

Torry's **Vision**

Autumn 2023



In this issue:

ABERDEEN SOUTH
HARBOUR

BIG NOISE NEWS

WALKER ROAD SCHOOL

www.shmu.org.uk/press

Torry's Vision

Autumn Edition 2023

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Torry Vision Letters to the editor page

The editorial team of the Torry Vision want to hear from you.

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

In this section, you can write to the editors of Torry Vision, let us know of issues and events taking place in the community, send us your thoughts on topics we have covered. Have your say of what you want to see represented in the magazine and what you'd like to read.

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



editorial

Welcome to the Autumn edition of Torry's Vision community magazine.

In this edition, join us as we reminisce about our memories of Walker Road School and look ahead to the new Greyhope School. We also say a fond farewell to respected community member Marjory Bett and more.

If you would like to get involved and join the editorial team or if you have ideas for the community publication, you can easily get in touch with us. The staff at SHMU are able to support and train anyone living in the area who 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 Torry.

If you live in Torry 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.

You can be reassured that our distribution company is taking every measure to ensure they are delivering your magazine safely and within government guidelines.

Torry's Vision is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

happy reading.

Supported by





Aberdeen South Harbour officially open for business!

Princess Anne made a visit to the city on the 22nd of September to officially open the Port of Aberdeen's South Harbour.

The event saw the Princess Royal meet with those who helped bring the South Harbour to life, as well as members of some of Torry's Community organisations.

The dreich weather didn't stop more than 250 stakeholders attending the ceremony to witness the unveiling of a plaque and local artist, Craig Fisher's 'Octopode Accropode'. Fisher was commissioned to paint the accropode, a wave dissipating concrete block used in constructing the harbour's breakwaters, which was then the occasion's centrepiece at the Dunnottar Quay.

Port of Aberdeen CEO, Bob Sanguinetti remarked on the occasion, "We're honoured that Her Royal Highness the Princess Royal joined us for this monumental

occasion. Port of Aberdeen is the UK's oldest business and we're now officially opening the country's newest harbour."

Several local charities were also present at the ceremony, where donations were awarded through the sup-PORT for all fund. £30,000 of funding was awarded to charities such as Aberdeen Cyrenians, AberdeenScience Centre and Befriend a child.

Aberdeen Science Centre's Community Engagement Co-ordinator Vanessa Vazquez thanked the port for the contribution. "Thanks to the generous funding from Port of Aberdeen, we are look forward to running a series of 12 science workshops for under-served groups in the communities around the Port of Aberdeen, including Torry, Kincorth, Alten's and the city centre."

With the addition of the new harbour, the Port of Aberdeen is now the

largest berthage Port in Scotland, it is hoped it will have a positive impact on the North-East of Scotland and will aid the transition to Net Zero.

The Port has set an ambitious target to be the first UK port to achieve Net Zero by 2040. Having pledged to invest £55 million over the next decade to do this. Port of Aberdeen aim to achieve this by reducing emissions and facilitating future fuels and supporting the energy transition. Sanguinetti said "Aberdeen's expanded port promises a vibrant future for energy, trade, and tourism across Scotland on the road to net zero, unlocking new jobs and attracting investment to the region.

Over it's phased launch, the Port has generated over £3million in revenue as vessels who would previously have sailed by Aberdeen can now dock at the port.



BIG NOISE NEWS

Big Noise Torry joins the Scottish Youth Parliament

Young musicians from Big Noise Torry were excited to represent young people from Big Noise at the Scottish Youth Parliament's National Sitting in Aberdeen on the 7th of October. Sistema Scotland, the charity which delivers the Big Noise programmes across Scotland, has recently joined the Scottish Youth Parliament (SYP) as an Associate National Voluntary Organisation. Tochi (16) and Cayden (14) from Big Noise Torry were accompanied by staff members Leo and Anthony and took part in a number of events and activities during the course of the National Sitting where they learned about the work of SYP

and the opportunities that Sistema Scotland's new association with SYP can afford young people in their area.

