

# Torry's **Vision**

Summer 2023

## In this issue:

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BIG NOISE

MELA ABERDEEN

TULLOS GARDEN

GREYHOPE BAY

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)

# Torry's Vision

Summer Edition 2023

## contents

3	Mela
4	Mental Health
5	Gaslighting
6	Big Noise
7	Music Memories
8&9	Garden News
10	Library Updates
11	Old Torry Community Centre
12&13	Elected Officials
14	shmu
15	Greyhope Bay

### 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](mailto: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 Summer edition of Torry's Vision community magazine.

In this edition, we have news from Torry's community Garden's and updates from the Community Centre's. Find out about lots more going on in the city and keep an eye on your mental health this summer!

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](mailto:rose.ross@shmu.org.uk).

You can also view this magazine alongside previous editions on the SHMU website [www.shmu.org.uk](http://www.shmu.org.uk) then click the 'PRESS' option.

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

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

happy reading.

Supported by



# ABERDEEN MELA TO CELEBRATE CULTURAL DIVERSITY AT BIGGER VENUE IN 2023

Aberdeen Mela, one World Day is set to return to the city on the 27th of August at the new venue of Queen's Links.

The Mela promotes diversity and celebrates Multiculturalism in the Northeast through food, dance and music.

Last year's vivid celebration of cultural diversity saw Westburn Park, jam packed with festival goers, as over 14 thousand attended the event.

This year, organisers Aberdeen Multicultural Centre (AMC) hope to see even more attend the event and have planned accordingly.

The festival will run from 12pm to 7pm on the 27th of August at Queen's Links.

AMC treated spectators to a sneak peak of what is to come on the day, with their event launch on the 6th of June.

The launch featured introductions from Lord Provost David Cameron and performances by two of the festival's entertainment line-up.

City Moves Youth performance group, Pulse, treated the audience to a performance featuring elements of traditional Scottish dance.

Shahwati Vinod performed part of a beautiful Indian Dance solo, which she will perform in full on the day of the festival.

Attendees can expect many more vibrant performances on the day from traditional music to dance. Pulse, promise to have everyone

'moving and grooving' too. Amy Park, City Moves Dance Agency's Dance Development Worker hinted at what could be expected from the performance group on the day, "We have a new piece that is quite different, it's not a Scottish country dance-based piece. We have another one that is more 80's, funky, commercial style. We'll see what we do on the day, we've not quite decided yet."

Nilou Nezhad, PR and Marketing for AMC touched on the importance of Aberdeen Mela. "The point of this festival is to bring about diversity and harmony within Aberdeen. There are lots of diverse cultures within the Northeast, we'd like to bring everyone together so we can all celebrate and appreciate all those cultures."





# - Spot the signs – looking out for depression

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

The Scottish Government's health survey in 2021 indicated that around one in four people in Scotland can be affected by mental health problems in a year.

In this series we will be breaking down some signs of various mental health conditions, when to go to a GP and where you can get help. In this edition, we are focussing on Depression.

The Scottish Government report shows that globally, around 5% of adults experience depression.

There are many forms with depression, but there are signs to look out for that may help you

consider whether you may be affected by depression and to seek help.

Signs of depression can often be displayed through, physical, mental and social symptoms.

These are a few of many signs that the NHS suggest keeping an eye out for.

## **PHYSICAL SYMPTOMS:**

*Moving or speaking more slowly*

*Changes to appetite or weight*

*Changes to menstrual cycle*

*Disturbed sleep – you may find it harder to fall asleep or that you wake throughout the night.*

## **PSYCHOLOGICAL SYMPTOMS**

*Experiencing low moods or sadness continuously*

*A feeling of hopelessness*

## **Low self-esteem**

*Lack of motivation or interest in things*

*Feeling worried or anxious*

*Having thoughts of self-harm or feeling suicidal*

## **Social**

*You may participate in hobbies less.*

*Avoid contact with friends and family and retreat from social occasions.*

These are just a few symptoms of depression; they vary widely from person to person and may be more severe for some.

You should talk to your GP if these symptoms persist daily over two weeks or months. Find out more information about Depression on the NHS' website.

