Tory's Vision Spring 2024



Torry's Vision

Spring Edition 2024

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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 you 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.

There has been lots going on in the Torry Community since our last edition, so we have plenty updates and exciting news for you! Find out about what's on at the Greyhope hub, updates from Tullos School and exciting developments at St Fittick's park

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.

hoppy reading.

Supported by







CLD team

It's been a few months since Tracy, Dorothy and Donna from the Community Development team started working in the south locality.

Although they are based in the Greyhope Community Hub they will be working in Torry, Tullos, Kincorth, Altens and Cove.

They are happy to work alongside any resident by listening to their ideas and chat through community needs or ideas. They are keen to support residents build their confidence try new things and learn new skills.

Part of their role is to develop a community programme at the Greyhope Community Hub & Tullos community centre – what would you like to see happen for children, young people, families and adults?

Let them know if it's an exercise classes, talks, arts and crafts, cooking sessions and computing classes. You can contact **Donna 07917 305827 dcuthill@aberdeencity.gov.uk**

They are also working together with Family Learning team to support Torry parents and have a wide range of workshops like "I'm a parent get me out of here" and Emotion coaching.

If you are wanting to learn how to cook healthy fresh food on a budget, then Cooking with Dorothy sessions are for you. **Dorothy 07342 063378 dburke@aberdeencity.gov.uk**

Torry Health Matters Network

The group has formed this year to focus on the health and wellbeing in the Torry community. It is hoped that we can strengthen good working relationships and improve communication between services, organisations and community members.

Look out for our survey in the next few months – in local shops, centres and services.

If you want to join or know more about the group or are keen to improve your own health and wellbeing contact Donna 07917 305827.



Childsmile

Childsmile is a national programme in Scotland which is helping to reduce dental decay in children from birth. It is funded by the Scottish Government and has three main elements.

The programme aims to help children develop an important life skill at an early age. It offers supervised toothbrushing routines in nurseries & in some schools to P7. Free toothbrushing packs to use at home are available within the community.

Within targeted schools and nurseries, children can join the programme when they start nursery until P4, receiving two fluoride varnish applications per year from the Childsmile team. Further applications can be received from the child's dentist.

Childsmile works closely with health visitors, public health nurses, dental teams, education, community groups and other partners within the local community to map services that can support families. These include food banks, parent/baby groups, community family support, local churches, and many more.

Tooth decay is preventable

Childsmile can support families with advice, to remove barriers that prevent daily, routine, toothbrushing. This can reduce the need for dental treatment.

The Childsmile team

Use a person-centred approach to support families in understanding the everyday benefits of promoting good oral health benefits.

Provide the central link between dental services, the family, the health visitor, and education.

If you require the help or advice from your local team, please contact gram. childsmile@nhs.scot or call 01224 550088.

Further information about Childsmile can be found on our website: https://www.childsmile.nhs.scot



Sharon Gill School of Dance will be putting on their first show since 2018. Take 5 is set to debut on the 13th of June offering three showings, Thursday 13th, to Saturday the 15th all held at the Beach Ballroom.

Take 5 is all about musicals and movies, there will be just under 300 pupils taken part, Sharon who founded the school in 1990 was looking forward to seeing all the new pupils up on stage and getting the chance to perform.

Speaking of, we felt it only right to hear from the very energetic pupils that were practicing their poses in the studio.

One of the girls told us "I'm even more happy today" as she not only

had to the show to look forward too, but it was also pyjama day at school on Thursday.

It's not just the pupils that have been busy prepping for their show, Sharon told us about a special performance they always include.

"We get the dads on stage as well".

"They started on it on Saturday, it started off as being one number and by the time the afternoon had finished it was a full-blown boy band number."

The girls in the studio already had their own ways of dealing with pre stage nerves.

"Me and my best friend Andrea we have got a handshake" and

after some shushing the pair took centre stage.

"Lemonade country ice sip it once, sip it twice, kick your boyfriend out of town and pose and pose".

It got a well-deserved round of applause from us.

It's clear that this show means everything to Sharon and the pupils at the dance school and with some of the proceeds going to charity it's already a knockout hit.

Call 01224 647 647 for ticket information.

Olivia Andrews



FESTIVE SOUP & SANDWICH

Hot soup and a warm welcome were waiting for the 40 or so guests that came along to the Festive Soup & Sandwich afternoon held at Balnagask Community Centre on the 20th December 2023. Three Torry Community groups worked together, (The Torry People's Assembly, Friends of St Fittick's Park and Balnagask Community Centre), to bring some good food and cheer to those who attended.

