

Torry's **Vision**

Spring 2023



In this issue:

BIG NOISE

KEEP GROWING ABERDEEN

COST OF LIVING HELP

www.shmu.org.uk/press

Photo: Richard Frew

Torry's Vision

Spring 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 Spring edition of Torry's Vision community magazine.

This edition is packed full of community news and updates. Read on to find out about groups you can join in Torry, get up to date with news from the new Torry Community Council, Walker Road School Consultations, and hear from Lochside Academy Pupil, Kennedy.

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 **0752586312** 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





Generations Growing Together

A Keep Growing Aberdeen initiative delivered by CFINE and Cultivate Aberdeen

Generations Growing Together – A Keep Growing Aberdeen initiative delivered by CFINE and Cultivate Aberdeen

In early February, Keep Growing Aberdeen had a fantastic bulb planting day with the Tullos Primary School p6 class. The community initiative walked with the class and their teachers to the St Fitticks Edible Garden in Torry, where the class was invited to decorate their plant pots, and then plant spring flowering bulbs (muscari and crocus).

The class will look after the plants in their classroom, and the idea is that the flowers will be coming out

around Mother's Day, so the children can give them as a gift. It's up to the children what they decide to do with their plant – some decorated them for Mother's Day, and one child decorated a pot for her dad.

Keep Growing Aberdeen continue to plan activities with P6 class for the weeks to come. As we move into Spring, we would like to include additional activities for people aged 55 and up in Torry.

www.cfine.org/get-support/skills-development/community-growing

You can contact us for more information on how to get involved in the project. It would be particularly good to hear from those who are aged 55 and over and reside in Torry, or those who run existing community groups for older participants. Ask for **Rebecca or Lucy** at info@cfine.org or call: **07588471390**.

You can also join the growing conversation on the Keep Growing Aberdeen Facebook group.





Photo: Richard Frew

THE SHOW GOES ON FOR BIG NOSIE TORRY

Big Nosie Torry received an outpouring of support from the Torry community and across Aberdeen, helping to secure funding to save the programme.

Aberdeen City Council severed ties with Sistema, cutting their funding entirely. Dundee City Council had previously done the same, cutting the funding for the Big Noise Programme in Douglas.

Councillor for Torry and Ferryhill Christian Allard explained the reasons for the Council's decision to cut the music programme's funding, "The council is required to demonstrate best value when spending public money. Neither Sistema nor the council's own officers have presented evidence that Big Noise Torry was delivering a level of positive impacts on educational attainment and/or engagement to justify continuing to fund Sistema. The council remains committed to providing a music service for the city's children as part of its 2023/24 budget."

Cllr Allard commented that he has been a supporter of Big Noise Torry from the beginning but objected to plans for the programme to be rolled out across Aberdeen City.

Since ACC's budget, Sistema Scotland have secured £1.5 million pounds in additional funding, for their initiatives across Scotland and will continue to operate in Torry as usual. Culture Minister Neil Gray recognised the "hugely valuable role" that Big Noise programmes make in disadvantaged areas.

Neil Grey said, "We value the importance of cultural organisations and their contribution to the wellbeing of the country to promote the arts, provide employment and engage with communities across Scotland.

Nicola Killean, chief executive of Sistema Scotland, said, "We are absolutely delighted that the Scottish Government recognises the transformational impact of our programmes and has stepped in to provide the additional £1.5

million that we lost from councils, which helps secure the long-term sustainability across all our Big Noise programmes.

"We are grateful to ministers, those councils that did stand by us, and all of our wonderful funders and the wider community who have sent us so many messages of support over the past weeks. This will make a lasting difference to young people's lives in our most disadvantaged communities."

The public support for Big Noise Torry came in various forms. A petition, started by Bianca Duthie, received over one thousand and three hundred signatures and many of the Torry community gathered outside the Town House on the morning of the meeting to show solidarity, some performing music as the councillors arrived.

Throughout the period of uncertainty, the organisation continued to deliver their services and thanks to the new funding will continue to do so.



LITTLE NOISE TORRY

A glimpse into the earliest music makers in Torry

At Big Noise, our staff work with the young people of Torry to learn instruments and play in big groups together. But did you know we also work with younger children, all the way down to new-borns, to instil skills and enthusiasm for music right from the beginning? If you've ever wondered what a baby can learn in a music group, read on to find out a bit about what we do in our Little Noise sessions.