Joining SYP as an Associate National Voluntary Organisation provides Sistema Scotland with an incredible opportunity to expand and deepen their youth voice work and give children and young people a powerful platform to have their voices heard on the national stage. It enables Big Noise to bridge the gap between local and national discussions, ensuring that the voices of participants are heard at all levels of decision-making. By working closely with SYP, Big Noise young people can advocate for policies and initiatives that support the well-being and

development of young people in Torry and right across Scotland!

Young musicians make a Big Noise at the new Aberdeen South Harbour

Seventeen string players from Big Noise Torry were delighted to perform at the grand opening of the new Aberdeen South Harbour in September. The inauguration was attended by a number of special guests including the Deputy First Minister, Shona Robinson, and Princess Anne! The young musicians had a fantastic time on stage performing and were thrilled to be involved in this historic event for Aberdeen.



Torry Memories and Heritage Society

Over the Summer the Torry Memories and Heritage Society have been busy, with lots of trips across the city.

On one trip, the group boarded a bus and toured the city. It was a brilliant trip which encouraged reminiscence and reflection on what has changed in the city over the years and how it used to look. Memories were shared and fun had.

They even enjoyed a (somewhat melted by the time they got it) ice cream, down by the beach.

On another occasion, the group headed out to Inverurie to enjoy a nice lunch and got a tour of the fashion exhibit at the Garioch Heritage Centre.

Both were lovely trips and thoroughly enjoyed by all.

Tribute to Marjory Bett

We were saddened to hear of the passing of Torry resident Marjory Bett. Marjory, or Madge, as she was known to many passed away at the age of 92.

Born in 1931 to David and Mary Falconer, Marjory grew up with two sisters, Dorothy and Eveline. She attended Walker Road Primary and then the Central School. After leaving school she went on to work as a Clerkess at Andrew Leiper and Sons Fish Merchants for over 50 years.

Marjory's life was deeply rooted in Torry, where she served her community for most of her life.

Marjory had a strong Christian faith and was a regular at St Fitticks Church, where she played the piano during services each week.

Not only did she share her musical talent with those at her own church, but for over 50 years, she was dedicated to playing for the church service at Craiginches Prison. This first began in 1950 when the Rev

John Gunn asked her to play a morning service for the prisoners, and simply stuck.

Later, in 1999 Marjory was recognised for her service and was presented with an MBE from then Prince Charles at Holyrood House. Many who she played for in Prison, never forgot what she did, as her daughter, Marjory Reid recalls her mum would often be stopped in the street to speak by former prisoners.

Madge's service to others and her community didn't stop there. Many will remember Marjory as the leader of the Life Boys, a Brown Owl for the Brownies and also a Sunday school teacher.

Her love of music didn't stop, as she continued to play the piano at Church services, even when she resided in a care home in Torry and the church would come to give a service to the residents.

She will be very sadly missed; we wish all the best to Marjory's family.





Spot the signs – Looking out for Generalised Anxiety

We all have mental health, but we don't all keep an eye on our mental wellbeing or know what signs to look out for which may indicate our mental health is declining.

In this edition, the editorial team would like to bring your attention to Generalised Anxiety. There are many different types of anxiety, from panic disorder, social anxiety disorder and more, however Generalised Anxiety Disorder (GAD) tends to be the most common.

Statistics from the Mental Health Foundation show that sadly, anxiety is not uncommon among adults in Scotland. From a report the Foundation published in May this year, around six in ten (70%) adults in Scotland experienced anxiety that had interfered with their daily lives in the two weeks prior to the research. On top of this, 30% of the adults

said they were not coping with those feelings and 44% said they keep those feelings a secret.

Having feelings of anxiety is nothing to be ashamed of, and although it may feel daunting, opening up may be the first step towards understanding these feelings.

WHAT TO LOOK OUT FOR?

According to the NHS, GAD has both physical and mental symptoms, and everyone will experience them differently. Here are some of the symptoms highlighted by the NHS.

