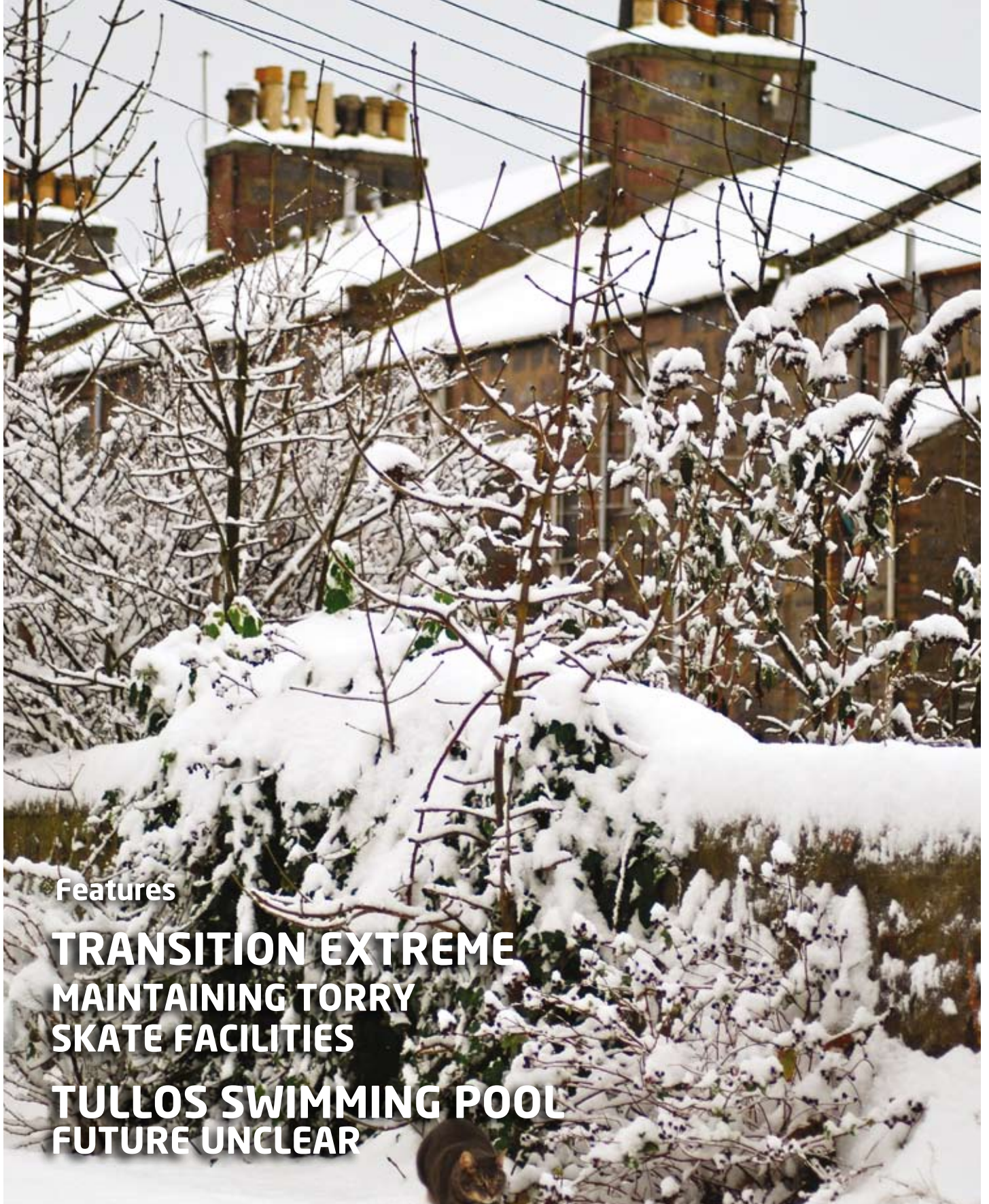


torry's vision

Winter 2011



Features

TRANSITION EXTREME

**MAINTAINING TORRY
SKATE FACILITIES**

**TULLOS SWIMMING POOL
FUTURE UNCLEAR**

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Editorial

Welcome to Torry's Vision Winter Edition

The content inside Torry's Vision is a fine representation of the activities and events which happen on a daily or weekly basis in our community. We are a vibrant and creative village with a big heart.

