

torry's vision

Spring 2012



Features

ABERDEEN HARBOUR
NEW MULTI-MILLION BERTH
AT TORRY QUAY

GRAMPIAN FIRE & RESCUE
TORRY DONATION

Contents

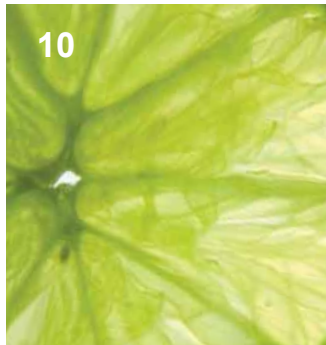
This Spring...

3	Family Learning
4	Police Update
5	Grampian Fire & Rescue
6&7	Local News
8&9	Aberdeen Harbour
10	Recipes
11	Poems & Quiz
12	Councillors Comments
13	Community News
14	SHMU
15	Drugs Action

7



10



4



7



Editorial

Welcome to the Torry's Vision Spring Edition

First off, SHMU and the Torry Editorial team would like to apologise if you never received a copy of the last edition of the community magazine.

Over the past few months delivery has been a major problem, we have road tested various delivery companies without success. For this edition we will be trialling the Royal Mail, and with this, we really hope things will improve!

Unfortunately, you will not receive a copy of the magazine through your letterbox if you have opted out of unsolicited mail (such as flyers, leaflet and brochures). If this is the case, you can pick up a copy at your local community centre. Alternatively, you can view the magazine on the SHMU website at www.shmu.org.uk.

In this edition of the Torry's Vision we have an update from the Aberdeen Harbour, Grampian Police and Grampian Fire & Rescue. Also featuring - Dee Football Club, the National Theatre of Scotland and lots more!

If you would like to get involved in your community magazine or find out more please contact Mary Clare at SHMU on...

Telephone (01224) 515013 · Email maryclare@shmu.org.uk

Thanks for reading and enjoy the rest of your magazine.



Supported by





Family learning

Challenge Dad

The project organises events where dads/male family members can actively engage in activities with their children. Events in the past have included Tubing, Football and Rock Climbing.

These fun events encourage Dads/Male family members to support their children's learning as well as supporting and identifying their own learning skills and needs.

They run bi-monthly and are free. To sign-up, call Family Learning on 260028.

Challenge Mum

The project organises events where Mums/Female family members can actively engage in activities with other women, and in some events also with the children. Events in the past have included Coasteering, Theatre visits and Reiki.

These fun events encourage Mum/Female family members to support their children's learning as well as supporting and identifying their own learning skills and needs.

They run bi-monthly and are free. To sign-up, call Family Learning on 260028.

Family Fun Challenge

Family Fun Challenge has the best bits of Challenge Dad and Mum combined. All family members can come along with the children to these events and it gives the whole family time together and supports the children's learning. Events in the past have included Doonies Farm and Reptile Rapture.

They run 4 times a year and are free. To sign-up, call Family Learning on 260028.

I'm a Parent....get me out of here!!

Parenting is one of the hardest jobs in the world which doesn't come with a manual. Don't panic, this 8 session course offers parenting skills and tips to positively enhance your role as a parent/carer.

The course is free and crèche is provided. The next course starts at the end of August. If you would like to know more or sign up, call Family Learning on 260028.





Your Local Team -

What we are doing in torry

The Torry Policing Team is well established in the new office on Victoria Road and we are all seeing the benefits of a more visible and accessible service. This facility is being well used by the public and plans are in place to enlarge the facility later in 2012. An additional Sergeant has been posted to the LPT. The Inspector and the 4 Sergeants are currently based at Oscar Road. A period of transition is taking place where, over time, our partners are being met.

In previous updates we have highlighted issues surrounding youth antisocial behaviour, particularly in the North Balnagask area.

We are pleased to report that there continues to be an overall reduction in reported incidents of anti-social behaviour and youth disorder, thus improving the quality of life for residents. We are not complacent, however, and recognise that this continues to be an issue that affects the Torry community. We will work hard to enforce the law and support other agencies with specific responsibilities in this area.