Carol and her helpers from the community centre prepared delicious tattie soup and broth along with a fantastic selection of freshly made sandwiches to serve to the guests who were sat at their tables.

Local group 'The Melting Pot Collective 'played live music and lunch soon turned into a sing-along which was fair enjoyed by all! It was just lovely to see folk from Provost Hogg Court and Torry Care Home and other local folk smile and have a good time.

For afters there was a mince pie, biscuits and the cups of tea and coffee flowed to wash them down while waiting for the raffle to start! A huge thank you to Tesco on Wellington Road, The Golden Tee, The Bridge Café, The Victoria Bar, The White Cockade and The Grampian Bar for their generosity in donating the raffle prizes! There were loads! A massive thank you to the Bread Guy for supplying the Artisan bread for the soup (it was very much appreciated).

People from the organisers also donated gifts to the raffle.

Finally to end of the afternoon Santa handed out presents which were wrapped beautifully by Sarah from the community centre. Everyone received a gift and were delighted.

Before you could say Rudolf the event was over. What a great afternoon. Carol and the girls from Balnagask went above and beyond to make sure that everything was in place for us (what an asset they are). Thank you very much.

The Torry Peoples Assembly funded the event.

I hope everyone had as much fun as we did. Here's to the next one!



Talking about men's mental health benefits everyone: themselves, their loved ones and society at large.

The above statistics demonstrate how many men in our society struggle with their mental health.

There is a real need to support men in our local community, and to do this a new group - Men in Mind has been established. Men in Mind is a peer-to-peer support group which has been set up in conjunction with Cove Rangers Community Foundation.

The aim of Men in Mind is to provide peer to peer support to men in a safe space. This support is provided through weekly meetings, which are open to all males over the age of 18.

77% of men polled have suffered with common mental health

symptoms like anxiety, stress or depression

40% of men have never spoken to anyone about their mental health

Our weekly meetings are held at Cove Rangers FC every Thursday evening, with a sharp 6.30pm start. Our first meeting is on Thursday 7th March 2024.

In our meetings, we provide a safe space for men to open up and share their struggles or experiences. We are keeping the concept simple — come along, have a cuppy and a biscuit, share how your week has been, or sit back and listen to others. There is no expectation, or pressure to share — you are more than welcome to come along and listen.

If you are interested in coming to a meeting, or you know someone who may benefit from coming, there is no need to register or let us know – please just turn up. A warm welcome at Cove Rangers FC is waiting for you.

If you wish to get in touch, Men in Mind can be contacted in the following ways: -

Email - meninmindaberdeen@ gmail.com

Facebook - Men in Mind

Instagram - meninmindaberdeen

Weekly meetings held on Thursdays at 6.30pm at Cove Rangers FC, Balmoral Stadium, Wellington Circle, Aberdeen, AB12 3JG



My name is Ben I was made redundant in September 2023. I was walking past Pathways Skill Centre in Torry just after I had got a new cv done and had to download it so as I could send it to employers, I went in and spoke to Stan who worked there and he told me about what Pathways do.

Pathways and shmu had launched, Rediscover, a group for over 50's in Torry who were looking to get back to work.

So, I joined and started going to classes where I met Susan then Ali and the people from shmu.

One of the ideas that our group had was to do a story about one of our careers up until now. We decided that Susan would be a good story as she had worked in the fish industry for a long time also when doing the story, we could get help with our computer skills by writing it down on computer giving us good practice.

Here is Susan's story, or the Tale of the Fish, as we like to call it.

Aberdeen fish market closed when the ice company stopped trading and the boats started to land their fish at Peterhead fish market after it was refurbished to make it bigger. A lot of small fish houses closed after this change and the price of fish got more expensive too due to the new fishing quotas that were introduced.

A lot of torry docks were flattened once the market closed to make way for the oil industry yards which were used to load oil supply boats. the work force stayed he same because school leavers had better job options and fish work was hard, smelly and cold especially in the winter.

Although the work was hard, I loved the banter and the friends I met along the way. The girls and I used to all meet up on a Saturday and go down to town, I could sneak into pubs as I was still under 18 and sit at the back and hide behind them have a couple of beers and have a dance. Pubs all closed at 10pm back then, we would be out at 7.30pm and be drunk at 10pm and then home to bed. None of this open to 2am – 3am like nowadays!

I was able to go on my first holiday with my friends to Blackpool, we would work overtime at the weekends to get extra money and save it for our holidays. We always had a great time.