Like language, learning to express musically starts from the earliest stages of a child's life. Exposure to songs and the simple enthusiasm for singing is "key" for children developing the ability to sing and play an instrument. Kids pick up songs like sponges, and for many children, the Hello Song is one of the first songs that they join in with. Our greeting songs are important ways that we say hello each week, but they also start our group with a high level of familiarity and comfort. Even after just a few weeks, it's something recognisable to the youngest children.

We try out lots of instruments at Little Noise. We experiment to find new sounds, from rain sounds to strong accents, even white noise if the whole group moves the shakey eggs together. Young children are often first captivated by tone, or the colours they can find in sound. We also make all sorts of sounds with our mouths, to explore our expressive abilities and our voice's potential.

At Little Noise we love to dance, walk and move to the beat so that we can begin to feel the music's heartbeat with our biggest limbs. This internalises the feeling that music moves from one beat to the next, and later it will help children develop the skills needed for all sorts of rhythms, from the complicated, to the slow, the fast, and the groovy.

We love our colourful scarves for drawing the sounds of music in the air. With our scarves, we can see shapes, lines, speeding up, slowing down, highs and lows, and everything in between.

The real music learning happens at home, though, so we try to equip

parents and carers with songs and games for all sorts of learning: finger dexterity, naming body parts, gross motor skills, language skills like sounds, songs for routines like cleaning up and going to bed, and much more.

Finally, a Little Noise session is never complete without first putting our teddy bears to sleep. We explore a different sound world here, one that can be soothing, beautiful, comforting, or just an opportunity to sit with their carer and bond.

If you're looking for information and resources about musical parenting, I recommend Jeffrey Friedberg's book *Music with Babies and Young Children*, on stock in the Aberdeen Central Library. And of course, Little Noise Torry is free and open to anyone in Torry, so please help us spread the word about this great opportunity. We meet Monday mornings at 10:15 in Torry St Fitticks Church.



Consultations ongoing for Walker Road School

Aberdeen City Council are in consultations regarding the relocation of Walker Road School and altering the catchment area of Walker Road and Tullos Schools.

ACC have proposed moving Walker Road School from its current site to the new school and community hub, currently under construction at Tullos Circle. The new facility including the Hub is planned to feature a community café, library, multi-purpose rooms, meeting spaces, recording facilities, performance and rehearsal facilities, a housing office, a football pitch and outdoor play area.

If the proposal is successful, the move to the new school could take place in August 2023. The council would also review the catchment

areas of both Walker Road and Tullos Schools so that all areas of Torry remain within the catchment areas of both schools.

Before this decision is finalised, the public consultation process which began in December 2022 is ongoing. The public consultation was open from December to the 31st of January 2023, giving the public a chance to submit their views and comments. These will be summarised in a consultation report and discussed with the Council's Education and Children's Services Committee at its meeting on 21 March 2023, who will then decide on the changes.

Walker Road Parent Council joined local councillors on a community

walk about of the area on the 3rd of March. Nycolle Saunders, Walker Road Parent Council Secretary said the walkabout allowed the group to highlight road safety and share their thoughts with the Council.

The Parent Council have made suggestions to the councillors about measures which may help the pupils keep safe when crossing Oscar Road and Grampian Place, when attending the new school. Suggestions such as installing a crossing, introducing new signage and a lollipop person were mentioned and will be considered by the council.

You can read more about the new facility and the relocation proposal paper on the Aberdeen City Council Website.

Torry Memories & Heritage Society

On Wednesday 22nd of February 2023, our group visited the 7 Incorporated Trades Hall on Holburn Street, Aberdeen.

The special trading privileges given to the craft guilds go back to the 12th century, but on the 22nd of June 1587, a meeting was held which led to the formation of the 7 Incorporated Trades on the 6th August 1587 which were then confirmed under a

Royal Charter by King James VI of Scotland on the 16th July 1617.

The society comprises 7 Trades –
– Hammermen (Formed in 1519)
– Bakers (Formed in 1398) –
– Wrights and Coopers (Formed in 1527) –
– Tailors (Formed in 1511) –
– Shoemakers (Formed in 1484 and 1520) –
– Weavers (Formed pre 1272)
– Fleshers (Formed in 1534).

The collection of paintings, photographs and artefacts held by

the society is simply amazing and definitely worth a visit.