It is important to acknowledge that antisocial behaviour is not confined to some of the youth in our community, and we continue to deal with a wide range of antisocial issues, regardless of age of those responsible. During this period our officers worked hard to detect a series of 34 acts of vandalism to motor cars. This is the most common type of vandalism that occurs in Torry, and alcohol consumption is a key factor in offending. Vandalism has increased slightly by less than 1% over the same

period last year, however, detection rates have increased by 7%.

Your Local Policing Team recognises that drink and drugs misuse continues to be an issue in our community. We continue to work hard with internal and external partners to address these issues, and in particular to disrupt the supply of drugs.

The Road Safety issues we have identified are not unique to Torry. Our officers have contributed to traffic operations throughout the south of the city and on a day to day basis take positive action against unsafe motorists.

Your Local Policing Team have attended Residents' meetings and the Torry Community Council monthly meetings, subject to operational demand. We are happy to do so to gather information from you and provide answers to any queries you may have.

We continue to contribute to meetings with partner agencies, which occur on a regular basis, to discuss current and emerging issues and look for a solution to them. Matters raised by

the community through the relevant partner organisation are examined and solutions sought. Our officers are actively engaging with local children by regularly attending the two Primary schools and the Secondary School in Torry, where excellent relationships are being developed. Many of the youngsters are now on first name terms with their local officers. Your Local Policing Team has a policing responsibility for HMP Craiginches and ongoing dialogue is taking place in order to improve already positive working relationships.

The Torry Local Policing Team was formed 18 months ago, and our officers and the community are now beginning to see some real benefits. Due to policing being more localised, positive relationships are being formed, resulting in local officers being supported by the local community. Many of the excellent results we have achieved have been due to the trust that has developed between the community and the police and we look forward to the future benefits this will bring to the community.

Fire and Rescue Service Comes to the aid of Torry teenagers

Young people in the Torry-area of Aberdeen have reason to celebrate thanks to a generous donation from Grampian Fire & Rescue Service.

The £500 donation will be used to support various youth work groups and projects that take place in and around Torry. The Grampian Fire & Rescue Service's donation will contribute towards the cost of:

- * the girls' football team;
- * Tullos Youth Group;
- * Dynamic Youth Award & Youth Achievement Award booklets;
- * arts and crafts materials and other resources for the youth work programme.

Torry Youth Café re-opened in February and is now open from 6.30pm to 8.30pm every Wednesday night. To celebrate the donation and to show their support for the young users of the café the opening night was attended by representatives from Grampian Fire & Rescue, Grampian Police, Aberdeen City

Council's Youth Work and Arts Development team, and City Wardens.

Ellie Hepburn, Development Officer - Young People, Education, Culture and Sport, Aberdeen City Council's development officer [young people], based at Torry Youth & Leisure Centre, Oscar Road said: "This money will assist numerous youth work activities in Torry, so on behalf of everyone involved in the projects, we would like to say a great big thank you to Grampian Fire & Rescue Service for their generous support." Grampian Fire & Rescue Service has also agreed to present fire safety sessions to the youth groups in the area.

Colin Westwood from Grampian Fire & Rescue Service Colin Westwood added: "Grampian

Fire and Rescue Service is delighted to be able to offer our assistance with the re-opening the Torry Youth Café. We view this project as a great asset to the young people of Torry as well as the community at large.

"It also provides the Fire Service with a focal point to engage with the youngsters of our neighbourhood. We hope that we can utilise this youth café to strengthen our ties with the community, provide fire safety advice and guidance to the young people of the area and ultimately ensure we contribute to a safer and healthier neighbourhood to both live and work."

Anyone interested in finding out more about youth work activities on offer in and around Torry should contact Ellie Hepburn, on (01224) 878927 or email ehepburn@aberdeencity.gov.uk

Go Green

New Compost Project Launches in Torry

Local environmental charity, Aberdeen Forward, is looking for people in Torry who live in flats to get involved in a new project.