Torry was a community on its own, like a small village and everyone knew everyone, more so if you were a fish worker. In the old days if you left your job, you could start a new one next door, there were always vacancies, and it was easy to move on.

The area was always busy especially on a Friday ...pay day. The pubs were always busy too. Most trawlermen and fishfolk used the Anchorage or the Grampian bar and the Rats Cellar aka the Victoria bar. I remember my dad being carried out of one of the pubs and put to bed on the boat so by the time they had sailed he had slept it off and was able to get the crews supper once he woke up!

I have fond memories of my fish jobs, after almost 50 years of hard work and a few shoulder surgeries and on-going shoulder problems, I had to stop working due to illness. I would still be working in the fish if the shoulder problems hadn't happened, until retirement.

Susan



WHAT IS HOUSING AND SUPPORT?

The Housing and Support Team offer help to anyone over the age of 16 who is a tenant in a city council property. They deal with any issues that might come up during your tenancy from the big move in day to any issues with your home, neighbour's, your own wellbeing or if you're looking for somewhere new.

They are also here to help improve your area, if you have any ideas or plans you would like to put forward, the team are always happy to listen.

They are based in two locations in the city, Marshall College and Greyhope Community Hub in Torry. Although neither of the locations are open for drop in, you can access help through phoning Aberdeen City Council, and you will be directed to the team, or you can use their website for their online contact form, and they will get back to you.

If you find yourself in a position without access to a digital device or phone, you can use the phone in the Greyhope Community Hub to call the council and access your assigned support officer.

When you have arranged your appointment, the housing team are more than happy to come out to you in your property so they can fully assess the situation. However, if you are not comfortable with meeting in your home then they can meet you in the hub and talk things over there.

Shona Lamb is the Senior Housing Support Officer for the south two team, they are planning some community walk abouts within the area to get to know the residents and what would improve the region. If you want to get involved in the walkabouts you can contact the Greyhope Community Hub.

A major issue for Torry and Balnagask residents is RAAC, with it being found in over 500 homes in the Balnagask area and now in some of the city's secondary schools. Since they were made aware of the issues last year, The Housing Support team have worked with independent surveyors to try to understand the extent and the current conditions of the homes affected.

Those who have been affected will have recently received a letter from their housing support worker who will help to arrange alternative housing arrangements, while work and inspections are carried out.

You can find more information at https://www.aberdeencity.gov.uk/services/housing/raac-housing

Or by visiting https://www. aberdeencity.gov.uk/services/ education-and-childcare/raacconcrete-and-schools

The Torry vision magazine would love to hear your stories, and if you have been affected. If you would like to get in touch and share, please email rose.ross@shmu.org.uk

Friends of St Fittick's Park Update

Torry is well known for its community spirit. A new outdoor classroom in St Fittick's Park proves this spirit is alive and well as several community groups in Torry are working together to make it happen.

Friends of St Fittick's Park, (FOSFP), are leading on their 'Learning Together in St Fittick's Park Project 'which was voted as one of the winners in the Just Transition Participatory Budget Fund and were awarded £19500. The vision is to build an outdoor nature classroom to better connect us with the nature in the park, enjoy the outdoor space and provide a space for nature based learning opportunities for all.

More picnic benches and community notice boards will be sited in the park too. The Torry Peoples Assembly meetings provided an ideal opportunity to get together and discuss how this might be achieved. Funding was identified with the help of NESCAN, (North East Climate Action Network), and an application made. We're absolutely over the moon to have won against some stiff competition. You can find out

more about this project on the 15th of June 2024 and other exciting community led ideas that are being explored to benefit Torry with a community event which will be partly held in St. Fittick's Park.

Details and additional venues to be announced.

One idea to be discussed at the event, is for a home's retrofit project.

The Torry Peoples Assembly, with others are beginning to explore what it would take to improve all of our homes in Torry: to make them healthier, more comfortable, and reduce energy use. Retrofitting could reduce climate emissions too.

We'll start by surveying 3 homes so we can all see at the June event what that means.

Once we have more information, and acquired funding for the project, we can do more surveys, investigate the health effects, overall cost and financing, heat networks, and how we can create the necessary jobs for the project locally. From this, we will have a better idea of how we might

make this work, and plan for the next steps of the project.

Look out for more details on the event and grateful thanks to The Bridge Cafe for their support as a venue for some of our meetings. Thank you!