The society is now based on Holburn Street Aberdeen in a building which was built during January 1966 and opened in October 1967. It had previously been based in the McMillan building on Union Street Aberdeen until 1964 when the building was sold.

Patrick Robertson





Torry library update

Aberdeen City Libraries' Home Library service is a free personal service for people of all ages who live in Aberdeen and are unable to visit their local library due to disability, illness or because they are caring for someone. This is available on a permanent or temporary basis, for example while recovering from an operation or illness.

Following an initial visit or phone call from library staff to discuss their application and find out about their reading or listening tastes, Home Library Service members receive a visit every four weeks to drop off and collect items.

The Home Library Service is free to use, but charges for borrowing CDs, DVDs, and Blu-ray apply.

If you feel that you or someone you know may benefit from this service, you can apply using the application form available in libraries or online. Alternatively contact the Home Library Service team by emailing HomeLibrary@aberdeencity.gov.uk or call 01224 498930

Our Lochside

Being one of the first pupils at Lochside Academy was a challenge. As news and rumours spread about our new school, our reputation dropped. I felt judged when telling people where I come from because of the views of our school. I'll admit it took a lot of work to transition into such a new environment, but I instantly grew to love Lochside.

Mixing with students from all over the city and starting classes with kids I had never met was so exciting to my younger self. I noticed there was often a lot of drama as we all began to mix, but I knew that friends who attended other schools were noticing the same thing, so I could never understand why the media had such an interest in the behaviour of us students at Lochside.

I have witnessed fights, arguments, and detentions, but I've also watched friendships be built, teachers becoming pals, and respect from everyone towards everyone. Lochside gave me my friends, and numerous opportunities like school

trips, activities to learn fun and important things, and support which has led me to stay in school until S6 and receive offers to university courses which I never thought I would receive.

I also have been given the roles of vice school captain and prefect which I never thought I would be capable of. I have used these roles to try to ensure that people continue to feel respected and give respect in our school, and that everyone feels comfortable here, and that people become aware that our school is not the way it is made out to be. Lochside today has grown into a place I feel at home. I am excited to come in and to learn and scared to leave at the end of the year. But when I do leave, at least I'll know that some people in our city will be aware of how Lochside is now, and our school will no longer have the reputation it did before.

Kennedy Johnston

Introducing Old Torry Community Centre's new Administrator

Natalie Hood has started a part time position at Old Torry Community Centre as Centre Administrator.

Old Torry Community Centre resides in the heart of Old Torry and offers a multipurpose community centre with flexibility and great space which can be rented out hourly for children's parties, private or corporate events with onsite kitchen, with amenities included.

They also have many popular weekly groups in house, ranging from Bingo to Zumba as well as the fortnightly Torry Heritage group that meets face to face every second Friday to take a stroll down memory lane. All of which are open for everybody to attend.

With Aberdeen FC Community Trust and Aberdeen FC Heritage Trust joining the centre to deliver a regular football memories programme and a monthly lunch club, choirs and film nights all still to come which will be free for everyone to attend, it's a great time to get involved in your local community!!!

**For all enquires please email:
Natalieoldtorry@gmail.com
Natalie Hood**

Port of Aberdeen South Harbour Public Meeting

Port of Aberdeen Officials held a community question and answer session on the 8th of February.

The session gave community members an opportunity to hear from the Ports CEO Bob Sanguinetti about plans for the South Harbour and ask any questions about the project.

Sanguinetti gave a presentation summarising activity at the South Harbour.

Removal of Materials and reinstatement. - Work has begun to remove construction materials and the site offices from Walker Park. Once this has been done, the area will be resurfaced. For now, the visitor centre will remain in place, however there are plans to remove it once the project is complete.

The Port are also hoping to reinstate Greyhope Road by the end of March, and hand it back Aberdeen City Council. However, progress will depend on weather conditions.

Decommissioning - While the North Harbour has been involved with decommissioning works for a number of years, the depth and size of the South Harbour allows for larger vessels to visit the harbour such as Jack up rigs.

Head of Communications, Jordan Harkins, has said that the Noble Innovator, which is currently docked at the port for decommissioning, will be the largest vessel that will be docked at the Harbour.

Cruise Ships - The first of over 25 cruise ships to dock at the new harbour in 2023 will arrive in April. The AIDAura, which can carry over one thousand, two hundred guests will call in on the 28th of April.