Psychological symptoms of GAD

- Feeling restless**
- Feeling dread or fear**
- Feeling of being “on edge”**
- Trouble concentrating**
- Feeling irritable**

Physical symptoms of GAD

- Dizziness**
- Tiredness**
- Strong, fast or irregular heartbeat (palpitations)**
- Muscle aches and tension**
- Excessive sweating**
- Shortness of breath**
- Feeling sick**
- Headache**
- Difficulty falling or staying asleep (insomnia)**

If you experience any of these symptoms and feel they cause you distress or interfere with your daily life, please speak to your GP.

Remember mental health is nothing to be ashamed of, don't suffer in silence.

Tullos Coffee Morning

What do you want to see in Tullos Community Centre? Aberdeen City Council's communities' team want to know.

A coffee morning was held on the 27th of September at Tullos Community Centre, open to the public to share their ideas on what they'd like to see at the centre.

Some community members popped in to share their thoughts, enjoy tea, coffee and some treats and access the handy pop-up uniform shop ran by Tullos Parent Voice.

The communities' team are working with local organisations

and community members to identify their needs and develop a programme of activities reflecting the area.

In the meantime keep an eye out for information on the warm space which is set to open in November and further coffee mornings which will become a regular event.

If anyone is interested in using the Tullos Community Centre for an activity/ meeting space or if you have an idea and would like to start something up.

Please contact Donna at dcuthill@aberdeencity.gov.uk or call 07917 305827.



Lochside - from an S1

Lochside is an awesome secondary school I would like to give you a review.

The classes are pretty cool, don't judge the teachers straight away because they are all really nice people. There are loads of different classes but one of the most important ones is PSE, you're probably wondering what that is: it's a class lesson with your guidance teacher who will talk to the class, do fun activities and more.

One of the things that a few people in my year have talked about is lunch and break. It's a big school and a pretty small canteen so you will have to wait a while if you're in line, which brings me to clubs.

Clubs are a great way to spend break and lunch and if you don't like one club there are tons more and if you don't find anything that you like you can always play football on the astro turf. Some of my favourite clubs are held in the library, which involve an introduction to dungeons and dragons club and a film club where we watch a movie every Thursday.

Mondays and Tuesdays are 50 minutes longer than the other days but on Wednesday, Thursday and Friday you get out earlier than primary schools.

In primary school you might not like all of your subjects but in secondary school there are loads of new subjects that are always exciting to look forward to.

Many people were a bit worried about moving up to Lochside during my last year in primary school. I think you should be excited as it's the beginning of a new adventure.

Harris B an S1 at Lochside Academy



Goodbye Walker Road, Hello Greyhope.



Pencils down for the final time at Walker Road School after 126 years of teaching.

Torry's pillar of Education, Walker Road School, saw its last day of teaching on Thursday the 11th of October 2023. Pupils now look forward to a new beginning in the brand-new Primary school and Community Hub, Greyhope School.

Pupils, staff and parents honoured the school with a final celebration outside the school at the end of the

day on the 11th. After congregating in the playground together for a final time, ways were parted, with the knowledge that all would be reunited in a new location.

After the tattie holidays, the pupils will move to the brand new Greyhope School at Tullos Circle. The school will accommodate 434 primary-age pupils and nursery and early learning for up to 100 youngsters. The adjoining community hub will house services

such as a Library, Housing office, community learning, health services, a café and more.

Organisations such as Big Noise Torry and Station House Media Unit (shmu) will also operate from the centre.

The project to remove Torry Academy from the site and build the new facility cost £28 million in total, £2 million of which came from Capital Grant Funding from the Scottish Government for the school.



Five facts you may not have known about Walker Road School

The school was extended in 1934.

It was named after the Lord Provost of the time - James Walker.

The building was designed by architect Robert Gordon Wilson

Walker Road School has been a small pox vaccination centre and then First Aid post during WW2.

The school didn't get indoor toilets until 1969.



