the children enjoyed being able to stand up and show off what they

had been doing to their parents. What a lot of interesting and fun learning has been going on!

The assembly was merged with our Macmillan coffee morning and between staff and parents we raised £189 for that very worthwhile cause.

The staff and pupils would like to say a BIG THANK YOU for

the audience support and to the parents who helped with the teas and coffees.

Look out for news of Riverbank's Christmas events. Some classes are already preparing items for the Christmas events and hope that these events will be well supported too.

ITS COMING TO THAT TIME OF THE YEAR

The leaves have fallen, now the trees are bare!
There will soon be that white stuff everywhere.

Mum keeps saying Santa Claus will be here soon
But I'm in a new house, will he find my bedroom?

So what will I ask for, what toys will he bring?
Perhaps in the back I may have a swing.

Solar panel heating is great, it is such a treat.
I can run about the house and have cosy bare feet.

Last year pulling the bobbles off the tree is true.
I'm only a little toddler what do you expect me to do?

So I will behave until it's time for Santa to come.
With my brother's and sister's toys I will have so much fun!

So to all my friends of the same age out there,
Leave the Christmas tree alone, because it's really not fair.

The hours mum spent getting the tree perfectly right.
Then I got my hands on it and it looked a sight.

Well if you don't have a cat that you can blame?
Its yourself that has to live with the shame.

Merry Christmas Everyone!

BY: SOFIA ZARZOSO



NORMAN COLLIE

I was invited along to view the new housing development on Hayton Road and was very pleased with the finish of both the flats and family houses. It cannot be disputed that this new development has greatly enhanced the area and is much improved on its previous appearance. It is also pleasing to see the Donside Village progressing and that too will be an asset to the area when completed.

I have serious concerns as to whether Riverbank Primary School can facilitate the number of children moving into the area and I have brought my concerns to the attention of the Director of Education.

Please contact me on 522682 should you wish to discuss this or any other issue.

poem

There wis a loon,
A bonny wee loon,
An he wis fae Aberdeen toon,
But the loon wis a gypit galoot.
A gallus, gleekit, gypit, galoot
Fa didna ken fit tae dee wi a clood,
Tay dry the dishes, or bla his snoot,
Tay clean the windaze or
wipe his boot
Weal my frenze without a doubt
Ye'll have gathered I wis that galoot
An I only wish I hid mair
than one clood.

by cat

SAINT GEORGE'S TILLYDRONE CHURCH

I can hardly believe that it is time for this Christmas Edition of the Tilly Tattle

For us in the Church Christmas is one of the busiest times of the year and there is so much going on. Of course just like everyone else this is a special time. I always enjoy Christmas, especially when I am in the School and listen as the Youngsters tell me all the things they hope to get from Santa. I don't know how he manages to get all that stuff around every year, but he does it. Santa Claus has to go down as one of the great all time heroes'. His name comes from the Patron Saint Nicholas who it is claimed would go around the homes of the poor under cover of darkness, leaving gifts of money to help them buy food. When the early Dutch Settlers had gone to America, they spoke of Saint Nicholas pronounced Santa Niclaus, (try saying it fast) which is where the name Santa Claus comes from. I'm a fount of useless information.

Over the summer we have had a lot of changes and this has led to hold ups with some of the work with the Younger People. Hopefully by the time you are reading this, the J4J Breakfast Club will be up and running again and there will be a new person in place to operate and work the Youngsters in the "Act Attack" Drama Club.

The Management committee for the Drama Club are busy preparing an Advert for

someone to teach Drama and dance to the Young Folks.

All in all Tillydrone is a fast changing community with all of the new housing that is being put up. We take this opportunity to extend a warm welcome and our best wishes to all of our new residents in Tillydrone. We hope that you will be very happy living here for many years to come.