Torry's Vision is here to give a voice to the citizens of Torry. We all have something to say about our community – whether it's about bin collections, seagulls, traffic or more positive aspects like our artistic and musical talents. We now have an opportunity to ensure all of our community has an input.

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

Telephone **(01224) 515013**

Email maryclare@shmu.org.uk

Thanks for reading and enjoy the rest of your magazine.

Images - Renee Slater

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Message from Yvonne Allan

Hi folks,

Firstly, I wish you all a very Merry Christmas and a peaceful and happy New Year.

Here we are into winter and folks who had new doors fitted with the modernisation programme should feel a difference; this should help to keep out that cold winter draughts.

There are, however, still issues which I, along with local people, will be keeping an eye on. There are major issues concerning our area, not least of these is the Tullos Swimming Pool as it is still unclear what its future is, but it is not looking good. However, along with the local people I will continue to support its re-opening.

Our local volunteers in both the leased and now ex Adult Learning Centres have been struggling hard to come to an agreement with the Council regarding the future running and management of their centres. Some of you have been involved with this for over three years now and I do admire your stamina – please keep going and I will be there continuing to support you in your efforts.

I am very pleased that the Abbey Road Centre is now up and running and that the organisers are looking forward to the future by providing a programme for the area formerly known as Old Torry. I have been supporting the people involved and will continue to do so.

Finally, local democracy is important and the decisions made by the Council affects all our lives and the communities we live in. There are local elections next year and I would urge you all to use your vote to ensure that you elect the councillors you wish to have making local decisions on your behalf.

I hold regular surgeries on the second and fourth Wednesdays of each month at Torry Academy at 6.00 pm (term time only) where you are welcome to come along to discuss any issues of concern.

Swimming Pool View

At the last Education Culture and Sports committee the issue of Tullos Pool was again on

the agenda. I did not feel the report was strong enough and did not reflect the views of Dawn Bellamy who spoke on behalf of the Community Council or the people who had turned up at the public meeting. So I move that a full up to date and accurate report be done on the actual cost of repairs necessary to open the pool.

I further moved that the council talk with the Community Council and the folks of Torry to see if there was any alternative way of funding. This was what came from both the Community Council and the public meeting.

This was accepted by the committee although I feel that this Council Administration should be funding the repairs when the community come forward and offer to share their thoughts and ideas I think the council needed to do that.

Regards

Councillor Yvonne Allan

Supporting Women to Breastfeed Volunteering Opportunity for Women

The health benefits of breastfeeding for Mothers and babies has been well researched; benefits include reduced risk of allergies for children, reduced risk of certain cancers for women who breastfeed and the promotion of positive attachment between mother and baby. Despite these facts, breastfeeding rates are still low across Scotland.

In an effort to offer women support should they choose to breastfeed, NHS Grampian are coordinating a 12 month pilot project focusing on one area in the City. We are looking to recruit women who are enthusiastic about breastfeeding and supporting other Mums, and who have breastfed their own children for at least 6 weeks in the past as volunteers to offer breastfeeding support to new Mums.

Volunteers would receive 20 hours of FREE training from the National Childbirth Trust (NCT) and 6 follow up sessions which would lead to the volunteers gaining a recognised qualification as well as being reimbursed for expenses

incurred. Following training, volunteers would then be expected to make a commitment to offer breastfeeding support to Mums who are referred by health visitors and community midwives for the duration of the project (12 months).

If you think you can:

- **Attend 20 hours of training over 8 weeks**
- **Make a commitment for 12 months to offer support**
- **Work with health professionals**
- **Attend breastfeeding workshops, visit women in their homes or offer advice over the phone**

Or, if you would just like some more information about this opportunity, please contact:

Joanne Riach, NHS breastfeeding coordinator at joanne.riach@nhs.net or 01224 558 670.

Calling ALL Carers in Torry



If you provide unpaid support to family or friends who could not manage without your help due to illness, frailty, disability, mental ill health or a substance misuse problem then YOU are a carer.

VSA Carers Service has made it a priority to support Carers in their own community and now has a worker, Shona Cormack, covering South Aberdeen.