Betty Thomson (Jimmy's wife) Started Walker Road School in 1944. She remembers being the first class to get Micky Mouse gas masks. She remembers getting into trouble from the teacher for dropping her slate pencil. She also remembers her teacher, Miss Halcrow.



Past Pupils from Walker Road share their memories of the school.



Millie Birse (aged 93) has lots of happy memories of Walker Road. She was there in 1935 and her teacher was Miss Fletcher. Although many of her memories are fond, she remembers getting the strap from the teacher once and then getting a slap from her mother for getting the strap!



Eddie and Hazel Shaw, Eddie went to Walker Road in 1944, and Hazel 1947. Hazel's teacher was Miss Finlayson.



Eric McKechnie attended Walker Road in 1945, he remembers playing football for Walker Road, and the teacher who took the team was Mr McGregor.



Jimmy Thomson started Walker Road School in 1943. He loved his time at Walker Road, and his first teacher was Miss Robertson.

Aberdeen Cyrenians

ABERDEEN CYRENIANS: SUPPORT FOR ANYONE & EVERYONE OVER 16

Accessing Our Support

Aberdeen Cyrenians provides a range of services which support people across the Northeast.

We are a safe space to seek help from our specialist staff.

We support anyone and everyone over the age of 16. If you need support, we can help.

DIRECT ACCESS SERVICE

Our Direct Access Service at 62 Summer Street, Aberdeen, is an **open-door service to anyone needing our support, no appointment is necessary.**

The service provides information, advice and access to essentials for anyone facing a crisis.

Our Direct Access Service is person-centered, flexible, inclusive, compassionate and friendly,

providing practical and emotional support to survive and thrive.

Our goal is to support independence and resilience, but we understand that this can take time.

We provide essentials to help people sustain themselves, giving the time needed to focus on longer-term change to get back on their feet.

We know life is complicated and our team offers support covering multiple needs, working alongside people to reduce and overcome barriers that they face. Support is offered in a variety of ways in a warm environment for people to speak and connect through case management, and 1 to 1 sessions.

WE CAN OFFER SUPPORT INCLUDING:

Advice on benefits and welfare grants

Access to phones, digital support and the internet

Referrals to our internal services and other agencies

Empowering support to build skills and resilience.

Food

Clothing

Toiletries

Household items

Laundry & Showers

We are here to listen and offer support

If you need our support, please
Email: hello@weareac.org
Call **0300 303 0903**

Or visit

**Direct Access Service
62 Summer Street, Aberdeen,
AB10 1SD**

**Monday – Thursday 9am – 5pm
Friday 10am – 4pm**



SERVICES WE OFFER



HOUSING
Advice, tenancy support, and advocacy to challenge unfair practices.



SAFETY
Emergency housing access to escape and recovery from current and historical abuse.



EMERGENCY
Food and essentials, clothing, heating credits, kitchenware, hygiene items.



WELLBEING & LONELINESS
Support for mental health and addiction challenges, isolation and exclusion.



INDEPENDENCE
Caring for people needing support in their home.



LGBTQ+ SUPPORT
Advice and support on discrimination, abuse, exclusion and homelessness.



LIBERATION & RELEASE
Supporting people to rebuild a place in their community.



DIGITAL INCLUSION
Support with skills, equipment & data to access vital services.

WE ARE HERE TO LISTEN AND OFFER SUPPORT

Contact us hello@weareac.org or call 0300 303 0903



Granite City Good Food - Aberdeen's Sustainable Food Partnership

The sustainable food hub for Aberdeen City

Food is a major part of so many different parts of our lives – socially, financially, and even politically.

From how and where we access food, to how we enjoy it, and even who we enjoy it with, it plays a major role in our day-to-day life.

By creating a food system which is sustainable – for people, businesses, and the environment – we can maximize the role of food in our lives, in a healthy and efficient way.

A coordinated approach, which brings organisations and communities together, is one way that we can make our food system sustainable. That's where we come in; Granite City Good Food is Aberdeen's Food Partnership and here to do just that!