## 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**



# Grampian Women's Aid break down the signs of Gaslighting

Gaslighting is a manipulative tactic in which a person, to gain power and control of another individual, plants seeds of uncertainty in another person's mind. The self-doubt and constant questioning slowly cause the individual to question their reality.

Gaslighting can happen to anyone. Abusers carry out gaslighting behaviours slowly and deliberately so that the person it is happening to do not realise it.

## 10 Signs of Gaslighting Behaviour

**1. Blatant Lies** - You know the person is lying, often and with ease, yet they say they do not recognise this in their behaviour. You begin to have self-doubt, question everything and become uncertain of the simplest matters.

**2. Deny, Deny, Deny** - You know what they said. They deny ever saying it. They ask you to prove they said it. You start to question your memory and accept theirs.

**3. Using What You Love Against You** - This is a manipulative tactic used by the gaslighter, causing the person to question themselves and things they hold close. For example, if the person loves their job, the gaslighter will find issues with it.

**4. Losing Your Sense of Self** - The gaslighting continues methodically

and continuously over a long period of time. The victim, over time, becomes a different person. Self-confidence disappears, and the victim becomes a shadow of their former self.

**5. Words Versus Actions** - A gaslighter will talk and talk to convince a person of their concern for them. However, their actions will not reflect the words.

**6. Love and Flattery** - A gaslighter will tear a person down, build them back up and tear them right down again. This abusive pattern becomes reality for the victim and the praise associated with the building back up convinces them to think the abuser isn't all bad.

**7. Confusion** - A gaslighter instils constant and consistent confusion leading the victim to become desperate for clarity. As the person searches for clarity from the abuser, the cycle continues, and the abuser's power increases.

**8. Projecting** - A gaslighter projects their actions on to their victim. For example, if the gaslighter is a liar and a cheater, they accuse the victim of being a liar and a cheater. The person feels that they constantly need to defend themselves for things they have not done.

**9. "You're crazy"** - The gaslighter knows the person is already questioning their sanity and searching for clarity. Hence, when they call the person crazy, the person believes it. The gaslighter will also tell other people the victim is crazy. If the victim ever approaches those people for help, they will most likely not be believed.

**10. Everyone Else is A Liar** - The gaslighter may tell the person everyone else is against them and that everyone is lying. This increases their dependence on the gaslighter.

Gaslighting is a form of mental and emotional abuse. If you recognise the signs and believe you, or someone you know, is in a gaslighting relationship, we can help and support you.

Women seeking support should reach out to us by calling **01224 593381** or emailing [info@grampian-womens-aid.com](mailto:info@grampian-womens-aid.com) or visiting <http://grampian-womens-aid.com/contact-us/>

When we're closed, Scotland's Domestic Abuse and Forced Marriage Helpline is available 24/7 via phone on **0800 027 1234**, email [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk) or web chat at [www.sdafmh.org.uk](http://www.sdafmh.org.uk).





## HAPPY BIRTHDAY BIG NOISE!

Big Noise Torry celebrated their birthday in style with a special concert.

On Wednesday the 21st of June, Big Noise Torry commemorated eight years of hard work in the Torry Community with a special concert by their young people at St Fittick's Parish Church.

The music programme launched in Torry in 2015 and over the years has provided, not only music tuition but a place for young people to build their skills, confidence and explore their creativity.

At eight years old, the project works with over 750 children and families on a weekly basis, in the local area.

Members of the community, politicians and Big Noise Staff and volunteers all joined the celebrations.

Nicola Killean, Chief Executive of Sistema Scotland, the charity who

deliver Big Noise programmes across Scotland described the concert as huge success. She added "We were so pleased to celebrate the eighth anniversary of the launch of Big Noise Torry and its life-changing impact with a special event in the community.

"Over the last eight years, Big Noise has had a hugely positive impact on children and families in Torry, improving their confidence and wellbeing and helping young people reach their full potential.

Sistema Scotland also had a big birthday recently, celebrating 15 years of success. They marked the occasion with a reception at the Scottish Parliament.





# MUSIC MEMORIES

After the very successful Football Memories programs which have been running in connection with Alzheimers Scotland and Aberdeen FC Community Trust (AFCCT), there were plans put in place to expand this into a regular session with Music Memories.