One of the carers who has previously received support from VSA Carers Services wrote...
“The support and advice I have had from other carers has been invaluable. I have also received information from Carers Services about benefits and services to help. I get the newsletter and have attended some of the courses for carers. All of

these have been very helpful. I would encourage other carers to get in touch – get the first phone call done, it will open so many doors.”

If you would like more information you can contact Shona through:

**VSA Carers Services, 38 Castle Street,
Aberdeen AB11 5YU.**

Telephone: 01224 212021/ 07894614878

**Email: carers.info@vsa.org.uk /
shona.cormack@vsa.org.uk**

Don't Fry and Die

"Never cook whilst under the influence of alcohol or drugs!"

This is the message that Grampian Fire and Rescue Service (GFRS) is promoting the Don't Fry and Die campaign.

In August 2011 saw the launch of GFRS's hard-hitting Don't Fry and Die campaign. Centred on preventable fires in the home, the service aims to drive down the frightening statistics.

Over 63% of Grampian's accidental house fires were cooking related and nearly all of these were preventable. Main causes include forgetfulness, distraction, the misuse of appliances and the influence of alcohol or drugs.

It's when alcohol or drugs are a factor that it gets really concerning. A lot of people have smoke alarms and that's extremely important, but if you fall asleep under the influence the chance of the smoke alarm waking you up is greatly reduced".

This isn't about telling people not to have fun, it's about making sure people take responsibility for their

own safety. Whether that's grabbing a take-away on the way home from a night out, or preparing something that doesn't need to be put in the oven, on the hob or under the grill when you get home, it's better to plan ahead.

In recent years in Grampian, six people have died and over 500 have been injured in kitchen fires caused by pans or grills being left unattended.

If you do not have a smoke alarms or are concerned about fire safety in the home, then please contact Grampian Fire and Rescue Service to arrange a free Home Fire Safety Visit.

Have a safe and happy Christmas and New Year from all at Grampian Fire and Rescue Service

<http://www.grampianfrs.org.uk/subdreamer/index.php?categoryid=138>

Neil Whiteman
Grampian Fire and Rescue Service



Police Update

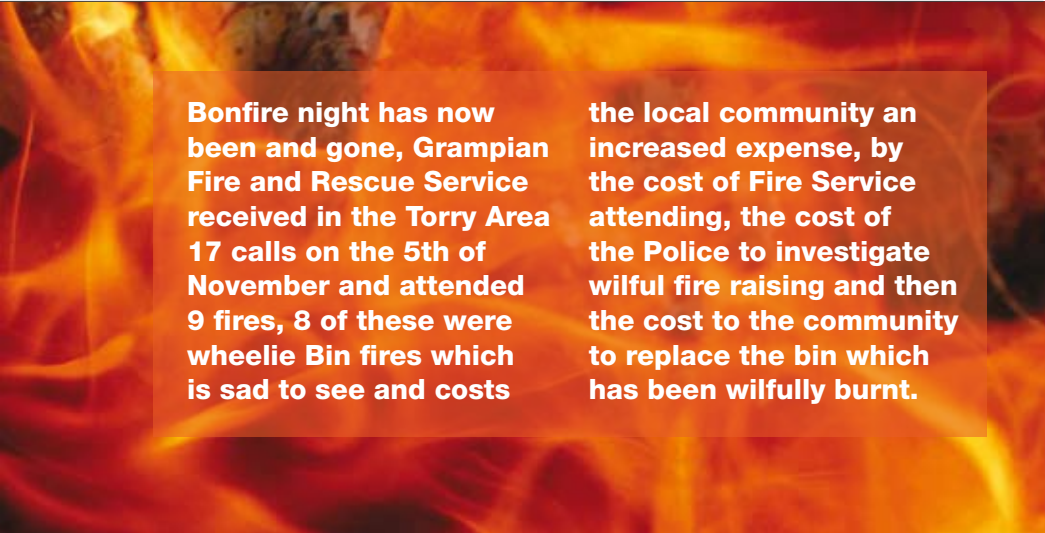
Inspector Jim Fraser takes up his new post in Torry on the 15th November 2011.