Granite City Good Food has six main areas of focus in the work we do: 1) Food governance, 2) Food citizenship, 3) Food poverty,

4) Food economy, 5) Procurement & supply chains, & 6) The climate and nature emergency. Set up in 2017, as part of the Sustainable Food Places national network, partners include: Aberdeen City Council, NHS Grampian, CFINE, Aberdeen City Health and Social Care Partnership, Robert Gordon University, The Allotment Market Stall, Tillydrone Community Flat and The Rowett Institute.

As the Steering Group, these partners work alongside the community to drive vital work in the city – alleviating food poverty, creating a food economy, and generally creating a Good Food movement.

However, we can't do it without you! To take part in the Good Food movement, you can;

Visit the Granite City Good Food Website for lots of great hints and tips around how you can take part in creating a sustainable food

system (whether that's growing, buying, or enjoying!) - including our Good Food Directory, Events Listings, and Resource Hub: www.granitecitygoodfood.org.

Follow Granite City Good Food's social media feeds to keep up to date with the latest news, events, and tips on sustainable food!

Join the Good Food Movement by signing our Charter: www.granitecitygoodfood.org/charter

As a city, we have achieved a lot through partnership. In 2022, we were amongst the first in Scotland to gain the prestigious Silver Sustainable Food Places Award, which celebrates the great work around the city around sustainable food! As we progress quickly towards gold, if we all get involved, small actions can create a big difference.

Get involved in food, with Granite City Good Food!

Aberdeen is Learning Together for Better Lives

The two Universities, Aberdeen City Council and NHS Grampian are working together to make research easier to access for the whole city. By creating opportunities for everyone to get involved in research projects and by sharing the learning as far and wide as possible, Aberdeen will make decisions based on evidence that puts the needs of communities first.

Everyone can help make a big contribution to learning in the City. In fact, evidence shows that the quality of research is better when members of the public are helping to shape the project. But all too often, people don't get involved because they think they need a qualification or special skills. This couldn't be further from the truth!

By being involved in research you'll meet new people who share your interests and find out lots of new information. The conversations you will be part of will make a huge difference to the communities of Aberdeen and beyond.

You may be interested in some of the topics that are being researched right now:

Food Insecurity and Nutrition, Fuel Poverty, Social Prescribing, Drug &

Alcohol Deaths, Early Learning & Childcare.

Employability, Convictions & Reconvictions, Climate Change, Community Empowerment and more.

So if you think you might want to learn more about getting involved in research, the team would love to hear from you! There are friendly faces that will support you through the whole process.

Bea Dawkins (pronounced Bee) looks after all public involvement in research. She'll chat with you about what you're most interested in and will join you up with a project that matches your interests. Speaking of interests, Bea's interests include arts & crafts, anything cat related, and drinking too much coffee.

Kathryn Martin is a senior lecturer and researcher at the University of Aberdeen who is passionate about making research more inclusive. She is working with members of the public and people with lived experience on projects about chronic pain, arthritis, and physical activity. In her spare time, Kathryn enjoys being in the kitchen baking, exploring Aberdeen and

the Shire, and the occasional trip to Costco.

Alan, Gbemileke (pronounced Bay-mee-lay-kee), and Isaac are contributing their ideas to make sure that getting involved in research is easy for everyone. Alan is retired and has an interest in supporting vulnerable people in our local communities through the use of reminiscence therapy, particularly on sport and local/ social history. You might have read his articles that shmu publishes in this magazine! Gbemileke is a student at RGU interested in inclusive communications that unite people and Isaac is the Minister at St Andrew's Cathedral on King Street.

To find out more or to get involved in research email Bea at bdawkins@aberdeencity.gov.uk. You can also call or text her work phone on **07971706765**.