Over Christmas we will be holding our normal services. We are starting our Christmas Celebrations with a Saint Andrew's Night Ceilidh in the Church on Saturday 26th November. The next day marks the beginnings of Advent and we are on the run up to Christmas. The final Sunday of Advent, (the last Sunday before Christmas) will be an all age service when the kids will be in and we will be having some fun and carry-on as we praise and say thanks to God for the birth of His Son our Lord on that first ever Christmas. Of course Christmas day falls on the Sunday this year (Yeh! ----- --- Nice one for the minister!) and we will be holding our usual Christmas Carol Service on Christmas Eve. A warm welcome awaits you at all of our services, and remember----- you don't need to wait until Christmas. Why don't you come along any Sunday morning at 11:15am and beat the Christmas rush.

JIM (MINISTER)



GETTING HELP

with winter fuel bills

This winter, 1 in 4 households will be in fuel poverty, spending more than 10% of their income on fuel to maintain an adequate level of warmth within their home.

Hitting the most vulnerable, recent fuel hikes are having a devastating effect on families who are already struggling to balance their finances and avoid escalating debts.

As well as the sharp rise in fuel bills, spiralling costs of food, clothing and housing are adding further pressure for cash-strapped families, who are already finding it hard to make ends meet.

Not knowing who to turn to for help, when you are experiencing financial difficulties, or struggling to pay household bills is a problem facing many people, and taking the first steps can be difficult especially when you don't know who to contact.

Cash In Your Pocket Partnership offer a free and impartial referral service that allows you to access a wide range of organisations and services to help you manage your finances and maximise your income. By contacting us, you will have quick and easy access to the information, support and expert advice you need.

SCARF Heat is just one of the partnership organisations offering expert advice and information to help you save money this Winter.

As well as giving advice on how to choose, or change fuel suppliers, they can provide information on current discount schemes available to provide financial assistance to qualifying households.

The Warm Home Discount Scheme can provide assistance to certain groups of vulnerable and low income households, by providing a fixed £120 rebate on electricity bills. Under this scheme, households in receipt of Guarantee Pension Credit should qualify automatically however,

You may qualify if you are in receipt of:-

- Pension Credit (which included Saving Credit)
- Income Support
- Income- related Employment and Support Allowance
- Income- based Job Seekers Allowance, or have
- a child under the age of five living at home
- Tax Credit which includes a disability or severe disability element
- a disabled child premium
- a disability premium, enhanced disability premium or severe disability premium
- a pensioner premium, higher premium or enhanced pensioner premium

You may be eligible.

If you like to know more, or want to check whether or not you would qualify for a rebate, please get in touch with Cash In Your Pocket.

By contacting us, we can put you in touch with SCARF as well as other relevant organisations, to provide the help and support you need, relating to matters such as debt advice, benefit & tax credit entitlement, home repairs & adaptations, low cost savings & borrowing, low cost foods, getting back to work, stopping smoking and much more.

If you, or anyone you know is experiencing financial difficulties, or would like advice or information, please get in touch.

You can contact us by :-

Telephone: 01224- 200221

E-mail: info@ciypp.co.uk

Text: **TEXT 'CASH'**, followed by your name and issues you would like advice on to **07624 802721**

You can also visit our website at **www.ciypp.co.uk**





Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in, video and radio production and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.

† 01224 515013 | e info@shmu.org.uk | w www.shmu.org.uk

shmuDESIGN

Fancy getting involved in the **Tilly Tattle**? The editorial team are on the look-out for volunteers to take part. This is your chance to gain new skills, meet new friends and a chance to make a **difference in your community**. You don't need experience to be part of the **editorial team**. **SHMU** will give you all the support and help you need. So if you are interested call **Mary Clare** at **SHMU** on **515013** or email maryclare@shmu.org.uk

SHMU is running a six week journalism course in January. The course will run for two hours a day and will give the participants an exciting opportunity to gain an understanding of the basics of journalism.