Inspector Fraser has 23 years Police service during which time he has worked in a number of areas within the Force and Aberdeen City.

Pertinent to Torry, he was a Constable there for 2 1/2 years in the early 90s and a number of friends and partners he met and made contact with are still residing or working within the area.

Inspector Fraser originates from Aberdeen and is eagerly anticipating undertaking his new role.

He is aware that crime trends have altered slightly over the years with an increase in Anti Social behaviour and Vandalism and intends carrying on the positive work carried out by his predecessors



Bonfire night has now been and gone, Grampian Fire and Rescue Service received in the Torry Area 17 calls on the 5th of November and attended 9 fires, 8 of these were wheelie Bin fires which is sad to see and costs

the local community an increased expense, by the cost of Fire Service attending, the cost of the Police to investigate wilful fire raising and then the cost to the community to replace the bin which has been wilfully burnt.

TORRY NURSING HOME

Torry Nursing Home is being run by Select Healthcare Group and first opened its doors in August 2000. It is built on the site of the former Glencairn House which was built in 1903.

The original house had to have its gates facing Balnagask Road as the 'Royal Line' ran along the back of the house and gates opening on to it were not allowed.

The home caters for 81 residents at any one time, many of whom are Torry 'Loons and Quines'. We have a specialised dementia unit and five rooms for younger physically disabled people. We have qualified activities co-ordinators and love having entertainment in the home.

We are proud to be part of the Torry Community and are welcomed by the local churches at their weekly lunch clubs and at Balnagask Community Centre.

We would like to become more involved in the community and would welcome any groups of any age to come and entertain or visit our residents, likewise if you would like to find out more about what we do we are more than willing to send you information or to come and talk with your group. Please give Alison a call on 01224 890600

DUTHIE PARK RESTORATION

Aberdeen City Council has been successful in its bid to the Heritage Lottery Fund for restoration and improvement of Duthie Park. Through their Parks for People programme, the Heritage Lottery Fund provides a range of funding to improve and restore parks throughout the country.

Duthie Park is both regionally and nationally important, as it is one of the best purposely designed public parks in Scotland. Despite many changes over the course of its history, Duthie Park remains a park of national significance with sufficient heritage merit to be considered for grant funding.

It is intended that the works at Duthie Park will restore many of the historic features of the original park design, and reinstate the quality of a number of original important Victorian features. The park and its living heritage will be conserved for future generations.

As well as the restoration of Duthie Park, part of the Heritage Lottery Fund aims to widen and develop its visitors market, also provide more volunteering opportunities in the Park.

Duthie Park and the David Welch Winter Gardens are

open all year round and are accessible for all ages and abilities. We will be developing our activities at the park with community events, guided walks, allotment demonstrations, improved play areas for all ages and will enhance the visitor experience by providing more interpretation facilities. We will also encourage schools and colleges to use Duthie Park as a place of learning and will support their involvement by providing educational resources. By becoming a volunteer at the Park you will develop new skills, learn about the natural heritage environment and forge new friendships. You can also become a volunteer member of "The Friends of Duthie Park", which works in partnership with Aberdeen City Council to promote and maintain Duthie Park. For more information about the Friends Group please check their website, www.friendsofduthiepark.co.uk

For more information about volunteering or educational opportunities then please contact Arthur Gill, Outreach & Training Officer on 01224 585310

THE BIG MANNIE

When I was a young lad I used to visit my grand parents in Glenbervie Road. The whole family would visit the Bay of Nigg, where they would light a fire and cook the dinner. There were many Families there in the summer time. We were sent to

collect buckies and seaweed called dulle. There used to be a big rock which I call the 'Big Mannie.' It still sits there to this day, and looks the same as it did sixty years ago.

By Alan Reid.



transition extreme

According to Transition Extreme's Senior Skatepark Supervisor, Mike Hume, there have been skating and BMXing facilities at Balnagask for over 20 years. It was there that he dropped in for the first time on his skateboard when he was 13.

More recently the Council helped put in a pre-fabricated skatepark to make things more interesting. Unfortunately, the site is now in a bit of a sorry state and needs a bit of care and attention to be suitable for its intended purpose, so we thought it would be useful to ask the citizens of Torry to help us get things going again through the Torry Vision magazine.