There is a great interest in what we are doing, and anyone is welcome to join in to help or express ideas. It is great to see local folk working together.

Oh, and keep an eye out for our regular litter picks. Friend of St Fittick's Park are now part of the keep Aberdeen. beautiful campaign, it's your neighbourhood.

Keep an eye out on our Facebook pages Hands off our green spaces in Torry for further dates.

Contact us on friendsofstfittickspark@proton.me

for campaign updates to save St Fittick's Park go to saintfittickstorry.com

For retrofit info contact torrypeoplesassembly@gmail. com



VOLUNTEER AT
TULLOS COMMUNITY
GARDEN!

Tullos Community
garden are looking
for volunteers to help
maintain and develop a
valuable green space for
the Torry Community.

Regular gardening sessions are held on Wednesday's from 11am to 1pm.

You can also help out on the weekends, simply contact the team to arrange a time. HELP THE TEAM TO
GROW, VEGETABLES,
FLOWERS AND MORE,
MAINTAIN THE
GARDEN, ORGANISE
COMMUNITY EVENTS,
AND IMPROVE THE
LOCAL ENVIRONMENT

The garden is located at 23 Tullos Crescent. Contact the team on tullosgarden.yahoo.com

You can also keep an eye out on the group's Facebook page, Tullos Community Garden, to find out about other events and activities being held.



Over the last few years, the residents of Torry have been dealing with new neighbours. Foxes have made quite the impression on the local area, becoming an interest point for many keen photographers.

Known as nature's "bin men" the creatures can be very useful, killing off rats and removing dead animals from the streets. However, this trait is becoming an issue with the area's household pet's things like chicken's and rabbits have fallen victim to the fox's natural instincts.

So, what can you do to help protect your pets and the foxes?

What pets are at risk?

Animals like rabbits, Guinea pigs and chickens are the most likely to fall victim to a fox attack, this is simply because they are their natural prey. Although some small dogs or cats could be at risk too if unsupervised.

How do I protect my pet?

If your animal lives outside, you could bring them in during the night. You can keep animal food and pet supplies inside and out of sight and in fox proof containers, this will discourage the foxes from entering your garden. Having a well light garden is also helpful as they are nocturnal hunters.

Having a sturdy predator proof c age, with wire is a good option for chickens. So is keeping them in a fully enclosed coop especially at night.

For pets like cats and dogs, you can keep your cat inside at night and make sure your dog is supervised and on the lead, when walking late at night.

So, what about the foxes?

It is recommended by the SSPCA that you do not you feed the foxes

as it could cause them to lose their natural ability to hunt and it could encourage other animals to the area like rats.

It's important that you remain a safe distance from the animals as it could cause them to become spooked and put themselves in danger.

The biggest killer of urban foxes is road accidents so it's important to be wary when driving at night and if you come across one to wait until it is a safe distance away before you drive on.

If you do find a fox that is injured or struggling, you can call the SSPCA helpline on 03000 999 999.

With more of their natural habitat being destroyed to build urban areas it's vital that we can learn to live with the new residents and look out for one another.

Olivia Andrews

Walk Torry

Walking, especially with friends, is a great way to achieve so many of the things we need in life. Walking improves our mental health and allows us to connect to others, helps us lose weight, sleep better, explore our local environment and, best of all. IT'S FREE!

Sport Aberdeen, through our walking project, Walk Aberdeen, want to restart a regular social walk in the Torry area. Brian Harrison, the project coordinator said Torry has so much going for it as a walking destination, including:

Green spaces at St Fitticks and around the golf course.

Blue spaces around the coast with opportunities for dolphin watching or watching boats come and go.

History with old Torry.

Hills to help improve fitness.

Sport Aberdeen plan to restart a walking group in Torry after the Easter Holidays, so if you would be interested in getting a bit of gentle exercise in your local area or would like to volunteer as walk leader to support the group (free training provided!) please get in touch!

For more information please contact:

Brian Harrison

Health Walk Co-ordinator

Sport Aberdeen

bharrison@sportaberdeen.co.uk

01224 047928

communityplanningaberdeen.

org.uk/city-voice/



BIG NOISE TORRY FINDS NEW HOME AT GREYHOPE COMMUNITY HUB

Everyone at Big Noise Torry is delighted to have settled into our new home at Greyhope Community Hub.

We celebrated the opening of our new home on Tullos Circle in November of last year with a special sharing concert for school pupils and guests at the new Greyhope School & Community Hub opening day.