We spent a good amount of time planning this and the launch date was decided to be 31st March at the Players Lounge at Pittodrie, what we wanted was an environment where people could come to reminisce and speak about music in a safe environment, have a cup of tea and a chat with like-minded people.

Music Memories is a dementia friendly program based around reminiscing and focusing on making new memories and empowering

people living with dementia to engage through participation and enjoyment of specially tailored music. Debra Christie who is the Health and Wellbeing team lead at AFCCT said “Music can help people cope with challenges in their life which could include social isolation, loneliness, and loss. Music can help us recover from trauma and negative experiences so let’s harness the power of music.”

The sessions have been fantastic with music quizzes, Rock and Roll Bingo and a session that saw a conga chain form and head out the door into the Pittodrie concourse! There was of course a “getting to know you” session where everyone had a great chat and spoke about their favorite bands and concerts....

and some not so favorite songs! Participants will also get a memory box of their own so that they can keep records of sessions, photos etc. as a permanent memory of the sessions.

The sessions are held every second Friday at Pittodrie in the Players Lounge from 10am to 11.30am with entry through the Players Entrance and everyone is welcome to attend.

Alan Johnstone from Alzheimers Scotland and Football memories was delighted with the sessions starting, he said “Music in all its formats is a powerful element of reminiscence therapy so please come along, share your memories and maybe give us a song”

**Dave Ironside**



# MORE VOLUNTEERS WANTED FOR TULLOS GARDEN AS IT TURNS 5!

Tullos Community Garden celebrates its fifth birthday this summer! Come and join us on Saturday 19th August from 1-3pm for a fun, free, family event with crafts, planting, kids' activities, a face painter and buffet style food.

It has been a challenging few year for the garden, due to having low volunteer numbers we have never really got back up and running after covid restrictions. The garden is a great space for Torry to have to relax in and enjoy nature, and the produce grown in the planters is for the local community.

We hope to develop the garden further and add more for children into it but do so we need your help as we simply don't have enough people involved to get the garden to its full potential at the moment. We are currently looking for group members, office bearers, as well as anyone who would like to come along and help casually at any of our upcoming sessions.

Our sessions run on:  
Thursdays from 1pm to 3pm  
The third weekend of each month from 11 am to 2pm on Saturday and Sunday.

Please keep an eye out for posters and on our Facebook page for any additional dates through the summer.

Thanks for reading and hope to see you to celebrate our garden in August.

**Catrina Robb**





# Bruce Garden celebrates the Coronation

The good people of our fair city and those who visit us from time to time are fortunate to enjoy access to the many fine public parks and gardens which are maintained at Council expense.

However, dotted throughout the city one can find and enjoy access to a number of smaller scale but charming community gardens, havens of peace and quiet, created and maintained by local volunteers.

One such delightful place is Bruce Garden, which is tucked away on a corner site at the junction of Victoria Road and Baxter Street in Torry. The garden occupies the site of the former home of Willie Bruce, a kenspeckle character who was a sub postmaster and postie of long standing in Torry.

Following his demise, his former home was demolished in 1965 and the site was converted to garden use with support from Keep Scotland Beautiful and local enthusiasts. The present-day volunteers are a friendly group whose members range from garden experts to beginners but all work together to maintain this peaceful and tranquil area.

However, peace and tranquillity were set aside on the 6th of May 2023 when the volunteers resolved to celebrate the Coronation of King Charles and Queen Camilla by hosting a garden party of their own.

For once their spades, hoes and secateurs were set aside. There was a gazebo, with picnic boxes, tempting eats and drinks, provided by St Fitticks Rotary Club and the National Lottery Community Fund.

It was suggested the occasion was marked with the burial of a time capsule, which was provided by the St Fitticks Rotary Club and filled by Torry Community Group and Torry Heritage Group. The capsule was filled with contemporary items, include a copy of the day's Press and Journal.

Afterwards, an enjoyable afternoon of live music, good food and drinks were greatly enjoyed by all who attended.