Over the past two years, we have worked closely with young people in Northfield aged roughly between 10 and 15 to get their skatepark up to scratch and better used. This has worked really well and led to a select few of them becoming 'custodians' of the park. This means that they take some responsibility in

maintaining the park and making sure that the ramps and jumps are safe and free of glass and that people are using the space responsibly. In return they are given free access to facilities down at our base at Transition Extreme at the beach.

We think that this model can work in Torry too and so we are looking for anyone who thinks that they can help us to contact the Project Coordinator at Transition Extreme on 626279. We would particularly like to hear from young people who are interested in Skating or BMXing, but would also welcome input and support from adults in the area who feel that they could help somehow also.

Transition Extreme is an award winning charity and social enterprise which aims to assist young people in the transition from childhood to adulthood by providing innovating opportunities.

Active Schools Aberdeen

PROJECT GETS YOUNGSTERS ON THEIR BIKES!





CHILDREN FROM THE TORRY AREA OF ABERDEEN RECEIVED SIX SESSIONS OF MOUNTAIN BIKING DURING SEPTEMBER AT KIRKHILL FOREST.

Following a conversation between Active Schools Aberdeen and Rotary Club of Aberdeen St Fittick on possible activities children in Torry could benefit and enjoy colleagues in Adventure Aberdeen suggested the national Go Mountain Bike project.

Go Mountain Bike is a mountain bike proficiency course organised by Cycling Scotland, a registered charity which receives funding from the Scottish Government to bring cycling out from the fringes of everyday life into the mainstream.

Active Schools Aberdeen has organised the Go Mountain Bike project for P5-P7 children living in Torry, in partnership with Adventure Aberdeen, Rotary Club of Aberdeen St Fittick and independent oil & gas development and production company EnQuest – a business partner of Tullos Primary School.

The project enables eight children from Tullos Primary and eight children from Walker Road School to attend six sessions at only £1 per week thanks to the funding received. Children learn basic and technical mountain bike skills that will enable them to ride on trails with ease. The children also receive a manual which details several levels in which they can strive to achieve including riding skills, first aid, being independent and self supporting and sharing the outdoors. Children will not reach the highest skills level during the six weeks of the project but it is something they can continue to progress with in the future.

The project is in its first year with a plan to make it sustainable within the next three years with enough

teachers trained locally so the sessions can be held in Torry. Three teachers have completed parts of the training and through continued partnership working and funding from Rotary Club of Aberdeen St Fittick and EnQuest these numbers are set to increase.

Active Schools Aberdeen Coordinator Steven Thompson said: "I am delighted to have been able to develop this project for children in Torry through the fantastic support of our partners and local schools. Hopefully this can be sustained for years to come within the local area and children can further develop their bike skills as part of the Go Mountain Bike project."

Headteacher of Tullos Primary School Joss Aitken, said: "This has been a fantastic opportunity for our pupils to experience working with a range of professionals. This project gives them the chance to improve their biking skills, build self confidence, work as a team and develop skills for life."

John Mennie, President of Rotary Club of Aberdeen St Fittick, added: "We are very pleased to have provided support to Tullos Primary and Walker Road schools to allow them both to join the Go Mountain Bike course".

The Active Schools Aberdeen team is responsible for organising a range of activities in both school and community settings to help encourage children and young people's participation in physical activity and sport.

RETAIL ROCKS

OIL AND GLASS

Proprietor - Shelagh Swanson

Back in the “good old days” or so my neighbours in Fittie tell me, you could go on a trip to Torry and do all your shopping there. You knew exactly what you were buying; it was most likely made locally so you could be assured of it’s quality. You also knew exactly who you were buying it from; you could speak to the shop owner and easily get exactly what you needed, not like within the large anonymous retailers that fill most high streets today. In Torry, however, has come up with an answer to this contemporary problem – Retail Rocks. As a compliment to the existing independent retailers in Torry, this initiative has allowed seven real people to open friendly, value for money, quality retail outlets where the owners go out their way to make sure each customer is provided with good old fashioned service and is perfectly happy with their purchases.