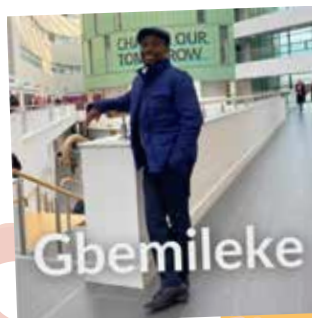
Website: aberdeencity.gov.uk/hdrc-aberdeen

Twitter: @ahdrc

Facebook: Aberdeen Learning Together for Better Lives

Instagram: @aberdeenhdc

Thank you for reading.





Grampian Credit Union – Safe Savings and Affordable Loans – Where People Count

WHO ARE GRAMPIAN CREDIT UNION

We are a local, not for profit, mutual financial co-operative - owned and run by our members. We were established in 1993 to provide a safe place for members to save and have access to affordable loans. Our members include everyone, living or working in Aberdeen city, Aberdeenshire and Moray. We are authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority and our members' savings are fully protected under the Financial Services Compensation Scheme in the same way as banks and building societies.

HOW TO JOIN GRAMPIAN CREDIT UNION

Visit our office @ 250 Union Street, Aberdeen and bring along two forms of I.D.

Download and print forms from our website, complete the forms and post to us with required identification documents.

Join Online at www.grampiancreditunion.co.uk

ID Requirements – You will need to provide proof of address and ID

Proof of Address

Driving licence, Bank statement, Utility bill, HMRC notice of tax code or, Benefit award letter.

Proof of ID

A second document from the first list or, Passport, Birth Certificate, Police Warrant Card or, National Entitlement Card

WHAT MAKES US DIFFERENT

Profits/surplus reinvested in member services.

Friendly, local people.

Money kept in the community.

No external shareholders.

Volunteer Board of Directors

SAVE FOR TOMORROW TO ACHIEVE:

Peace of mind – knowing that you have savings to fall back on can help remove some of the stresses and strains that money worries can bring to all of us.

Relax – by giving you access to affordable credit when you want to borrow money.

Achieve your goals – by planning for a holiday, a new car, Christmas or some of life's little luxuries.

Gain confidence – by feeling more in control of your finances.

Dividend (it's like interest)

When we make a surplus or profit, we reinvest this in services and, if possible, pay a dividend to members. This is decided at our Annual General Meeting (AGM).

Junior Saving Account

Our junior savings accounts are for children up to the age of 16.

Christmas Savings

Cover the cost of Christmas and have your spending all wrapped up. Start at any time of the year to save and access to your funds. See our website for terms and conditions

For more info, visit:

Website: www.grampiancreditunion.co.uk

Email: admin@grampiancreditunion.co.uk

Telephone: 01224 561506

Office: 250 Union Street, Aberdeen AB10 1TN

Sweet 16 for shmuFM

This October, our shmuFM strand turned 16 years old! We launched our community radio station in 2007 and have had a brilliant time over the years, making radio, expanding our studios and working with our communities.

shmu's Chief Executive, Murray Dawson wanted to say "I'd like to take this opportunity, on our radio station's 16th birthday, to thank all our wonderful volunteers (past and present) who have given so much of themselves to share their stories, provide insight into our communities, and celebrate the wonderful city that is Aberdeen. Happy Birthday shmuFM - here's to the next 16 years!"

Unfortunately, due to the stormy weather our birthday party was put on hold, however, we look forward to our 20th birthday later this year. We'll celebrate our 20th year as a charity with a big bash, so keep an eye out for details.



BFI Film Academy

We recently kicked off our latest BFI Film Academy course, which is running from September to January 2024.

The Film Academy is a fantastic experience for young people between 16 and 19 who are passionate about film and want to work in the industry. Throughout the course, participants gain practical experience, across all elements of filmmaking and work with experienced professionals.

The youngsters had a brilliant time on their weeklong intensive course at shmu and look forward to the rest of the programme! They learned how to operate a film camera, practised recording, using sound equipment and getting to grips with all the equipment they will be using throughout the Academy.