**Alastair Robertson**  
**Rotary Club of Aberdeen**  
**St Fittick**



## Torry St Fittick's Church - Burundi Orphanage – New Project

We are setting up a new project which we hope the whole community will eventually become involved with. The young men at the Burundi Orphanage who have completed secondary school require support so that they can become empowered to create a livelihood and continue to transform their lives.

The plan is to help them acquire skills and set up a workshop to help others in their community and at the same time provide themselves with a basic income. We are collecting tools and equipment to send to them, ranging from sewing/knitting machines to carpentry, plumbing, bricklaying, agricultural and mechanics tools. Even keyboards and musical instruments.

In doing so, we can help reduce what is going into landfill. If you have any such items, please drop off at Torry St Fittick's church/ contact the office **01224899183** [stfitticks@btconnect.com](mailto:stfitticks@btconnect.com) to make sure someone is around.

### **Torry St Fittick's Church** **Coffee Mornings**

We continue to hold a coffee morning on the last Saturday of every month from 10.00am until 12 noon, except December. All are welcome.

The dates are as follows – 29th of July, 30th of August, 28th of October, 18th of November.



## Meet Balnagask Community Centre's new Chairperson.

After many years of dedication, the lovely Hazel Mcallen has stepped down as Chair of Balnagask Community Centre.

Taking the reins from her is Carole Paterson, backed by her Vice Chair, Charlie Duncan.

Carole moved to Torry three years ago and has been coming to the Community centre ever since moving. "It was everything to me, because I didn't know anyone, I came down here in the hopes of meeting other people and finding something to do. I was made so welcome by everyone, especially Hazel."

Carole is a familiar face to anyone who has been visiting the Centre over the past few years. Starting out volunteering at the Parent and Toddlers group, she gradually got involved with more and more, with encouragement from Hazel. "Hazel definitely took me under her wing".

Since becoming Chair, Carole and the rest of the committee have gotten stuck in to the running of things. Before stepping down, Hazel and her daughter Amanda applied for funding from The Port of Aberdeen's SupPORT fund.

Since the application was successful, the committee has launched their Monthly Lunch Club for all and Weekly Supper Club for the Centre's young people and have lots of hopes for the centre.

There are still spaces for anyone would like to get involved with the centre or join the committee.

For more information about the centre, email [chair.balnagaskcc@gmail.com](mailto:chair.balnagaskcc@gmail.com) or [vice.balnagaskcc@gmail.com](mailto:vice.balnagaskcc@gmail.com) or keep an eye on the Centre's Facebook page for information on groups.



## ABERDEEN READS SUMMER CHALLENGE

Aberdeen City Libraries launched the annual Aberdeen Reads Summer Challenge on the 24 June.

The reading challenge aims to encourage children, young people and their families to read for enjoyment during the summer holidays. Aimed at 4-15yrs, although anyone can participate in the challenge, children and young people will be able to earn incentives throughout the summer.

The theme for this year's reading challenge is 'Space', with Library Bear heading to the Moon. Every library event attended, book read and/or challenge completed will see

participants earn 100 Cosmic Miles to send Library Bear into space.

A competition ran during March and April challenging children and young people to design a banner for this year's reading challenge. You'll see artwork created by a pupil from Walker Road School adorn all the posters and social media posts promoting this year's initiative.

Reading cards can be collected from your nearest City library, participating community centres, found in our 'What's on guide' or downloaded from our website.

Find out more at <https://www.aberdeency.gov.uk/aberdeenreads>

The poster features a dark space background with stars, planets, and a rocket. At the top left is the 'ABERDEEN READS' logo. The main title 'LIBRARY BEAR GOES COSMIC!' is in large yellow letters. Below it, it says 'with Aberdeen City Libraries'. The text 'Take part in Aberdeen Reads to send Library Bear to the Moon.' is followed by 'Incentives for 4-15yr olds: 24 June - 26 August'. At the bottom, it says 'Find out more at any City Library or by visiting: [www.aberdeency.gov.uk/aberdeenreads](http://www.aberdeency.gov.uk/aberdeenreads)'. A QR code is on the bottom left, and a cartoon bear holding a globe is on the bottom right. A credit line says 'Design by Frank (Walker Road School)'.