In my new gallery and workshop “Oil and Glass,” (opening soon at 64 Victoria Road) I intend to uphold all these good old fashioned values of service and also provide something more. The unique element of “Oil and Glass” is that it is not just a shop, but also a studio. The majority of work on sale will be made on site, giving customers a real insight into the processes and a chance to order exactly what they need. The shop will specialise in selling local paintings, prints, cards and fused glass; to include jewellery, plates, tiles, wall panels and more. Oil and Glass will be a creative, open place where anyone can feel completely at home, whether it is coming in just to browse and have a wee chat, to make purchases, or to try something a bit creative and come to a workshop (Community workshops and individual sessions for both children and adults will be offered at affordable-to-all rates) I hope in this way “Oil and Glass” will be a place where the community of Torry can come together, just like, as my neighbours tell me, also happened in the “good old days.”



WONDERFULLY MADE DESIGNS

Proprietor - Rosalie Emmanuel

Buy something unique, original and colourful for yourself, a friend or a family member.

“Look good, Feel good. You are Wonderfully Made”

Colour plays a very important role in our everyday life. It brings pleasure to those who love, appreciate and celebrate it. It adds beauty to an already beautiful and Wonderfully Made World.

My desire is to bring a bit of colour into your life. No matter how dark your clothes are, you will be amazed at how our beads will brighten your look. At Wonderfully Made Designs all our jewellery is handcrafted with love.

You can design your own, buy gift vouchers/certificates, attend one of our individual or group jewellery making classes, birthday parties for adults and children, Jewellery repair service plus many more.

Looking forward to seeing you at 26 Menzies Road, Aberdeen





RUTH'S CORNER CABIN

Proprietor - Ruth Ritchie

"I feel very privileged and grateful to have been given the opportunity to open a small convenience store in this area. Most people within a tight knit community appreciate and support their local stores. With winter drawing near, it is important for the local community to have somewhere close at hand for essentials, as the area consists of people of all generations. Many of the older generation are unable to travel far afield. As a shopkeeper, I try my best to cater for peoples needs and requests.

One local regular customer said "The prices within Ruth's Corner Cabin are pretty reasonable and it is nice to see a friendly face and have a chat." Another regular customer said "I feel it is important to support the store as it is so handy and long overdue, as there has not been a shop of this type here for many years, and I would be so disappointed if I came down and it was no longer here." One major request has been for a Paypoint terminal, which has been refused along with a petition signed by many local residents. I will continue to push for the Paypoint terminal for my customers. Overall, locals have supported me 100 percent, and without the people of the community backing me, I would not have this opportunity. Well done to Torry as a community and for welcoming me in."

78 Menzies Road

JAKES

"Let's give it a couple of years and then we'll move on" I said to my wife Pat, as we opened Jakes at the bottom of Victoria Road on Thursday 19th September 1995. Having owned shops in Manchester and Salford, we didn't intend to stay long. 16 years later and we are still here.

Torry was a lot busier then. 'Allen & Dey' were in Sinclair Road, 'Marine Fisheries' on Esplanade West, and just across the water 'Neptune' was in full swing. It was not unusual for workers to work seven days, and many fish houses had night shifts operating. Between the traffic lights at the Esplanade and Menzies Road there were many more shops trading. I recall 'McRougies' who supplied shipping stores, 'Kath's Shop' which had a range of babies clothes, 'Bread Winners', a sandwich shop, a hairdressers, and Mrs. Tattachec's which rented flats and houses. Unfortunately they closed over the years and were developed as flats. The public toilets have gone from the corner of Victoria Road and the company who traded in fire extinguishers located behind Jakes has been demolished.

It's great to see the regeneration taking place with the new ventures opening on Victoria Road and Menzies Road, and I wish them all a prosperous future and hope they will all still be trading in 16 years time.

RETAIL ROCKS



PEAPOD

Proprietor - Claire Milne

Peapod is a new and exciting form of furniture and gift shop that focuses on recycling old and used items and giving them a fresh lease of life. Claire Milne, whose brainchild the shop is, takes quality pieces of furniture and gives them a new look using a variety of techniques and design ideas to give them a funky new look with the help of her father Michael, a vastly experienced joiner. Bespoke items are a speciality, and customers are encouraged to come up with their own ideas to refurbish the pieces of their choice. The shop also sells items created by local craftspeople, handmade greetings cards and various vintage pieces of crockery, glassware and jewellery. You can find Peapod at 28 Menzies Road, and follow them on Twitter and Facebook at Peapod Aberdeen. Email peapodaberdeen@gmail.com or give the shop a ring at 01224 874 087 to discuss your ideas with Claire and her team.