Many people who live in flats think they cannot get involved in composting, but Aberdeen Forward are offering the chance to get a free caddy, compost bin and training to compost their food and garden waste.

Project Officer Gillian Marr said, "When you put your food waste into your domestic bin it ends up in landfill where it generates methane, a green house gas. By composting this waste you are helping the environment, as well as reducing the amount of waste going in your normal bin.

The average family throws away £430 of food each year and it has



A green Johanna, one of the free composting units available with this scheme.

been shown that when you start composting you become more aware of what you are throwing away. Once you become aware,

you are more likely to waste less – thus saving money."

The project is looking to fill a gap where people in flats don't get the opportunity to compost their food waste at the moment through the brown bins. By offering a free caddy and compost bin people will get the opportunity to get started with dealing with their food waste immediately.

Contact Aberdeen Forward on 01224 560360 or email on admin@abzforward.plus.com

LOCAL ISSUES

St Fitticks Well

Where was the St Fitticks Well situated?

I'm not 100% sure, but I think that the original site was beside a bridge crossing the railway line, and then ran through the bushes over the main road, down the cliffs into a swampy area surrounded by rocks and an old

rustic gate. However, the area has now been fenced off to the public.

I'm currently trying to get signs created for the public so that people will know where St Fitticks Well used to be. If anyone can

be of any help on this, or has any more information please contact the Torry editorial team on 515013.

**Thanks,
Alan Reid**

Dee Football Club



Dee Football Club has various football teams ranging in age from under 8's to under 14 year olds, and are also thinking of adding under 15's,16's,17's and 19's to their numbers for the start of next season.

They also have an amateur team Dee Amateurs FC. This is to keep the pathway for development going when the players are over 19 and too old for juvenile football.

The Club also now has a Dee Ladies team in place and has

had them affiliated to the North Region Women's Association. The squad consists of 18 players, the youngest being 16. Also in the pipeline the club hopes to start up a team for the younger girls to take part in. The Dee Football Club also recently received the much sought after Scottish Football Association Quality Mark Award. This can only be obtained when a club meets the criteria as set down by the National Governing body of Football.

To achieve the award a sound infrastructure must be in place including management, administration, player and coach development, planning and welfare.

It has taken over 2 years of hard work to obtain this but the club takes so much pride in the fact that their youth

club created some 14 years ago with one team has risen to such stature in the Torry area. The Club would like to highlight their aims and future plans to the community and in doing so hopefully attract more people both youth and adult who would be willing to participate in some way to assure the club continues to grow.

Their ultimate aim is to create a community run and owned multi sports complex.

If you are interested in taking part or getting involved in the Dee Football Club then please get in touch with Charles Duncan, Secretary of Torry based Dee Football Club on 01224 or you can email him on crduncan@hotmail.co.uk

National Theatre of Scotland **Torry Exclusive**

The Old Torry Community Centre was over the moon to host the National Theatre of Scotland 'The Strange Undoing of Prudencia Hart.' A real coup for Torry! The cast received a standing ovation both nights for their performance and the audience said the venue was perfect. Local Business

Barclay's Bistro provided the sandwiches which were handed out at the interval.

It was a fantastic night all in all! You can also follow us on Facebook/Twitter.

A flyer to promote local businesses was out at the end of the performance.



FIRST VESSEL TRIALS NEW MULTI-MILLION POUND BERTH AT ABERDEEN HARBOUR'S TORRY QUAY

The first phase of a multi-million pound redevelopment project of Aberdeen Harbour's Torry Quay has been completed.

A project milestone was marked by the vessel Skandi Foula, which docked at the quay before loading cargo destined for a North Sea installation.

The vessel is the first to have used the new facilities, which include 300metres of realigned, deep water berths, a stronger quayside for heavier lifts and a wider channel in the River Dee, designed to facilitate improved vessel navigation. These features are the result of an initial £19million investment by Aberdeen Harbour Board.

Ken Reilly, engineering director of Aberdeen Harbour, said: "There is a growing trend for increasingly large, deep drafted vessels. The completion of this first phase, an important stage in one of the harbour's largest civil engineering undertakings in recent years, is a cornerstone of our ongoing development. With the wharf now fully operational, it will help to ensure that we continue to meet the needs of existing and new users.

"The port plays a vital role in terms of infrastructure, both regionally and nationally. Continued investment is key to ensuring that we are in the best possible position to sustain the provision of the modern facilities that our customers both expect

and deserve. This will enable us to bring further opportunities to the North-east, now and in the future."

Development work on Phase Two has now commenced, with an estimated £15million to be spent on this part of the project.

Expected to take around 12 months to complete, the work comprises the construction of a 100m long, deep-drafted quay, consisting steel piles and reinforced concrete. The River Dee Dock will then be filled with rock and other excavated material, before being surfaced with concrete. This will create an additional 20,000 square metres of operational space.

Mr Reilly added: "Facilities and space are an equally important consideration, allowing for greater efficiency in terms of our customers' operations. This work will ensure the harbour can continue to meet both the changing demands of the energy industry and our wider client base. Ultimately, this will strengthen our position, improve usability and aid the long-term potential of the port, benefitting the entire region."

For further information please visit the port's website www.aberdeen-harbour.co.uk





SKANDI FOULA

CCS

4 egg yolks
400ml condensed milk
6 tbsp fresh lime juice
(about 5 limes worth)
200ml double cream
Lime zest to serve

Crust

12 digestive biscuits
45g caster sugar
135g melted unsalted butter

1. Preheat oven to 175C/gas 3. For the pie crust, lightly grease a 22cm (metal or glass) pie dish with a little of the melted butter. Blend digestive biscuits, caster sugar and remaining melted butter in a food processor until the mixture resembles breadcrumbs. Transfer to pie dish and spread over the bottom and up the sides, firmly pressing the mixture down. Bake for 10 minutes, or until lightly browned. Remove from oven and

Key Lime Pie

- place dish on a wire rack to cool.
2. For the filling, whisk the egg yolks in a bowl. Gradually whisk in condensed milk until smooth. Mix in lime juice, then pour filling into pie crust and level over with the back of a spoon.
 3. Return to the oven for 15 minutes then place on a wire rack to cool. Refrigerate for 6 hours or overnight.
 4. To serve, whip cream until it just holds stiff peaks. Add dollops of cream to the top of the pie, and grate over some lime zest for extra zing.



need 5 limes

best
cheesecake
ever!!

Tasty Tiffin

Ingredients:

3oz Plain Chocolate
4oz of Margarine
4oz Raisins
2 table spoons of syrup
10 crushed digestive biscuits
4oz of Milk Chocolate
4oz of plain chocolate

Billy's Recipe Marinas Tiffin

1. In a saucepan melt plain chocolate, syrup and margarine.
2. When ready, mix in raisins and digestive biscuits and stir well until covered.
3. Turn into a swiss roll tin, press down firmly and leave to cool.
4. Melt the chocolate for the topping in a bowl over hot water or in a microwave. Use 4oz of plain and 4oz of milk chocolate (but any combination or just milk chocolate will do). Spread melted chocolate over cooled tiffin and cut into squares when cooled.

Questions

1. Where is Taylors super store ?
2. Where is the biggest book shop in Torry?
3. What runs from Wellington Road to Balnagask Road?
4. Where are the water works?
5. Where is the Tullos Barn?
6. Where is the medical centre?
7. How many old people homes are there in Torry?
8. What did St Peter's House use to be?
9. Why was the Victoria Bridge built?
10. How many chip shops are there in Torry?

Answers on page 13

Quiz

A light of love

It's only a little candle
A tiny flickering light
It shows me where I'm going
On a cold and stormy night

A tiny light in a window
Just burning there for me
Guiding me to a place I love to be
Its where I want to be

For everyone should have shining light
To cherish and hold near
To let them know that someone cares
And always loves them dear.