Topics covered in the course will include: What makes a good story, **news and feature writing**, sourcing content, **style guides**, interview techniques, research skills, writing workshops and how to create **engaging, lively copy**.

SHMU is always hunting for fresh volunteers... Why not sign up? You could put your newly acquired **writing prowess** to the test by writing an article for the **Tilly Tattle**! If you are interested please contact **Stevie** on **01224 515013** or email steven@shmu.org.uk



shmuTRAIN

shmuTRAIN delivers employability & skills development courses to support people into work, education or training using digital media, including radio and film making to help develop core skills.

Employability training supports people to **produce a CV**, develop job search and interview skills, meet with local employers, **increasing motivation** and the chances of sustaining either **work, training or education**.



positiveTRANSITIONS is a 12 week course including radio & video training for **16-19 year olds** who are not in education, employment or training. The next course begins on 9th January 2012.

shmuWORKS is a 6 week course including radio training for **18-25 year olds** who are not in education, employment or training.

If you are interested in any of our courses please contact **Chrissie Simpson**, on **01224 515013**, or email chrissie@shmu.org.uk

Christmas Turkey Advice

Fae The Butcher



Knowing how to ask for meat from the butcher can be slightly off putting to some: 'Should I ask for it in pounds or kilograms? Can I ask for it in money value? Will he think I'm an 'eejit' if I just ask for a big hand fae?'

Its really a matter of preference to yourself; butchers will always strive to make sure you get exactly what you need. The customer is always right in our book. (Nae really, but it makes for an easier life.)

When it comes to knowing how much to order for Christmas this might tip you over the edge. It's a fact that the suicide rate goes up at Christmas due to stress caused from the complex mathematical skills required to size a turkey for however many people we are trying to feed!

Just relax! Breath! Lurch is here to solve all your mathematical problems: think of me as your own Carol Vorderman...well maybe not but you get my gist (I hope).

Okay, with the Carol Vorderman imagery out of your mind – and mine (for the moment anyway) here's the script:

Turkeys range in weight from about 3kg (Just over 6 ½lbs) up to about the big boys weighing in at 11kg (a shade over 24lbs).

Obviously, it depends on who you are feeding, but a rule of thumb is to allow about 500g (just a tad over 1lb) of turkey (on the bone) per person. (Play it by ear for relatives who will eat you out of house and home, small children and vegans.)

So...

3kg (Just over 6 ½ lbs) :
4 to 6 people
Cooking time 2h 10 mins

4kg (Coming up to 9lbs) :
6 to 8 people
Cooking time 2h 50 mins

5kg (Say 11lbs) : 8 to 10 people
Cooking time 3h 10 mins

6kg (Over 13lbs) :
10 to 12 people
Cooking time 3h 30 mins

7kg (a tad over 15lbs) :
12 to 14 people
Cooking time 3h 50 mins

If the turkey is too big you could always go for a boneless crown which is just breast meat. These can range from about 500g up to 4kg

(For boneless meats allow for ½ lb (around 230g) per person)



Aberdeen Sports Village have set up a children's program with the support of local company Hydrasun. It allows children to access the facility to try various different sport at only £1 per session.

They have an Athletics, Hockey and Table Tennis Club and are also set to launch a Fit Fun Friday class after the October holidays. The programme has been very successful and has seen some great good news stories with many children gaining access to our Academies for talented athletes.

They also run Teenage gym sessions and other fun events including a football tournament. it's a great way for children of all ages and abilities to get involved in sport. Visit our website www.aberdeensportsvillage.com to see the full program.

There is also a new free Fitstars session for children aged 3 – 5 years old.

The Fitstars programme uses inspirational ways for children to express themselves through imaginary play to get the maximum benefit from physical activities.