Over the course of the next few months, the young filmmakers will work together to create two short films, which they will film across two days each.

A fast-paced turn around in post-production, all executed by the young people will allow the films to be screened to the public in late January 2024.

We can't wait to see what our next generation of filmmakers produce!



Elected Officials

Cllr Christian Allard

The biggest issue affecting the community recently has been the impact of Reinforced Autoclaved Aerated Concrete (RAAC) commonly used in public buildings and houses between the 1950's and 1990's. At Aberdeen City Council, we have been carrying out assessments across our public buildings, prioritising our schools with flat roofs. At the time of writing this, all the primary schools across the city have been assessed and are not affected, three secondary schools are still getting inspected. We have kept parents and carers of children attending those schools updated.

Next, we have identified residential properties within Torry that are likely to have this type of concrete construction panels, based on the construction age and house type. Those are

known locally at the "hen houses" and everyone concerned has received a hand delivered letter and has been invited to attend two drop-ins' sessions. Let me thank all the ones who have attended to hear directly from our officers. If you are affected and have not been able to attend the sessions, you can contact the Council by email at HousingEstate@aberdeencity.gov.uk or by phone on **01224 070107**.

The official opening of the South Harbour in September was a success with many local people and local groups attending from Torry. Another great success is the opening of our new Primary School and Community Hub. Following a community walkabout with parents, teachers and representatives of the Walker Road Parent Council on October the 4th,

an extra pupil access point was made available on Mansefield Place to ensure all pupils can safely access the new Greyhope School in November. I would like to thank the road safety and traffic management team for listening to our concerns at the community walkabout and to find a solution.

I hope you all enjoyed the warm weather during the summer, winter is coming and like last year, many in our community will need help to spread the cost of energy bills. Some families would be able to access the Child Winter Heating Payment from the Scottish Government. It's a payment to help disabled children and young people and their families with increased heating costs over winter. Paid once a year, the payment for winter 2023-2024 is £235.70 and will begin in November.

MSP Audrey Nicoll

It goes without saying that this summer was incredibly hot, with plenty of lovely days to spend out and about in the constituency during Parliament's recess. Throughout July I undertook a series of summer surgeries, kicking off at Balnagask Community Centre and including a stop at the Old Torry Community Centre along the way. It was great to meet residents and listen to their issues – plenty of work for my team and I to follow up on.

I was delighted to pay a visit to Stan Smith and his team at the Torry Skills Centre, who are just across the road from my office on Victoria Road. It was fantastic to find out about the

advice and support they provide to help people get into the world of work regardless of experience, education or qualifications. I would highly recommend getting in touch with the Centre if you need help getting into, or returning to, employment.

In other news, the Aberdeen South Harbour recently had its official opening by the Princess Royal which I attended. I am optimistic that the new harbour and associated footfall will benefit local Torry businesses and give people opportunities to visit the fantastic Greyhope Bay facility at the Battery.

As always, as your constituency MSP, I am more than happy to help

with any issue you may have. I can be reached via email: audrey.nicoll.msp@parliament.scot, by calling **01224 876743**, or feel welcome to drop by my office between 10am to 4pm, Mondays to Fridays.



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

SEPA Odour Reporting Hotline - 0800 80 70 60

(for reporting odours believed to be linked to Nigg Waste Water Treatment Works)

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

Penumbra First Reponse 0800 234 3695

Torry Medical Practice

8am – 6pm

Contact: 0345 337 9977

Holburn Medical Practice

01224 400800

Local Councillors

Councillor Lee Fairfull

01224 346652, lfairfull@aberdeencity.gov.uk

Councillor Christian Allard

01224 346642, callard@aberdeencity.gov.uk

Councillor Micheal Kusznir

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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:

Police Scotland

If you are in danger and it is an emergency, call 999. For non-emergencies call 101

National Domestic Abuse Helpline Free and confidential advice. Open to all. 24 hours a day.

Telephone: 0800 027 1234. Website: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932. Website: rapecrisisgrampian.co.uk