## Old Torry Community centre timetable and events

### MONDAYS

#### T'ai Chi

10:00am-11am, €2 per person

*Our Tai Chi lessons will teach you how to improve your balance and general psychological health. All abilities welcome, including complete beginners.*

#### Bingo

7pm-9pm, 50p entry charge per person.

*Our group meets for a social evening of bingo, tea, and chat. Newcomers are always welcome.*

### TUESDAYS

#### Zumba Gold

1:30-2:30pm, £5 per person\*

*Zumba involves dance and aerobic movements performed to energetic music..*

#### Yoga Group

6:30pm- 7:30pm, £6 per person

*Whatever your ability or experience, enhance your life by coming along to our adult yoga class taught by the very experienced Louisa Craig. Not during school holidays).*

### WEDNESDAYS

#### Torry Toddlers

10am-12:00pm, €1 per child

*Come and have fun with your kids! Lots of games to play and toys to play with. A really great way to meet new people and make new friends!*

#### Pathways

1:00pm- 4pm, No need to book!

*Looking for work? Pathways has a team of keyworkers covering*

*Aberdeen city, so there is someone to help you. Support given is one-to-one, private, and completely confidential.*

#### Dancercise

7-8pm

*Great fun, and an active way to enjoy yourself and keep fit too, led by the dynamic Anna Maria to music and lights to set the scene for each dance.*

### THURSDAY

#### RGU Outreach in the Community

9:30-11:50am

**Early Morning: 9:30-10:20am. Hot drink and chat: 10:20-10:50am.**

**Late Morning: 11:00-11.50**

*Come to improve your mobility, posture, balance and strength as well as meet new people and old friends.*

*This class is run by a Physiotherapist and Physiotherapy students from Robert Gordon University.*

*For more information, please contact: [exerciseclassshs@rgu.ac.uk](mailto:exerciseclassshs@rgu.ac.uk)*

#### Lead Scotland

1-3pm

*The digital world can be daunting!! Lead Scotland can help you about how to get going and using new technology in a safe and practical way. Come and see Dave for all your technology needs Until further notice, please contact Barbara Taylor on 07768 917 248.*

#### Pathways

1pm 4pm, Free, no need to book!

**The Foyer 1-3:30pm**

*Aberdeen Foyer Development Coach, Katerina Kosmidou, aims to help if you have experienced challenges in your life. Katerina will help you to identify your skills, abilities and potential and will work with you on a one-to-one basis to identify goals and through accredited learning.*

#### Trussell Trust Food Bank

1-3pm

#### Line Dancing

6pm-7pm, £2 per person

*A well-established group of enthusiastic dancers. New recruits always welcome!*

### FRIDAYS

#### Zumba Gold

9:30-10:30am, £5 per person\*

### SATURDAY

#### Zumba Gold

9:30-10:30am, £5 per person\*

#### Soup And Sandwiches

*Old Torry community centre are also hosting a monthly Soup and Sandwiches event. They held their first soup and sandwiches at the centre on Monday 6th March 2023. The well attended event, which offered free soup, sandwiches, tea, coffee and juice was open to all and will run on the first Monday of every month from 12-2pm at Old Torry Community Centre, 2 Abbey Place, Torry, AB11 9QH.*

#### Natalie Hood

# Elected Officials

## Cllr Christian Allard

A lot is going on in Aberdeen this year, we recently held the European Pipe Band Championships at the Duthie Park, a week after the annual Aberdeen Highland Games at Hazlehead Park. Before this, the artists from Nuart brought more colour and life to our city centre. I really enjoyed meeting some of them coming from far, Brazil, Portugal and a couple from France who decided to produce an irreverent street art display on the Town House where we have our offices. You may have seen the wall stencil depicting a couple of French police officers patrolling Broad Street on the back of ostriches.