You can view all Cruise calls on the Port of Aberdeen Harbours Website.

Visitor Centre -The visitor centre is open to the public on Saturdays between 10am and 4pm. You can go along and learn about the building of South Harbour so far and more about the Port's plans.

Community groups, schools, and businesses can also book a visit or use the Visitor Centre. There is availability for this on a Monday morning, Wednesday afternoon and Friday morning.

**To find out more or book a visit,
Email ahep-info@portofaberdeen.co.uk**

Torry Skills Shop Update

The Torry Skills Shop, at 64 Victoria Road is the place to go for employment advice in Torry, with a range of support available.

The Shop is open every Tuesday from 9:00am – to 4:30pm, with a growing number of organisations there each week, including:

Pathways – 1-2-1 job search support to help you find work.

Aberdeen Foyer – Advice on employability courses.

Energiser – Advice for people thinking of starting up their own business.

There's also a range of leaflets and information available for people not sure what work they want to do or thinking about going back to work.

New organisations, such as Social Security Scotland, are also going to be coming to the Shop soon, so it's worth dropping in by to see who is there and what help is available.

Groups may also use the shop to meet, to find out more about this please email Malcolm at Pathways on m.pritchard@pathways-online.org.

64 Victoria Road
Tuesdays – 9.00 – 4.30pm

Introducing the Torry Community Council

A new community council was recently formed in Torry.

The voluntary members are as follows:

Richard Caie - Chairperson

Victor Onyemejor -

Vice-Chairperson

Simon McLean - Secretary

Anne Magarin - Treasurer

David Reid -

Planning and Licensing

Hugh Davies

Betty Lyon

Lesley-Anne Mullholland

Annie Munro

William Noble

Ronald Plushkis

Message from our Chair –

Richard Caie

“The Scottish Government states that, “it is the role of the Community Council to bridge the gap between

local authorities and communities and help to make public bodies aware of the opinions and needs of the communities they represent. There are around 1,200 active community councils in Scotland and, after a break of several years the Torry Community Council has been re-established”.

The Torry Community Council meets monthly, on the third Wednesday of the month and the meeting-place is on our Facebook page - Torry Community Council Aberdeen.

The meetings are open to the public and all members of the public are encouraged to contribute to the various topics raised. There are no shortages of topics in Torry to discuss, which all discussed in an apolitical forum. We look forward to welcoming more folk to our meetings.”

If you would like to contact the Torry Community Council, you can email: TorryCCAberdeen@gmail.com

Penumbra Mental Health Launch new service for Aberdeen

Penumbra Mental health are a charity providing dedicated services for people with mild to serious and enduring mental ill health.

Well Aberdeen is a new service, by Penumbra funded by Aberdeen City Council, delivering short term support for anyone living in Aberdeen, over 16 years of age.

Well Aberdeen is designed to help you feel well, empowered and linked locally. Many of Penumbra's team members are peer colleagues who have lived experience of mental ill health and have some understanding of what you are going through.

The support will give you time, space and compassion, you can use up to 3 sessions to explore your current situation and plan for your own goals.

You will also have access to friendly group workshops, for sharing practical techniques and tips with others to manage your mental health.

Penumbra will connect you with a local peer network who can share their own lived experience. There will also be plenty of opportunity for volunteering, the team will support you to join in with community activities and interests.

You can access this by contacting Penumbra directly, simply email Well.Aberdeen@penumbra.org.uk and they will send you a simple support request form to get to know a bit about you and how you're feeling.

If you would like to better your mental health, get in touch with Penumbra today, you can also check out their website for more information, visit penumbra.org.uk

COST OF LIVING HELP

Are you worried about your bills this winter? Struggling to keep warm and have enough eat?

Partners in Aberdeen know, understand, and want to help. There is help and support available.

HEATING YOUR HOME

How to keep the house warm. You should heat your home to a temperature that is comfortable for you. In rooms you mostly use, such as the living room or bedroom, try to heat them to at least 18°C if you can, particularly if you have a pre-existing medical condition. You should also keep your bedroom windows closed at night. Exposure to low indoor temperatures can have a serious impact on your health as you get older. Wearing several layers of clothing will keep you warmer than one thick layer.

The social enterprise, **SCARF (Save Cash and Reduce Fuel)** delivers energy efficiency advice and services to households, aiming to provide a range of services to help you live warmer and reduce your fuel bills. They offer free, in-depth advice over the phone and through home visits to help reduce energy use, find the best supplier and tariff to suit your needs and help you make the switch.