Since we returned after our winter break, the brand-new home for Big Noise Torry has played host to our afterschool programme which – for the first time – has featured children and young people from all of our partner schools in the same place.

Our walking lines have had great excitement coming up the hill from Tullos, and we've enjoyed making new friends as our school groups have come together as one!

We've been so happy to take up our new place at Greyhope and would like to say a huge thanks to all our participants and families for adjusting so well to our latest move.





My name is Socks, and I am 16 months old.

I was born in the country but came to Torry in 2022 when I was just a few weeks old.

The community in Torry is fantastic and I've made so many friends since moving here. I LOVE it!

I ask many people to take photographs of me and my adventures to share on the local social media pages. My mum tells me there's been quite a few posted so far.

The pub is my favourite place. I have lots of friends there. We drink beer, play darts and eat crips. I sing to them all and they try and sing back but they're not as good as me.

I like to work for a living so head off to the local shop most days to help with the stock taking.

Keeping the neighbours safe is no easy task and I find the view from the rooftops or the trees is the best place to keep a look out.

I visit lots of people in the community and share some tasty snacks. I really do have a great life.

Heading to school is easy because I get a lift in the kid's pram. I quite like heading to the harbour during the week to see the boys at Subsea. Their breakfast is pretty tasty.

There are lots of cats like me and I'm really good at making sure nobody gets left out. We all play together and often have meetings as a group.

Growing up is not easy and I have been in trouble a couple of times. The vet man had to stitch my leg as I got it caught in some wire while trying to protect my neighbourhood. No problem though because my human friends came past with treats, toys and biscuits to keep me happy. One of them was only 6 years old. I LOVE little humans. I show them my best moves, roll around the floor and jump into their jackets or their rucksack.

When I'm getting my daily dose of exercise it's all about the mice and the birds. Oh, I really do love them and have taken so many home to show my mum. I think she's very proud of me.

I don't forget anyone in my neighbourhood and even asked a nice man to film me taking food to the foxes. Mum and Dad fox were keeping look out while I took a nice little bird to show their cubs. I go into the den most days to check they are all ok too.

I am a very brave boy and will continue to bring joy and protect the community of Torry. Thank you all for loving me and keeping me safe. I really do love my life and am very grateful to you all.

Feel free to pop past and see me on my adventures.

Socks

Send us your Pet Photos!



The Angela Joss 'Bee You' Memorial Award

We recently launched The Angela Joss 'Bee You' Memorial Award in memory of one of our volunteers. Angela was a dedicated shmu volunteer who was involved with us for over a decade. As well as Angela's involvement with shmu, she was the driving force behind countless projects in Aberdeen and was a friend and mentor to many. Angela's sudden death in October 2021 sparked an outpouring of tributes across Aberdeen with many describing her as 'someone who was always there for everyone' and 'a force of nature'. Angela overcame her own struggles and challenges but was always ready to support and champion others. Angela's kind and caring nature didn't just stop with people though - Angela was instrumental in setting up the 'Urban Bee' Project in Aberdeen City. The project trained and mentored volunteer beekeepers, encouraging us all to be kinder to bees in the way we look after nature. We felt a community award in her name, recognising someone with Angela's values and encouraging others to 'Be more Angie, bee kind' was the perfect way to honour her legacy and her love for bees.

The community award celebrates Angela's life by recognising someone who not only fights for what they believe in but helps others to achieve their goals. The award is open for public nominations for someone who shares Angela's values around community spirit, championing others, overcoming challenges and 'beeing' kind to everyone.

Kirsteen Caldwell, shmu's Adult Engagement Manager says: "Angela was an incredible shmu volunteer and community warrior. We are delighted to launch this award in her name celebrating an individual that shares Angela's community spirit and passion to support and champion others. The Angela Joss 'Bee You' Memorial Award will become an annual celebration, held during Volunteers Week. We are excited to receive the nominations and have Angela's family part of selecting the winner.'

If you would like to nominate someone for the award, please find details at https://bit.ly/AngieAward24

The deadline for nominations is Sunday 21st April with an award celebration during Volunteers' Week - 3rd - 9th June 2024.

If you have any questions about the award or need help completing the nomination form, please contact us on volunteer@shmu.org.uk or 01224 515 013.



Elected Officials

Cllr Christian Allard and Councillor Lee Fairfull

In the last edition of the Torry Vision, I wrote that the biggest issue affecting the community was the impact of Reinforced Autoclaved Aerated Concrete (RAAC) commonly used in identified residential properties within Torry.