There is a lot going on. When I saw groups of people gathering in front of Marischal College, I first thought that it must be some kind of protest, it wasn't. They were tourists coming

straight from the first cruise ship, the AIDAaura, a 203-metre-long ship with more than a thousand passengers, the longest vessel that ever-visited Aberdeen. We need to get used to this, cruise ships are now coming regularly, and I worked hard to convince the Port of Aberdeen to direct the buses to Aberdeen. We have a lot to be proud of as a city, people are coming from far to admire it. Our bid to bring the Tall Ships event back to the Granite City in 2025 has been successful. You would have heard of our effort to move Aberdeen's economy on. A just transition is not only about the energy sector but also about the diversification of our economy. Tourism is a huge industry, one that we must capitalise on.

The hospitality sector has vacancies, like many other sectors

in the Northeast. ABZWorks jobs fairs are taking place regularly to enable people of all ages, to find out opportunities directly from employers. You can contact ABZWorks online or if you do not have access to the internet, you can phone 01224 346100 for assistance. If you are an employer with vacancies and would like to get involved, you should email **abzworks@aberdeencity.gov.uk** for information.

Enjoy the summer, you will find my contact details below if you require any help or information.

**Christian Allard**

**Elected Councillor for Torry and Ferryhill**

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

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## Cllr Simon Watson

There has been a lot going on in Torry over the last few months. Most recently, I've been honoured to be invited to the 8th birthday of Big Noise Torry, which showcased some of the magnificent talent of our young people.

I supported the Torry Peoples Assembly, aiming to give people a stronger voice, and have contributed to every monthly meeting of the

vibrant Torry Community Council. This is bringing together a group of active people determined to change this community for the better.

But there are a lot of local concerns too. In addition to helping individuals, I have won agreement that the incinerator should regularly publish their emission statistics so local people can check what is going up the chimney and raised the

high levels of pollution in Torry with SEPA. I encourage everyone to keep an eye out for the consultations on the Energy Transition Zone on 29 June and 3 August. I have also continued campaign for the library service across the city and attended the memorial service for Srebrenica. Please get in touch with me at **simwatson@aberdeencity.gov.uk**.



# Cllr Michael Kuszniir

Having undertaken surgeries since August 2022 only one person has turned up.

It is clear to me that the fixed time and place of political surgeries no longer works for constituents who can contact me by email, phone and social media. I am therefore going

to move towards knocking on doors once to twice a month, instead of surgeries. This will ensure that I can directly hear your concerns.

The Ward has many people who are isolated from modern communications and while social media can reach many, the old

school methods of knocking on doors seems to offer a direct way of speaking to more of you.

**As ever I am also available by email, [MKuszniir@aberdeencity.gov.uk](mailto:MKuszniir@aberdeencity.gov.uk) or phone, 07877 399 542.**

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# MSP Audrey Nicoll

The last few months have been very busy both in the constituency, and the Parliament, I look forward to getting out and about and meeting as many of you as possible over summer.

The Scottish budget process has been the most challenging yet. Inflation, greater demand for government support, and limited powers to borrow mean difficult choices had to be made. I am pleased the Government continues to support individuals and families in greatest need of help, including increasing Social Security benefits over which it has control and maintaining the Scottish Child Payment that continues to provide families with a weekly £25 payment for all children under 16.

Access to GPs continues to concern constituents. The Scottish Government is providing funding to support trainee GPs as part of its priority to ensure primary care remains the first point of contact for us all. I am grateful to all staff working in healthcare for their continued commitment to patients in their care.



Contact advice can be found here  
Right care right place | NHS inform

During July I will be running a full programme of surgeries so please get in touch if you wish to discuss an issue with me. Of course, you do not have to wait for a surgery, you can contact me at any time, using the options below.

Surgeries in Torry will run on:  
Monday, 10th July – Torry at

Balnagask Community Centre from  
10am to 11am

Wednesday, 19th July – Torry at the  
Old Torry Community Centre from  
12noon to 1pm

**You can call 01224 876743 or  
Email [audrey.nicoll.msp@parliament.scot](mailto:audrey.nicoll.msp@parliament.scot)**

***Wishing you all a very  
happy summer.***

We are all about keeping well here at shmu and we have plenty on offer to give both your mental and physical health a boost.



## Wellbeing Walks

We held the first of our Wellbeing Walks on Thursday the 27th of April. Despite the drizzle, we had a brilliant time, and enjoyed a scenic Walk along the River Don. We topped this off with a cuppa and a catch up at our Wellbeing Café.