To arrange a free home visit, call freephone 0808 129 0888 or email heat@scarf.org.uk to arrange a suitable day and time. The advisor will arrive (with SCARF ID badge visible) and will look at your property, your heating system, your fuel bills and – most importantly –

talk to you to find out exactly what the problems are. They will then review your case and get in touch with the best solution. For further information, visit

<https://www.scarf.org.uk/householder/>

WARM SPACES

A range of public 'warm spaces' are available that will provide an opportunity for people to come together, share and use resources. Every warm space is unique however all warm spaces will offer a friendly welcome and comfortable environment to meet friends or socialise. Some warm spaces may be able to provide hot drink and have activities or programmes that you can join in with. There may be a small charge for some activities.

For more information, please ring ACC Community Support team on 0800 0304 713.

HAVING ENOUGH TO EAT

A range of agencies across Aberdeen provide free food to take away or meals to have on the premises.

To find out more, please ring CFine on 01224 596156.

You can also call Instant Neighbour (01224 489955) or Somebody Cares FoodBank (01224 460700)

FINANCIAL HELP AND ADVICE

If you were born before 26 September 1956 you could get between £250 and £600 to help you pay your heating bills. This is

known as a 'Winter Fuel Payment'. Most people get the Winter Fuel Payment automatically. (You don't need to claim if you receive State Pension or other benefits or allowances.)

If you would like information or advice about whether you are receiving all the financial help / benefits available, you can telephone any of the following services:

Aberdeen City Council: Financial Inclusion Team Provide free, impartial and confidential money advice **01224 522 709** www.aberdeencity.gov.uk/services/benefitsand-advice/get-money-advice

Citizens Advice Bureau Free, impartial and confidential advice on issues such as benefits, debt, money, housing and employment **01224 569 750** bureau@aberdeencab.casonline.org.uk www.aberdeencab.org.uk

S.A.F.E Free and confidential benefits, budgeting and money advice **01224 531 386** www.cfine.org/get-support/improving-finances

OTHER HELP IS AVAILABLE

Hourglass Scotland provides:

Support for older people who have experienced, or are at risk of, any kind of harm, abuse or exploitation.

Support for anyone concerned about an older person eg family, friends, neighbours, carers or health professionals etc.

Information and advice relating to safer ageing and prevention.

The Hourglass Helpline is entirely confidential, free to call from a landline or mobile, and the number won't appear on your phone bill. Help is just a phone call away.

Phone: 0808 808 8141 (Available 24/7). For more information go to: Welcome to Hourglass Scotland | Hourglass (wearehourglass.scot)

The Council has a free support line if you are:

- facing crisis and extreme hardship due to the rising cost of living; and / or
- struggling with mental health challenges

The Community Support team can be contacted on 0800 0304 713



Elected Officials

Audrey Nicoll MSP

It's been another busy and challenging period representing Aberdeen South and North Kincardine at Holyrood.

I would like to begin by extending my sympathies to anyone who lost a relative or a friend in the recent Turkey-Syria earthquake. If you wish to make a donation to the Disasters Emergency Committee's appeal, you can call 0370 60 60 610 or donate at www.dec.org.uk

I remain mindful that the pressing issue for many constituents remains the cost-of-living crisis. The Scottish Government is continuing to help where it can through benefits such as the

Scottish Child Payment. My colleagues at Westminster are also continuing to put pressure on the UK Government to continue providing support for energy bills.

Since the beginning of the year, I have been contacted by constituents regarding fly-tipping and pavement obstructions along Victoria Road. I have written to Aberdeen City Council raising these concerns and to local businesses to encourage them to play their part in keeping the street tidy.

I was also made aware of road safety concerns along Grampian Place to Oscar Road.

Following the action taken by local councillors Lee Fairfull and Christian Allard, I have also written to Aberdeen City Council to ask for an assurance that everything possible is done to ensure the safety of pedestrians and motorists.

As always you can find my office at 51 Victoria Road, Aberdeen. Alternatively, you could give my office a call 01224 876743 or write to Audrey.nicoll.msp@parliament.scot

Cllr Kuszniir

I always like to get out and meet groups who are working for the community. The community delivering for the community is always great to see in Torry. In the New Year I have so far met with Touch of Love, Big Noise Torry and Torry Medical Practice.