We have carried out further assessments on those properties that have this type of concrete construction panels. All residents affected had received a first letter followed by an invitation to discuss their situation with council officers last year, a second letter has been delivered end of February.

Council has received an independent structural engineers' report on the presence of Reinforced Autoclaved Aerated Concrete (RAAC) in a representative sample of these properties on February 22. The survey recommended that council tenants be relocated to alternative accommodation within the city as soon as possible.

Officers are currently exploring options for the long-term viability for the site, which include remedial works or demolition. A detailed appraisal will be presented to Council within six months.

As Councillors, we accepted a recommendation from council officers that tenants be permanently rehomed. We asked officers to be available to engage with council tenants to understand their individual needs and to support them through the next steps.

We have also contacted owners and private tenants to advise them of the

current position and to offer those occupiers a meeting with a Housing and Support Officer to discuss their housing options.

Living in Torry, I know how much a difficult situation it is for everyone living in the affected properties, we are doing everything we can to support Torry residents during this hugely challenging time.

Supporting our tenants, and engaging with owners and privately rented tenants, to keep them informed on this matter is what we have done since November, and we will continue to do so in the months coming.

We agreed to set aside an initial £3 million to cover the rehoming programme. We have asked support from governments, and I took the Scottish Government Minister, Joe FitzPartick MSP, to see for himself the houses affected on Farquhar Road, we are working closely with the Scottish Government on the issue.

Following independent structural engineers' report, we called an Urgent Business Committee meeting to deal with the issue without delay as keeping the people of Aberdeen safe is our responsibility.

If you are directly affected, you can contact the Council by email at HousingEstate@aberdeencity.gov. uk or by phone on 01224 070107. Further information is available at www.aberdeencity.gov.uk/raaccouncil-housing.

Greyhope Road had to be partially closed to allow for Geotechnical investigations. I had several meetings with officers and the Greyhope Bay project to see a way forward, the road must be safe for everyone using it including the buses of school children enjoying our fantastic corner of Torry.

Keeping the best news for last, here is the latest from Councillor Lee Fairfull:

I'm delighted to announce the safe arrival of my baby boy Callan who made a whirlwind entrance into the world a month early on 5th February 2024. Callan is doing incredibly well and his whole family have fallen completely in love with him. I will therefore be on maternity leave for the foreseeable future, with a limited online presence. I therefore kindly ask that in my absence, you forward any enquiries on to my fellow councillor for Torry, Christian, or your fantastic local MSP and MP, Audrey Nicoll and Stephen Flynn respectively, who will all be more than happy to help. I look forward to being back to work in person soon and in the meantime, I'll maybe see you all while out for pram walks around sunny Torry. Best wishes, Lee

Christian Allard

Elected Councillor for Torry and Ferryhill

Surgeries by appointment, please call 01224 346642 or email callard@aberdeencity.gov.uk



Hi Torry! Meet Katerina from Aberdeen Foyer

Katerina Kosmidou is a
Development Coach with
Aberdeen Foyer and works in
Torry with the aim of supporting
people who are looking to
gain confidence, qualifications
or even looking to enrol on a
course with the Foyer.

Aberdeen Foyer is an organisation that has been working in North East Scotland for almost thirty years with the vision of seeing people thrive and feeling like they are a part of their community. Their mission every day is to support people discover their potential, overcome challenges, and shape their own positive future. They do this by offering employment advice, training courses to gain qualifications,

improve confidence and so much more.

Katerina has enjoyed meeting people in Torry and hopes to see even more people come through the doors at Torry Community Hub, Torry Skills Centre and Old Torry Community Centre. She says working one-on-one with a client is a great, two-way experience:

"I love meeting new people – finding out what their strengths and needs are. It truly is a rewarding process to be a part of, seeing someone grow to a more confident person."

The process of getting involved with the Foyer is easy. You can visit Katerina at her drop-in appointments. After an initial conversation, during which you discuss your goals and what you want to achieve, Katerina will make recommendations on

what could be potential next steps.

To find out how Katerina and the Foyer can be part of your journey, you can visit one of their Drop-in sessions or contact Katerina: katerina. kosmidou@aberdeenfoyer.com

Monday 09:00 – 2:30
At Torry Community Hub
Tullos Circle, Torry, Aberdeen
AB11 8HD

Tuesday 9:15am - 4:30pm
Thursday 9:00 am - 12:30 pm
At Torry Skills Centre
64 Victoria Road, Torry,
Aberdeen AB11 9DS

At Old Torry Community
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