Our Wellbeing Walks are held on the last Thursday of every month. If you are looking to get more active,

meet new people, socialise, share stories of Aberdeen, our community Engagement Wellbeing Walks may be for you!

If you'd like to join us, no sign up required, but if you'd like more information, contact Sarah by emailing [sarah.igesund@shmu.org.uk](mailto:sarah.igesund@shmu.org.uk) or by calling her on 07592 355 131

## Community Wellbeing Running Group.

Here at shmu we are unbelievably lucky to have so many brilliant and inspiring volunteers, so we had to celebrate all their amazing work this volunteer week.

Throughout the week, we hosted a variety of events, from an open day where we welcomed new faces hoping to volunteer, as well as an afternoon celebration, an awards evening and a radio take over day.

We had a great time shaking it up and getting to interview our FM volunteers live on Air, throughout the day. As expected, they are just as brilliant in the guest chair as they are on the presenter mic.

The celebration evening was full of emotion, as we had the honor of presenting our brand new 'Angela Joss 'Bee You' Memorial Award' to Angela's family. Angela was a beloved volunteer, friend and inspiration. We'd like to thank Angela's family for coming along to receive the award. The evening also had plenty of laughs, with the rest of the volunteers collecting awards of their own.

We cannot thank our volunteers enough for all they do, they truly are brilliant, and we truly appreciate it. If you'd like to volunteer at shmu, we'd love to have you! Get in touch via [volunteer@shmu.org.uk](mailto:volunteer@shmu.org.uk) or by calling 01224 5150103



## Greyhope Bay is announced as a winner in the National Lottery People's Project campaign thanks to huge support of votes cast locally and nationally

Greyhope Bay was one of fifteen groups in Scotland, in the running to receive £70,000 funding from the National Lottery People's Project. A two-week campaign had people voting and sharing the project far and wide, and Greyhope Bay were delighted to have secured the votes to win this vital funding.

Fiona McIntyre, Managing Director, Greyhope Bay said: "We were overwhelmed by the support we received as part of this voting campaign, our community came out in force to help spread the message and we also successfully secured all 300 postal votes available to us in addition to the online votes. The shared ownership and strength of affection for our work is important to us and we cannot wait to put the funding to great use."

Over the next 12 months you will see Greyhope Bay make a real difference to the local community by building capacity to deliver meaningful accessible art and outdoor learning programmes for schools and families, dedicated free events for locals while also creating opportunities to shape the future of the project as the charity plans to expand and inspire communities around the UK to do the same with their local heritage.



## Charity working to end homelessness in Scotland, set up shop in Torry.

Bethany Christian Trust is a Scottish charity working to end homelessness in Scotland one person at a time.

In August 2022 the team in Aberdeen relocated to the newly opened Bridge Centre on North Balnagask Road in Torry. The team's aim is to prevent homelessness by working with those in the local community needing support. Financial issues, mental health, addiction and domestic abuse are some of the personal circumstances that lead to homelessness and the team are here to help before it gets to that stage.

Currently we have a recovery and resettlement worker who support those dealing with addiction, meeting up on a one-to-one basis and also in groups. Pamela our women and family's worker is here to help women experiencing difficulties in their life as well as families that are looking for parenting support.

Finally, we have Kam who runs the Toastie Club, a weekly drop-in session at Trinity Church on Kings Street. This is a welcoming space providing fellowship, meals and any necessary referrals for those needing support. Those at Bethany are passionate about helping people live full and healthy lives in their local community. To find out more about the support we offer please get in touch with the team:

Stevie on **07436 251 810** or email [steviestacy@bethanychristiantrust.com](mailto:steviestacy@bethanychristiantrust.com)

Pamela on **07775 947027** or email [pamelamaclure@bethanychristiantrust.com](mailto:pamelamaclure@bethanychristiantrust.com)

Kam on **07891170365** or email [kamcockburn@bethanychristiantrust.com](mailto:kamcockburn@bethanychristiantrust.com)



# 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: [sdfmh.org.uk](http://sdfmh.org.uk)

### Grampian Women's Aid

Telephone: 01224 593381. Website: [grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932. Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)