OPEN TO ALL 3-5 YEAR OLDS

To book visit Aberdeen Sports Village or call 01224 438900

LOCAL ORGANISATIONS

Alcohol		Alkohol	
Alcoholics Anonymous	0845 769 7555	Anonimowi Alkoholicy	0845 769 7555
Drinkline	0800 917 8282	Problemy z alkoholem	0800 917 8282
Benefits		Zapomoga	
Benefits Agency Advice Line	0800 587 9135	Agencja doradztwa w zapomogach	0800 587 9135
Crime		Przestępstwa	
Crimestoppers	0800 555 111	Przeciwdziałanie przestępstwom	0800 555 111
Drugs		Narkotyki	
FRANK – National Helpline	0800 776 600	FRANK – narodowa linia pomocy	0800 776 600
Dentist		Dentysta	
Emergency - G-Dens	01224 558 140	Nagłe wypadki	01224 558 140
Doctors		Lekarze	
NHS 24 Emergency	08454 242 424	Nagłe wypadki	08454 242 424
Electricity		Elektryczność	
If you have a Power-Cut	0800 300 999	W wypadku odcięcia energii elektrycznej	0800 300 999
Family Planning		Planowanie rodziny	
Square 13, Support & Advice	01224 642 711	Square 13 wsparcie i doradztwo	01224 642 711
Gas		Gaz	
Gas Emergency	0800 111 999	Nagłe wypadki	0800 111 999
Gas Emergency with a Meter	0845 606 6766	Nagłe wypadki w związku z licznikiem	0845 606 6766
Housing		Pomoc mieszkaniowa	
Emergency Repairs	01224 480 281	Nagłe naprawy	01224 480 281
Call Centre Emergency	0845 608 0929	Centrum pomocy	0845 608 0929
Police		Policja	
Non-Emergency	0845 600 5700	Zgłaszanie przypadków nie wymagających nagłej interwencji	0845 600 5700
Samaritans		Samarytanie	
Need to talk	01224 574 488	Telefon dla potrzebujących rozmowy	01224 574 488
Social Work		Praca społeczna	
Social Work Duty Team	01224 765 220	Dyżur pracowników społecznych	01224 765 220
Emergency Out-Of-Hours	01224 693 936	Nagłe wypadki poza godzinami pracy biura	01224 639 936
Young Carers		Pomoc w karierze	
Support & Information Service	01224 625 009	Wsparcie i informacje	01224 625 009
Water		Woda	
Scottish Water Emergency	0845 600 8855	Nagłe wypadki	0845 600 8855
Council Contacts		Numery serwisowe Urzędu Miasta	
Tillydrone is identified as Neighbourhood Services (Central) when contacting council services.		Podczas kontaktowania się z numerami serwisowymi należy podać Tillydrone jako 'Neighbourhood Services'- Central	
Air Pollution	01224 523737	Zanieczyszczenie powietrza	01224 523737
Dog Control	01224 523737	Kontrola psów	01224 523737
Environmental Services	0845 608 0901	Usługi środowiskowe	0845 608 0901
Food Safety	01224 523737	Bezpieczeństwo żywności	01224 523737
Faults & Repairs	0845 608 0919	Usterki & Naprawy	0845 608 0919
	or 01224 693350		or 01224 693350
Graffiti Removal	0845 608 0919	Usuwanie graffiti	0845 608 0919
Housing Repairs	0845 608 0929	Naprawy mieszkań	0845 608 0929
	or 01224 480281		or 01224 480281
Housing Repairs Out Of Hours	0845 608 0919	Naprawy mieszkań po godzinach pracy	0845 608 0919
Litter/ Street Cleanliness	0845 608 0919	Nieczystości/ Czystość ulic	0845 608 0919
Noise Complaints	01224 523737	Skargi na hałas	01224 523737
Pest Control	01224 523737	Zwalczanie szkodników	01224 523737
Public Health Nuisance	01224 523737	Kwestie związane ze zdrowiem publicznym	01224 523737
Tillydrone Library	01224 276975	Biblioteka dzielnicy Tillydrone	01224 276975