INKWIRE

Proprietor - Renee Slater

My RETAIL ROCKS business in Torry is not just solely based on retail, primarily the business needs to be self-sufficient and create a profit, but it will also give something back socially. A business in Torry must attract and involve the community. How this idea has been progressing is greatly and rightly ascribed to the marvellous work by David Fryer - the direction of Retail Rocks and the involvement of the Torry Community Council. I wish to be allowed to take extra steps within this concept and create a business with a clear ADULT EDUCATION component.

My working background has been YOUTH WORK and ADULT EDUCATION and wish to use these skills within my business. The money-making element will be based on selling consumables such as toner cartridges, paper and also recycling used toner cartridges that are often thrown away but can have an intrinsic value. Will also be including IT tutoring.



wholewheat fruit cake

For this recipe you will need:

4OZ of Margarine

6OZ of Dark Brown Sugar

6OZ of Currants

8OZ of Sultanas or Raisins

8OZ of Water

1 Level Teaspoon of Bicarbonate Soda

1 heaped Teaspoon of mixed Spice

2 Beaten Eggs

4OZ of Plain Flour

4OZ Self Raising Flour

1 Pinch of Salt

Preparation:

Step 1: Place the Margarine, Sugar, Fruit, Soda and mixed Spice into a pan. Then bring to boil and simmer for 1 minute, and then take it off the cooker and allow it to cool.

Step 2: After leaving to cool add the Eggs, Flour and salt to the cooled mixture. Mix the mixture well and then pour it into a 7inch tin.

Step 3: Bake in the centre of a moderate oven at either at Gas mark 4.350f, 180c or 160f for a fan oven for 1 hour and 15 minutes to 1 hour and 30 minutes.

Step 4: Leave to cool and enjoy!



quiz

1. What are the 'Banana and Skates' Nose?
 2. What was Oscar Road named after?
 3. What was the name of Torrys Shipyard?
 4. What Building lies on the old moundie?
 5. What runs over the bridge at the Kirhill Place?
 6. Where is the Harbour Bar?
 7. What Bridge was named after a Queen?
 8. What building closed recently on Oscar Road?
 9. Why was the Torry Battery Built?
 10. What is Craig Inches?
 11. Where is the laundry Brae?
 12. Where are the Coastguard House in Torry?
 13. What village lies across from Torry?
 14. What is the 19th hole?
 15. What was the 'Torry Rocks'?
1. *Piers*
 2. *A whaling Ship*
 3. *Lewis*
 4. *Torry Academy*
 5. *The Railway*
 6. *At the mouth to the Harbour*
 7. *Victoria*
 8. *The Nursery*
 9. *Against a French*
 10. *A Prison*
 11. *Abboutswell Road*
 12. *Mansfield Road*
 13. *Little*
 14. *A Public House*
 15. *A Sweet Factory on Victoria Road*



The Shmuffties



On Friday the 28th of October SHMU held its annual Radio Show awards ceremony 'The SHMUFTIES.' This is a chance where the volunteers of SHMU radio are nominated for a particular category and then may win 'The SHMUFTIE Trophy'.

Nominating took place during the end of September, and then the public got a chance to Vote for 2 weeks in October.

The evening took place in the Station Hotel in Aberdeen, where there was over 100 guests on the night.

The dress code for the evening was 'Colours of the Rainbow' where everyone came as a colour of the Rainbow or fancy dressed.

This year's 'SHMUFTIES' was truly an amazing night. SHMU would like to thank all the Radio Volunteers for all their hard work this year. Even if you didn't win an award your work hasn't gone unnoticed, we are extremely grateful to all our volunteers.

If you fancy becoming a volunteer at SHMU then please get in touch by calling on 01224 515013 or Email hayleigh@shmu.org.uk Who knows you may be nominated for next years SHMUFTIES.