I have also been in conversation with Scottish Water regarding the issues of pressure dropping and cloudy, white water coming through taps. This is the response from Scottish Water:

"I understand that our team has been managing the

commissioning of new water infrastructure to serve the south harbour development, including a new dedicated water main to serve the site.

Following any disruption to normal flows in the water network, customers can sometimes experience short term issues such as intermittent pressure or discoloration. Since the work carried out on Thursday night, flows in the Torry water network have returned to normal pre-development levels and these issues would be expected to settle down.

We would like to apologise to customers who have experienced any disruption over this period and thank them for their patience while our team worked to remedy this. If there are customers who continue to experience problems, we would encourage them to contact us – as noted previously, there is always a possibility of a new issue which we need to investigate and address."

Cllr Christian Allard

2022 has been a challenging financial year, this one is again more challenging with an inflation at around 10% and to better respond to the cost-of-living crisis, we at Council have delivered the 2023/24 budget for a fairer Aberdeen. We decided to protect the Fairer Aberdeen Fund, we allocated half a million pound towards foodbanks and pantries (now available in Torry) and £50,000 to our Anti-Poverty and Inequality Committee. All our community centres are getting a funding uplift of 30%, a welcome help for our volunteers running the community centres. I seem to be at the Old Torry Community Centre regularly nowadays, engaging with the Torry assembly project or listening to

fantastic auld stories at the Torry Heritage group meetings every second Friday.

We also allocated £200,000 toward our financial inclusion team. To help the most vulnerable people in the city, the Aberdeen Financial Inclusion Team is a free, expert and confidential service. They provide an advice line, duty and appointment service, Monday to Friday 8:30-5:00 at 0300 020 0292. Please contact them to:

- Check you are receiving all you are entitled to.
- Assist you to challenge benefit decisions you are unhappy with.
- Provide representation at appeal tribunals.

- Help you deal with all types of problem debts.
- Provide advice on what your creditors can or can't do and speak to your creditors on your behalf.

To finish, I would like to thank all the members of the community who came with their questions in the last two community walkabouts in Torry with council officers, watch this space, more to come in the future.

Enjoy Spring and don't hesitate to get in touch or to stop me if you see me in the streets of Torry, picking up litter, on my bike, doing some weeding at our community gardens or at Greyhope Bay looking at dolphins.

**Christian Allard - Tel: 01224 346642
email: Callard@aberdeencity.gov.**

GRAMPIAN DISABILITY SPORT

Grampian Disability Sport (GDS) is a charitable organisation consisting of athletes, parents, sports development professionals, coaches and people with an interest in sport for those with disabilities. Our aim is to ensure that high quality sporting opportunities are available both in Aberdeen and throughout Grampian so that people with disabilities are given the opportunity to reach their full potential in sport.

GDS is a voluntary group committed to lead in the development of sport for people with physical, sensory (e.g. visual or hearing impairment), or learning disabilities in partnership with key local agencies and local authorities in Aberdeen City, Aberdeenshire and Moray. GDS is a member of Scottish Disability Sport who are the governing body

in Scotland for athletes and players with any of the above disabilities. Our activities include coach education, sport and activity development, supporting athletes and clubs at all stages and running our own programme of events.

We have a range of opportunities for people of all ages and abilities in which to take part and in Aberdeen can offer the following activities: Athletics, Boccia (adapted indoor bowls), Dance, Group Exercise, Kayaking/Canoeing, Rebound Therapy, Snowsports and Tennis. Before you head along to an activity please get in touch with Alison Shaw (Regional Manager for Scottish Disability Sport) either by email: alison.shaw@scottishdisabilitysport.com or phone 07828 744848 to discuss which opportunities would be

most suitable for you and any specific support you may require.

Volunteering with GDS is both fulfilling and worthwhile. A strong pool of volunteers enables us to gain new ideas, support activities and athletes and provide high quality competitive and recreational opportunities for them. It offers a range of benefits which include gaining nationally recognised qualifications and experience across a variety of sports. No prior experience or qualifications are needed, just an interest in sport and a passion for making a difference to the lives of people with disabilities.

For more information about clubs in Aberdeen and upcoming events go to our website: grampiandisabilitysport.org.uk

Wellbeing Cafe and Community Engagement

Wellbeing Walks

Come and join our Adult Services Team's Wellbeing Café!