My Fathers Ring

I've worn this ring for many years
It is my pride and joy
My fathers promised gift to me
When I was a little boy

So when I look upon the ring
A tear comes to my eye
My love for them is in my heart
And it will never die

The ring must be about seventy years
Its full of love and joy
The gift of gold that was promised to me
When I was just a little boy.

poems

Councillors Comments

Cnclr James Kiddie

In 2003 when I was first elected for the then Tullos ward, the most obvious challenge was to get rid of the awful pungent smell from the Wastewater Treatment plant which was all pervasive. That was achieved and today there are few complaints.

Much work has taken place on improving the environment. Millions of pounds have been spent on reclaiming the former refuse tip and making it attractive and suitable for leisure activity. Millions of pounds are also being spent on upgrading the so-called 'hen houses' in Balnagask. I am delighted that Morven, Grampian and Brimmond Courts are to be given external cladding, new

windows and new eco-friendly heating systems. This will result in greatly reduced heating bills.

I led the campaign to help Tullos Swimming Pool and persuaded the Council to spend £1 millions on improvements. This will result in a great leisure facility for Torry, which it is hoped will open next Easter.

In partnership with the SNP Government in Edinburgh I have supported the Community Council in the 'Retail Rocks' project which has turned empty shops into small business ventures in Victoria Road and Menzies Road.

Nobody can be in any doubt that Westminster policies are having an effect on people on low incomes as well as local authority funding. Nevertheless, I believe that all around us in Torry is evidence of optimism and development with all sections of the community, including the religious communities, playing their part. It has been a great privilege for me to have worked with and for Torry since 2003 and hopefully after 3rd May I will be able to continue to contribute to Torry's vision going forward.

Councillor
James Kiddie

Cnclr Yvonne Allan

WELL DONE TO ALL THE FOLKS OF TORRY. OUR POOL HAS BEEN SAVED

I am so proud of the amazing effort you have all put in. To the letter writers, the petition collectors and signatories and to all those who campaigned for our swimming pool, I say again well done. We must now keep an eye on the refurbishment proceeding on time and I am sure that your community council will be doing that on your behalf. Then it will be up to yourselves and your families to use it as I am sure you will.

As you may be aware, the local government elections are coming up soon. It has been my pleasure to have represented you all and if re-elected, I will work as hard as I have always done for the folks of Torry. I would, however urge, everyone to vote. This is

your opportunity to elect your representative on the council for the next 5 years and to decide how your council is run.

The community centres continue their battle to get their lease problem sorted out and I will continue to support our local community centres in their struggle with this issue. In the meantime they continue to provide an excellent service to the community of Torry with a wide a varied programme. They do this as volunteers, spending many hours for the benefit of our community and this is much appreciated.

Since the closure of Victoria Road school, we have seen an increase in numbers at our other two primary schools. This will be cause for concern if it gets to the

stage that these two schools may have to be capped. This is some thing I will be keeping an eye on and I can give you an update in the next edition of the Torry Vision.

Once again WELL DONE TORRY!!!!

There are possible interesting developments happening with the Greyhope Road allotment members. They are considering joining the federation which would allow access to more funding opportunities as the could have charitable status. They have an excellent web site for anyone who is interested the site is torryallotment.webs.com

Councillor
Yvonne Allan

LEWIS MACDONALD MSP

Regional surgeries in North East Scotland



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

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

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



The Scottish Parliament
Pàrlamaid na h-Alba

Activities For Young People In Torry

TWILIGHT BASKETBALL – It's on a Friday night from 6- 8pm at the Sports Centre on Oscar Road and is open to 12 to 21 year olds.

YOUTH CAFÉ – Is open every Wednesday from 6:30- 8:30pm at the Phoenix Club for 10 to 17 year olds.

YOUTH CLUB – is on a Thursday evening from 6:30- 8:30pm at the Tullos Community Centre and is for P6 to S2.

SKATE PARK SESSIONS – Every Monday night from 4- 6pm at the Torry Skate Park for 5 to 16 year olds.

GIRLS FOOTBALL – Is on a Wednesday Night from 6- 8pm at the Sports centre, Oscar Road.

It's open to P6 to S2.
Old Torry Community Centre

BINGO –
Mondays from 7:30 till 9pm

ZUMBA –
Tuesdays from 6:30 till 7:30pm

ZUMBA –
Wednesday from 6:45 till 7:30pm

LINE DANCING –
Thursdays from 6 till 7:30pm

Coming soon - Art & Craft Classes!!

For more information or enquiries follow us on www.facebook/oldtorrycommunitycentre or email us on oldtorry@gmail.com or call us on 894925.

Quiz Answers

1. Sinclair Road
2. Torry Library
3. Girdleness Road
4. Off the railway line
5. Down by the old church
6. Oscar Road
7. Two
8. A church
9. After the ferry disaster
10. Four

The Health Show on *shmu*FM

Nothing is more important to your wellbeing and happiness than your health, so here at *shmu*FM we've teamed up with NHS Grampian to broadcast the Health Show.

Each week the show will cover the important stories from the past week, the best health advice and the latest campaigns being launched - all presented by a SHMU volunteer and a guest from your local NHS services.

We are live on 99.8FM on a Thursday from 9-10am, then a repeat goes out on a Monday between 2 and 3pm. Alternatively, you can

listen again online by visiting: www.shmu.org.uk
We'd like you to get involved too, so if you wish to suggest any topics or guests to be included in the show, or give any feedback to the Health Show team, just email: healthshow@shmu.org.uk



Torry TV coming to a computer near you soon...

Shmu is launching the YTV training programme in association with Creative Identities in April 2012 and are looking for young people from Torry to get involved. The project will give you the opportunity to take part in hands on TV and Video training led by professionals from the industry, with the ultimate goal of producing and broadcasting your very own live TV show on *shmu*TV's forthcoming internet TV channel.

So if you, or someone you know are between 12 and 19 years old, are interested in getting involved in making television and live in Torry, then get in touch with Simon on 01224 515013 or send an email to ytv@shmu.org.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.



Aberdeen **DRUGS** Action

Hi everyone, my name is Mel and I am a Drugs Worker at Drugs Action in Aberdeen.

I am the lead Drugs Action Worker for the South of Aberdeen, covering areas such as Torry, Kincorth, Cove, Garthdee etc.

Drugs Action provides:

- Immediate advice and information on any aspect of drug use.
- Support to family / friends affected by someone else's drug use.
- Naloxone Training – Learn what to do in an overdose situation and how to potentially save a life. Referral and signposting to other services as appropriate.

As you may already know, Drugs Action has a drop in session at:

TORRY SALVATION
ARMY BULIDING
45 Glenbervie Road, Torry

TUESDAYS between 11am -1pm.

Bryan and Claire (who used to be available at this drop in) have moved on into new roles at Drugs Action. Therefore, if you are concerned about your own drug use or have concerns about someone you know and would like to speak to someone, please feel free to drop in and see me

You can call or text me on 07894 513 710 or you can email me at mel@drugsaction.co.uk

You can visit our website at www.drugsaction.co.uk where you will see a link to our Facebook page 'Drugs Action Aberdeen' for more information on what services are offered by Drugs Action in Aberdeen and Aberdeenshire.

You can also call our confidential helpline on 01224 594700 which is open at the following times:

Mon to Fri 11am - 1.30pm,
2pm - 5pm and 5.30pm - 7pm
Sat to Sun 2pm - 5pm

I look forward to meeting you soon,

TAKE CARE!

Naloxone can be a life saver!!

It reverses the effects of an opiate overdose. We can train you in basic life support and Naloxone administration and you can then be provided with your own supply of Naloxone at specific pharmacies

For further info come along to the drop in at the Salvation Army, call or text me on my mobile or phone our helpline on 01224 594700



COMMUNITY CONTACTS

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