SHMU would like to congratulate this years Winners in the following categories:

PRESENTER OF THE YEAR:
David Watson

SHOW OF THE YEAR:
Youth Radio Project

PARTNER ORGANISATION OF THE YEAR:
Grampian Senior Citizen Forum

INTERVIEW OF THE YEAR:
4 Poofs and a Piano

MUSICAL GUEST OF THE YEAR:
Estrella

YOUNG PERSON OF THE YEAR:
Nada Ralston

OUTSTANDING CONTRIBUTION:
Dougie Thomson



shmuDESIGN

Fancy getting involved in the **Torry's Vision**? The editorial team are on the look-out for volunteers to take part. This is your chance to gain new skills, meet new friends and a chance to make a **difference in your community**. You don't need experience to be part of the **editorial team**, **SHMU** will give you all the support and help you need. So if you are interested call **Mary Clare** at **SHMU** on **515013** or email maryclare@shmu.org.uk

Improve your WORD POWER

SHMU is running a six week journalism course in January. The course will run for two hours a day and will give the participants an exciting opportunity to gain an understanding of the basics of journalism.

Topics covered in the course will include: What makes a good story, **news and feature writing**, sourcing content, **style guides**, interview techniques, research skills, writing workshops and create **engaging, lively copy**.

SHMU is always hunting for fresh volunteers... Why not sign up? You could put your newly acquired **writing prowess** to the test by writing an article for the **Torry's Vision**? If you are interested please contact **Stevie** on **01224 515013** or email steven@shmu.org.uk



shmuTRAIN

shmuTRAIN delivers employability & skills development courses to support people into work, education or training using digital media, including radio and film making to help develop core skills.

Employability training supports people to **produce a CV**, develop job search and interview skills, meet with local employers, **increasing motivation** and the chances of sustaining either **work, training or education**.



positiveTRANSITIONS is a 12 week course including radio & video training for **16-19 year olds** who are not in education, employment or training. The next course begins on 9th January 2012.

shmuWORKS is a 6 week course including radio training for **18-25 year olds** who are not in education, employment or training.

If you are interested in any of our courses please contact **Chrissie Simpson**, on **01224 515013**, or email chrissie@shmu.org.uk

LOCAL CONTACTS

Alcohol

Alcoholics Anonymous **0845 769 7555**
Drinkline **0800 917 8282**

Benefits

Benefits Agency Advice Line **0800 587 9135**

Crime

Crimestoppers **0800 555 111**

Drugs

FRANK – National Helpline **0800 776 600**

Dentist

Emergency - G-Dens **01224 558 140**

Doctors

NHS 24 Emergency **08454 242 424**

Electricity

If you have a Power-Cut **0800 300 999**

Family Planning

Square 13, Support & Advice **01224 642 711**

Gas

Gas Emergency **0800 111 999**
Gas Emergency with a Meter **0845 606 6766**

Housing

Emergency Repairs **01224 480 281**
Call Centre Emergency **0845 608 0929**

Police

Non-Emergency **0845 600 5700**

Samaritans

Need to talk **01224 574 488**

Social Work

Social Work Duty Team **01224 765 220**

Emergency Out-Of-Hours **01224 693 936**

Young Carers

Support & Information Service **01224 625 009**

Water

Scottish Water Emergency **0845 600 8855**

Alkohol

Anonimowi Alkoholicy **0845 769 7555**
Problemy z alkoholem **0800 917 8282**

Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

Dentysta

Nagłe wypadki **01224 558 140**

Lekarze

Nagłe wypadki **08454 242 424**

Elektryczność

W wypadku odcięcia energii elektryczne **0800 300 999**

Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

Gaz

Nagłe wypadki **0800 111 999**
Nagłe wypadki w związku z licznikiem **0845 606 6766**

Pomoc mieszkaniowa

Nagłe naprawy **01224 480 281**
Centrum pomocy **0845 608 0929**

Policja

Zgłaszanie przypadków nie
wymagających nagłej interwencji **0845 600 5700**

Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

Praca społeczna

Dyżur pracowników społecznych **01224 765 220**
Nagłe wypadki poza godzinami
pracy biura **01224 639 936**

Pomoc w karierze

Wsparcie i informacje **01224 625 009**

Woda

Nagłe wypadki **0845 600 8855**