The Wellbeing Cafe is held every Thursday between 2pm and 4pm at shmuHQ on Station Road in Woodside.

The group is open to everyone. Come along to meet others, play a game, take part in wellbeing activities or just have a brew and a blether.

Are you looking to get more active? Meet new people? Socialise? Share stories of Aberdeen? Our community Engagement Wellbeing Walks may be for you!

Join us to explore the fascinating and beautiful city of Aberdeen and all it has to offer!

Starting on Thursday the 27th of April and then running the last Thursday of Every Month. Meeting at 12:45 for a walk from 1pm to 2pm, followed by tea and coffee. Keep an eye out on our socials for where to meet!

No sign up required, but if you'd like more information contact Sarah by emailing sarah.igesund@shmu.org.uk or by calling her on 07592 355 131.

Youth Media

Our shmu Youth Services are expanding! We are welcoming applications from young people aged 11 – 18 who are resident in Torry for our existing Youth Media Team as well as our exciting NEW Young Film-makers Club and Friday Film Club!

All our youth activities run at shmu HQ, Station Road, Woodside.

Youth Media provides an introduction to radio presenting, tv production, music technology and journalism. No prior experience required, just an interest in the creative media and a willingness to have a go! This group meets on a Tuesday evening and a Saturday morning and is the perfect introduction to the different media platforms.

Young Film-Makers Club is a new group with a focus on all elements of creating film content, from script writing, shooting, creating a score, lighting and editing. Young people with a genuine interest in trying out the various elements of film-making are welcome to join us, whether

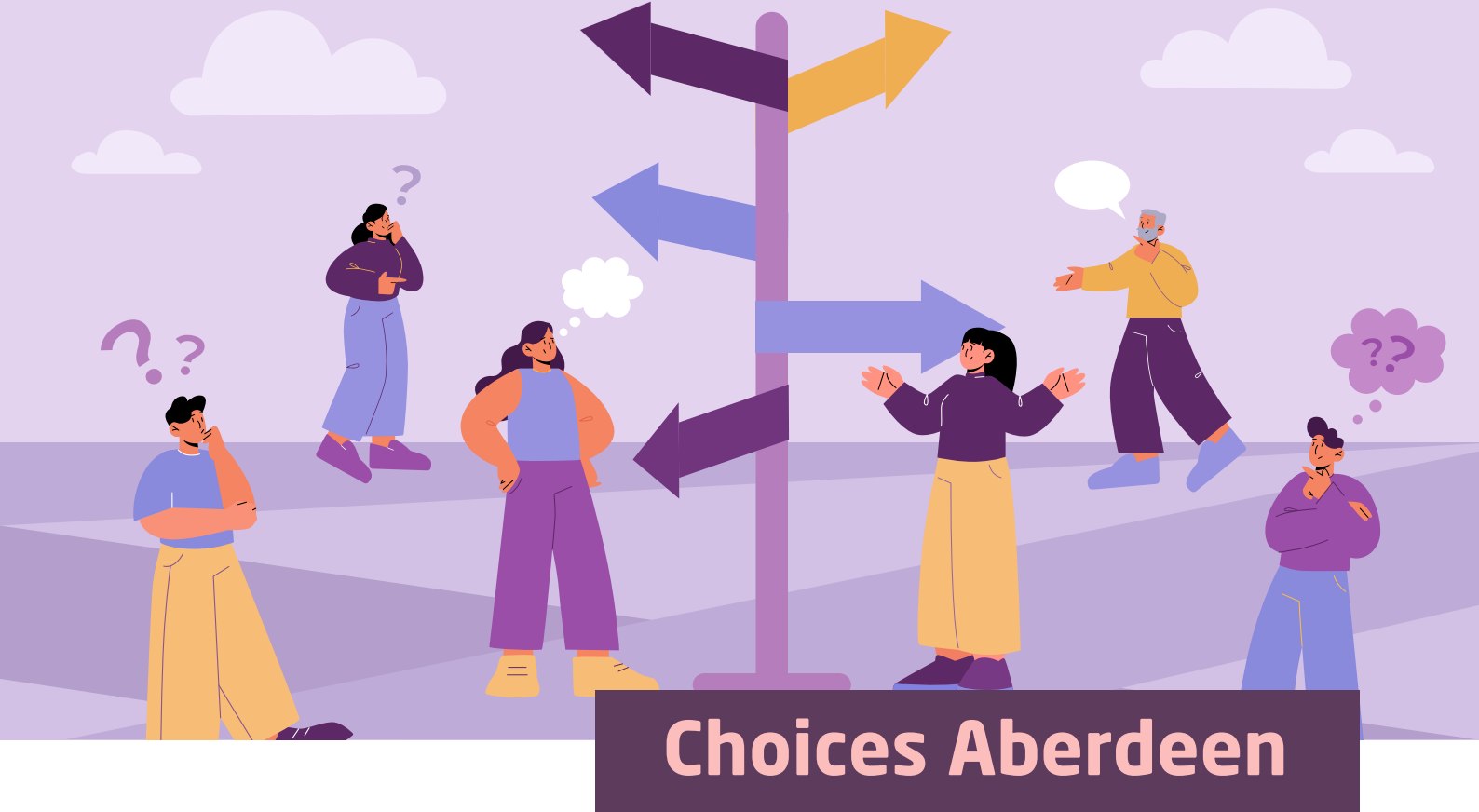
any prior experience or not! This group meets at shmu on a Thursday evening.

Friday Film Club is open to young people interested in watching and talking about films of all genres, from thrillers to sci fi, comedies to westerns and everything in between. Each Friday evening participants will watch a film in our screening room at shmu, followed with a discussion group focusing on different elements of the film.

All activities are free to attend but do require an application to be submitted.

For more information and details of how to apply for a place in any of these groups, please contact us by sending an email to reception@shmu.org.uk

We also have a range of school holiday sessions, if you'd like to be amongst the first to hear about these sessions, please pop us an email so we can add you to our mailing list!



Choices Aberdeen

Choices is an Aberdeen-based charity passionate about supporting and promoting positive relationships in young people and vulnerable adults. Our work is centred around educating and equipping people with the tools that they need to enable them to make positive choices for their lives. Choices has two key branches of its work: Relationship Revolution, and pregnancy crisis counselling.

Relationship Revolution works with young people in S2-S4, delivering dynamic, creative and challenging youth intervention projects and educational workshops.

Despite the documented importance of social connections and relationships to our wellbeing, the UK ranks amongst the lowest in Europe when it comes to developing and maintaining these connections. The breakdown of positive relationships is more evident in communities and individuals where feelings of hopelessness, lack of confidence and low aspirations are widespread. These negative and isolating feelings often in turn lead to vulnerability, substance misuse,

exploitation, unplanned pregnancy and mental ill health.

Choices Aberdeen is passionate about promoting and supporting positive relationships in young people and vulnerable adults. We have developed and researched engaging, quality and relevant resources which empower our service users to develop and maintain successful relationships along with essential life skills in decision making, assessing risk, positive assertiveness and media literacy.

We work closely alongside guidance teachers across the city, and are currently delivering workshops in Northfield Academy, St Machar Academy and Lochside Academy. Our team of youth development workers research and deliver workshops on positive relationships, sexual exploitation, and pornography.

Another key part of our work at Choices is pregnancy crisis counselling. At Choices Aberdeen our team provides a safe place for people to talk over their feelings and consider their options. In a calm and confidential environment, our team can assist clients to see through the

fog and confusion, giving them the opportunity to consider their options.

Appointments are available daytimes, evenings and weekends and sessions last around 50 minutes. Due to the nature of pregnancy crisis, we do not have a waiting list for this service and clients should expect to be seen very soon when requesting an appointment. The appointments are free of charge and clients are welcome to attend sessions alone or accompanied by their partners, family or friends. We now also provide telephone consultations and online consultations.

At Choices we are truly passionate about what we do. We are currently looking for volunteers to join our youth development team and to assist with the delivery of our workshops. If you are interested please contact us either via our website, or by calling our team: **01224 624900**.

For counselling enquiries please phone us on the above number, get in touch via our website, or email counselling@choicesaberdeen.org.uk

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 Kuszniir

01224 346653, mkuszniir@aberdeencity.gov.uk

Councillor Simon Watson

01224 346654, simwatson@aberdeencity.gov.uk

Audrey Nicoll MSP

audrey.nicoll.msp@parliament.scot

Stephen Flynn MP

01224 213114, stephen.flynn.mp@parliament.uk

DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by: Your husband or wife, your boyfriend or girlfriend, your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

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: sdafmh.org.uk

Grampian Women's Aid

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

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk