

# TillyTattle

Autumn 2022

## In this issue:

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CRUFF COURT

COST OF LIVING CRISIS

GARDEN FESTIVAL

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



Autumn Edition 2022

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## Welcome to your Summer edition of the Tilly Tattle.

In this issue, we have articles covering the Community Garden festival, how to protect ourselves from the effects of poverty and other community developments such as the restoration of Benholms Tower and the Tillydrone Gateway Feature.

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 are 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 Tillydrone.

If you live in the Tillydrone area 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.

Our dates for the next edition have not been set yet but keep an eye out on the Tilly Tattle Facebook page for more information coming very soon!

Tilly Tattle is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

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



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# Cumming North Letters to the editor page

The editorial team of the Tilly Tattle 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 Tilly Tattle, 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 TT Letters to the Editors to have your letter included in the magazine.**

## Cruyff Court Willie Miller

Aberdeen's third Cruyff Court which will be found in Tillydrone, is to be named after AFC legendary Captain Willie Miller.

Planning permission for the third Cruyff Court in Aberdeen was recently granted by the City Council.

To be located in Tillydrone, by Formartine Road and Conningham Gardens, the court will be the third of its kind in the city and only Scotland's fourth in total.

Denis Law Community Trust, The Johan Cruyff Foundation and Aberdeen City Council, have worked in partnership to bring Cruyff Court Denis Law and Cruyff Court Neale Cooper and will continue working together on the Tillydrone Project.

Cruyff Court Willie Miller is set to offer artificial sports and activity area, basketball and dodgeball courts, mini-tennis courts and a running track, once completed.

Built with the aim of providing a space and encouraging children to 'sport and play', the courts take the form of an all-weather playing area, free to access at any time. The Cruyff foundation has introduced courts around the world.

Cruyff Court Denis Law was built in 2017 in the city centre, on Catherine Street, while Cruyff Court Neale Cooper was unveiled in the green space by Tullos Primary School in Torry, in 2019.

**Photos of Cruyff Court Denis Law by Bram Berkein.**

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# The restoration of Benholms Tower

I have often wondered about the landmark old building, with the boarded-up windows in Seaton Park and its history since moving to Aberdeen for University.

Since my walks through the park in my first few months of living in Aberdeen, I have learned about the history of the Wallace Tower, as I found out it was called.

I was delighted to find that the Tillydrone Community Development Trust had plans to bring the building back into use. However, before I tell you about these plans for Wallace Tower, I will briefly tell you about its unusual history.

The Wallace Tower, originally called Benholms Lodgings is a historic building dating back to the early 17th century. In its time it has served many purposes, it has been used as a private residence, commercially as a variety of shops, as a public house and as a community resource.

But what makes it especially interesting, is that it was moved brick by brick from the city centre in the 1960s in order to make space for Marks and Spencer. It is now located in Seaton Park, where it was used as a residence for a while. However, it has been left empty for over 20 years now.

Local residents are making plans to bring it back to its former glory.

Having seen the building derelict for many years, residents set up the Tillydrone Community Development Trust. They came up with a plan to bring Wallace Tower back into use, as well as plans to set up a sensory garden and play park next to the tower. Their aim is to create an integrated and accessible community space that people can spend a day at, all in a sustainable manner.

A café will be on the ground floor of the building, which will serve as a space for people to meet up. On the first floor there will be an exhibition space, which, by the way, is exactly what the floor was originally intended for. And finally, top floor there will be used as office spaces for local businesses and organisations.

The building needs some work for these plans to become reality. The Trust aims to restore the Tower as well as adding a small extension. These modifications will be made with feedback from the Aberdeen Heritage Society, to ensure the historical character isn't lost. After all, the aim of this project is to save the tower, and its history. In line with this, there are plans to signpost some of its history around the building.

Despite various hurdles in the planning process of revitalising the B-listed building, the Tillydrone Community Development Trust has remained steadfast in its

determination to bring the building back into community life.

Plans are once again in motion: the trust has hired a new architect and is in the process of drawing up plans to submit to the council for planning permission. At the same time a community asset transfer is being organised, which transfer the ownership of Wallace Tower from the Council to the trust. Community consultations, in which the Trust explains their plans and collect feedback have been set up. Additionally, fundraising for the project is in process, taking the shape of various cultural events that can be learned about on the Tillydrone Community Development Trust Facebook page.

Within the last month the Tillydrone Community Development Trust has been successful in a grant application, helping the trust along significantly in their endeavour to bring the Wallace Tower back into use.

I hope to be in Aberdeen to see the Wallace Tower brought back to its former glory and bringing the community together.

**Article by Emma Johnson  
Photography by Mike Arthur**



# Granite City Good Food Celebrates the Community Garden Festival 2022

Between 08-14 August, Granite City Good Food held Aberdeen's second Community Garden Festival. Now that it's over, we sat down to reflect on the festival and what it means for the city.

From cultivating sessions and propagation workshops to open days and community celebrations, the 2022 Community Garden Festival played host to over 50 events celebrating the power of community food growing. Food fairs and community cooking demonstrations also featured in the festival spaces to allow the public to buy local produce and foster ideas on how to utilise it – a lovely way to celebrate local, good food.

For 2022, 13 community spaces, across all localities in the city, were

transformed into event spaces. From established community growing groups and allotment sites to Allotment Market Stalls at three of the city's amazing parks, activities were held for all ages and interests. Some gardens held one event, some held several, but all benefitted from a week of beautiful weather!

The Community Garden Festival had its pilot year in 2021, where a weekend of events promoted community growing and benefits. This year, the festival expanded to take place over a full week, and was held earlier in the year, following feedback and to make community growing more accessible to families - especially before the kids went back to school! It's amazing to see how far the festival has come in such a short

amount of time and we can't wait to see what next year brings!

Here at Granite City Good Food, we always find events like these inspiring. Community growing spaces are host to some of the very best opportunities to support biodiversity, promote food growing and the boost to food security this brings, and to create spaces for people to gather, celebrate, and socialise. The festival showed the very best of that and we hope you enjoyed it as much as we did.

**If you would like to get in contact with Granite City Good Food please email [mcarle@cfine.org](mailto:mcarle@cfine.org)**



# COMMUNITY GARDEN FESTIVAL TAKES PLACE IN TILLY

**By Lou Parra**

This year we celebrated the second Community Garden Festival Aberdeen from the 8th to the 14th of August. During this festival, we hosted several events at Earth & Worms Community Garden - among the other twelve partners across Aberdeen.

In one of our key days, we talked about and harvested the medicinal herbs that we grow in our community garden. The exciting part was that for the first time we used our dehydrator to preserve the herbs. We also made some rosemary ointment and enjoyed a delicious lunch thanks to kind donations from CFINE. This event reminded me that we need the plants that grow around us to maintain good physical and emotional health. Take nettles as an example, it is seeding in Seaton Park and at our community garden. If handled carefully, the female seeds are nutritious, and you can forage for them in the surrounding area. They can also give you that boost of energy you need! Please be advised, research is required to know how to forage for and utilise this plant safely.

We also hosted children's games and garden tours. One of my favourite events was a glass workshop with Claire Gaunt. I always wanted to create a glass piece and we created wind chimes in different shapes. Some people were already getting ready for Christmas with a tree-shaped chimes! This event took place thanks to the Dandelion programme and the material that

we used were recycled pieces of broken glasses - which I thought was a genius idea. Claire told me she collected all the glass pieces after the last storm in Aberdeen. I truly enjoyed the support that we gave to each other while we were working on our creations.

There was a wildflower workshop with John Malster, who showed us how to propagate wildflowers that grow along the River Don. This was another key event that reminded me to be mindful of our surroundings. Finally, we had a bonfire and a jam at our community garden. Bonfires are great to keep us chill and around a circle that recreates that sense of community. Thanks to John Sergison and Lucy Edwards that led these events.

This Community Garden Festival showed me that being active in my community is great as I can access events for activities I wouldn't know how to do. As a foreigner, our community garden makes me feel at home and we wish you also feel the same when you visit it. The plants bring you peace and the people a good blether. We hope to see you in our community garden very soon - we are next to the Tillydrone pharmacy. If you miss this Community Garden Festival Aberdeen 2022, don't miss the coming activities that we will be hosting across the year. **Follow us @earth.n.worms**





# THE COST OF LIVING – WHAT DOES IT REALLY MEAN?



‘The cost of living.’ This phrase is bandied about so regularly at present. You cannot switch on the TV, or radio, or scroll through social media without seeing countless references to ‘the cost-of-living crisis.’ Most will just read on without a second’s pause to consider the implication of these words.

But when you break them down, the phrase itself is quite dark.

## ‘THE COST OF LIVING.’

It sounds more like a warning, a notice advising of risk.

Working more hours but having less disposable income?

That is down to the cost-of-living crisis.

Finding your weekly food budget doesn’t stretch as far as it used to?

The cost of living is on the rise.

Opening your energy bill and staring at it in horror?

The cost-of-living crisis means our bills are increasing very quickly.

Should living have a ‘cost’? A financial cost which is outside of our control? Surely everyone should be able to afford to live - not necessarily a life of luxury but to be warm, safe, fed and homed; to have our basic human needs and rights met. The phrase seems to have insinuated itself into daily usage without any reflection upon its real meaning.

Renowned author Arundhati Roy, best known as the author of Booker Prize winning novel ‘The God of Small Things’ wrote a non-fiction book in 1999 called ‘The Cost of Living.’ The book is a scathing indictment on two massive projects in her native India which were meant to bring great industry and prosperity to the nation, but which came with a substantive human and environmental cost. A quote from this book reads:

**“From now on it is not dying we must fear but living.”**

Tens of thousands of us now fear the cost of living. We fear increases in our mortgage payments, in petrol costs. We fear our heating bills and the weekly shop. We wonder how we can minimise the cost of living – wear more clothes (but don’t buy any new ones – we can’t afford them). Find out when the supermarket puts out the reduced stuff at the end of the day – that is if you can afford to run your freezer to keep it fresh. Parents fear Christmas and birthdays and the school holidays when kids are at home needing snacks and meals and entertainment.

We are learning to fear living, to see it as something that comes with a cost. This is wrong. Living is not to be feared, nor should living be unaffordable. The cost of living is, by definition ‘the amount of money

needed to sustain a certain standard of living by affording expenses such as housing, food, taxes, and healthcare.’ (Source – Investopedia). Presently, these costs are rising so quickly that household wages and social security payments simply cannot keep up.

Quick fixes such as hardship payments or a few hundred quid towards your mammoth energy bills are nothing more than sticking plasters on an amputated limb. Tax cuts will make little difference to anyone other than those on a high income and no difference at all to those who rely on social security. We, as a nation need answers. We need decisive action. We need EVERYONE to be considered, not just industry, business, and investment. We are heading for a winter of hardship, fear and discontent. I wish I could give people advice or reassurance when they come to ask us what they should do when their electricity runs out, but I simply don’t know what to say.

Hopefully sense and compassion will prevail among those who control the public purse-strings, and the cost of living will become lighter for us all.

**Fiona Young**

**Community Development  
Worker- Tillydrone  
Community Flat**



# CAN WE PROTECT OURSELVES FROM THE EFFECTS OF POVERTY

By Sean Small

The issue of poverty is so widespread and enduring that it almost seems a natural and inevitable part of human life. Poverty is neither natural nor inevitable. Poverty is a human-made problem. And because of this, it can also be unmade, through human action. However, with the recent rise in the cost of living, it is expected that the most severely affected will be those already living in poverty. This should give cause for great concern if we consider that people living in poverty are more likely to experience physical and mental health problems, problematic substance use, and violence. What are we to do with such a seemingly impossible situation to resolve? We certainly cannot wait for the governments of the world to make the necessary changes required to ease the issue of world poverty. We can, however, make small changes to help protect ourselves from the effects of poverty. In this article, I want to share with you some of the strategies that I have learned to try to help you to improve your physical and emotional well-being.

This summer I spent some time travelling around Mexico. I was part of a research project studying the use of traditional medicines among indigenous groups. The research project involved interviewing traditional healers or curanderas, to gain an understanding of the role they played in Mexican society. In total, I visited 11 towns and cities crossing hundreds of miles. My contribution to the project mostly involved the carrying of and setting up of equipment. But it also provided me with the opportunity to observe, speak to and learn from the people

I met during my travels. I learned a lot about the history of Mexico and the people who call it home. As with Scotland, I learned that Mexico is no stranger to the issue of poverty. However, I also learned that there are many projects to help people to develop strategies to better protect themselves from the effects of poverty.

While travelling through the city of Cuemavaca, I met with a doctor who had set up a community-based project to promote physical health and emotional well-being among those living in poverty. The doctor explained to me that poverty was at an all-time high in Mexico. As a response to the rising cost of living, there has been a reemergence of the use of traditional medicines. Many of the people had also resorted to more traditional and sustainable ways of producing food. The use of traditional methods of making clothes was taught to those who attended. The use of music and dance was also used as a way of promoting better physical and emotional wellbeing. The project was a part of a wider movement across Mexico to find more sustainable ways to live a more meaningful life with purpose.

The project aimed to reduce the effects of poverty by promoting five basic human needs that cost nothing. For instance, the project provided people with the opportunity to establish and maintain positive relationships. This was achieved by providing the opportunity to work collaboratively on common projects. The nature of the work also promoted physical activity which can benefit physical and emotional health. The project also provided

people with the opportunity to learn new skills. In turn, this enabled the people to use their new skills to give something back to the community. Finally, the project promoted the importance of living in the present moment and not living in fear of the past or the future. It did this by highlighting the difference between having and being.

In modern industrial society, we are largely taught that to be happy we need money to possess and own things. When we cannot access these things, we expose ourselves to feelings of not living a life of purpose and meaning. However, by learning to live in the moment we reclaim a more authentic way of life by embracing the kinds of activities that improve our physical and emotional wellbeing. While there are significant differences between Mexico and Scotland, we share the same need to live a meaningful life with purpose. The issue of poverty will never likely be completely resolved. However, poverty does not have to define our experience of life. By embracing the five strategies mentioned above, I would argue that there are ways that we can help to protect ourselves from the effects of poverty. I believe that you can live a more meaningful and purposeful life by establishing connections with other people, being as physically active as you can, learning new skills, giving to others, and by paying attention to the present moment and enjoying the small things that bring joy to life. To do this I would encourage you to research community-based projects in the local community such as the Earth & Worms project on Hayton

# Pathways

The Pathways Keyworker for the Tillydrone area is Dave Cook.

Dave has been with Pathways for sixteen years and has been actively helping people in Tillydrone for over ten years.

Dave joined Pathways in 2006 having previously been in management for over 20 years in the fields of retail, financial services, security, and hospitality. He had a specific interest in training and helping people to improve their performance and contribution which led him onto coaching individuals to achieve their goals.

Dave brings all this knowledge and experience to his work with his Pathways clients, helping people into suitable employment, even when the person cannot see a way forward!

Dave likes to tell his clients, "It is a 2-way process. If you attend meetings then we can work together to achieve your goal of finding work."

If you would like help to find work you can contact Dave Cook by phone on **01224 682 939** or by email at [davidcook@pathways-online.org](mailto:davidcook@pathways-online.org)

To keep up to date with developments at Pathways in the Tillydrone area, follow Pathways on Facebook <https://www.facebook.com/PathwaysAberdeen1A>



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## ST MACHAR CREDIT UNION

### Northfield CREDIT UNION

**Point** in the Community  
Thursdays 9.30 am to 10 am  
BEEHIVE / NORTHFIELD  
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Square, Northfield, Aberdeen  
AB16 7LL

### Seaton CREDIT UNION Point

In the Community Fridays  
10.30 am to 11.30 am S.T.A.R  
COMMUNITY FLAT,  
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Aberdeen AB24 1UX

Look out for promotions for opening Junior Savings Accounts, Facebook Competitions, Event Draws like at our Annual General Meeting (AGM)

To open your own St Machar Credit Union account, bring along identification of who you are, where you live and proof of your income. Start your credit union pay-in plan, as once you start your savings you also have access to loans based on your affordability. You can also open Junior credit union savings accounts for your children or grandchildren. For more information contact the office and ask for Jodie or Michelle or look at our website [stmacharcreditunion.co.uk](http://stmacharcreditunion.co.uk)

Annette's review "As a disabled person I needed a mobility scooter as I was more and more isolated, if it had not been for a loan from St Machar Credit Union, I would never have had the funding to buy one. It has changed my life so much, not just with the mobility part of it but being able to reconnect with people, attend groups, and build up my self-confidence. And being able to save money while paying off my loan at an affordable rate is ideal. Even visiting the office, you are made to feel welcome by all the staff who can't do enough to help you. Would and do recommend joining"

**ST MACHAR CREDIT UNION**  
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### OPENING TIMES

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## Tillydrone Gateway Feature

4 years of work by a group of local Tillydrone residents has come to fruition with the installation of the Tillydrone Gateway Feature. The 'Tilly Swans' fly in formation towards the River Don, beside the Diamond Bridge.

The Tillydrone Gateway Feature Project Team are delighted that the swans are finally in place and hope the artwork will encourage people from Tillydrone and out with to visit, view the sculpture, and take advantage of the beautiful surrounding scenery. The process was slowed down by Covid, but the group undertook online consultation on 4 proposals submitted by the 4 shortlisted artists, and the swans were the favourite with the community.

The artist, David Annand, has been working with his fabricator, Calum and his team from CAM Welding and Fabrication, and a few weeks ago they were transported to site for installation, with help from Gary and his team from A&S Contractors.

We hope the swans will be in place for many years to come, marking the entrance to the community. The swans are made from folded and welded stainless steel, burnished to reflect the light, and the quality of workmanship is exceptional. It was important to us that the sculpture fitted the heritage and history of Tillydrone and the swans match that well. We have the family of swans who live on the river, but the fact these swans are origami also gives a nod to the papermills the area was famous for.

Art and culture are so necessary to help regenerate areas, eradicating poverty isn't just about putting money in someone's pocket, it's about the conditions that you live in, where you live, your pride in the community, the ownership you feel and the sense of responsibility you have for your neighbourhood

We'd like to thank everyone who took part in the workshops with the artists, the public consultation, and engaged with our Facebook

page [www.facebook.com/TillydroneGatewayFeature](https://www.facebook.com/TillydroneGatewayFeature).

We'd also like to thank Hamish Cattanach and Margaret Stewart from Aberdeen City Council for their help in supporting the project, and ArtUK, Sustrans and Aberdeen City Council for providing the funding that allowed this to happen.

There will be an official opening of the sculpture on Friday the 16th of September at 4pm, and we hope everyone will pop down to see the swans in their new home by the river.





## Riverbank Replacement School

# The Never-ending Story

*by Riverbank Parent Council*

November 2021 finally saw an end to the many years of discussion and consultations and the beginning of work on the new replacement for Riverbank school. On a cold December day pupils stood alongside their Head Teacher, the Parent Council and Council Members in the mud for the sod cutting ceremony. Work progressed steadily until July 2022 when the site was quietly cleared of all equipment. The Parent Council sprang into action to find out exactly what was going on. But first here's a few key dates regarding this saga.

Key dates:

**2008 – Donbank and St Machar Primaries merge to become Riverbank**

**2013 – Extension to Riverbank built**

**2016 – 1st consultation for new school held**

**2017 – 2nd consultation for new school held**

**Nov 2021 – Work begins on new school site**

**July 2022 – Work is stopped at new school site**

A reprofiling report had been instructed by the new administration which included school builds and housing. Three of the four schools were fully legally committed to by the Council and will continue to be built. The new school in Tillydrone was only partly legally committed and work stopped after the drainage and foundations were completed to allow for a retendering process to begin.

Unfortunately, this was not communicated to anyone in the community and information has been drip fed to us resulting in confusion and frustration. As the foundations were already down, it was not really an issue of the school never getting

built but more the uncertainty of how delays would affect our children.

If the plans the Council clearly had in place had been explained to the community in advance, then no one would have been surprised when they saw an empty site. Lack of effective communication has been an issue not only for the current Council but for previous administrations as well. Information has never been forthcoming. We ask you to speak to us, let us know about things that impact us, and that keeping us updated is not an afterthought. It is imperative that the Council fully engage and communicate with the community so that this does not happen again.

We look forward to a more open dialogue with the Council and to the new school opening, hopefully, in 2024.

**Riverbank Parent Council**

# Councillor Updates

## Kairin Van Sweeden

Many Tilly Tattle readers will already be aware that the new Tillydrone school will be delayed a little longer. This is because the original contractor quoted a very substantial increase above the expected price. Subsequently our officers suggested that going back to the market to seek an alternative offer was the most prudent course of action.

As a former pupil of St. Machar and Tillydrone, I of course have a bias and I am very keen to see this anchor institution being re-built as soon as possible. However, I agree with the aim of trying to find an alternative offer as the proposed price increase would take a huge chunk out of our budget and the spending of it will ripple out onto other projects across the whole of our city.

Tillydrone school will be rebuilt, but just a bit later than I had hoped for.

### Tillydrone and Seaton Walkabouts

In July and August, we attended two 'Walkabouts' with council officers to identify infrastructure that required care and attention in Tillydrone and Seaton. When looking upwards at our flats, it is obvious that the guttering is a particular problem which requires more attention now than it did in the past. In the past, the guttering could be adequately maintained once a year, but global warming means more growth and therefore more high-level gardening.

Community involvement really helps us to find the areas that are in most need of care and attention, and we were lucky enough to be joined by members of the Tillydrone

Community Council and members of the Fresh Community Wellness group in Seaton. Although I cycle around my ward regularly, and can spot some issues, these community groups could show us even more areas in need of our officer's attention. Tennent groups of all kinds can really help us identify the worst problems quickly and councillors try to stay in touch with these groups as much as possible.

We will have more 'Walkabouts' soon and they will be a regular occurrence across the city going forward, so please contact me if you want to join a walkabout or if you have any concerns about maintenance in your area.

**Councillor  
Kairin van Sweeden**

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## Why Doesn't She Just Leave? It's NEVER that simple

When we talk about the brave women who found the courage to escape domestic abuse, we're often asked the same question: why didn't she leave sooner? For many people, it seems like the obvious solution, but for women experiencing domestic abuse, it's never that simple. There are a number of reasons why they stay, here are a few examples.

### **Fear**

Most of the women we talk to have stayed with their partners because they're terrified of the thought of attempting to leave, for fear that they will be in further danger. Simply leaving the family home doesn't immediately mean safety and

perpetrators will often do everything in their power to retain control and persistently intimidate from afar.

### **Children**

Often, the women we support also have children to think about. Taboos surrounding refuge accommodation can be a barrier between women moving themselves and their children to safety, especially if it means removing children from a comfortable and familiar family home.

### **Shame and guilt**

After months, and sometimes years, of abuse, perpetrators know exactly how to make women feel ashamed and worthless. It can be difficult for women to believe that they haven't

done anything wrong and don't deserve the abuse. Often, women stay simply because they don't want anyone to know what's going on behind closed doors and worry that they won't be believed.

If you, or someone you know, is experiencing domestic abuse, or you are unsure and just want to talk, contact Grampian Women's Aid for free, confidential and non-judgmental specialist advice.

**Telephone: 01224 593381. Email: [info@grampian-womens-aid.com](mailto:info@grampian-womens-aid.com). Or, you can contact us via our website here: <http://grampian-womens-aid.com/contact-us/>  
**Grampian Women's Aid****

## Musical Memories

shmu FM – Tuesday's 2-3pm

Musical Memories is a radio show on shmuFM that is designed for the elderly in our communities.

Residents and staff in Care Homes, Sheltered Housing and Day Centres can send in a list of requests to be played on a Tuesdays 2-3pm.

Each show requires around 15 songs and booking a show is easy. Just send a list of requests with a contact name and number and we will be in touch to let you when your show will be on air.

Hosted by Dave White, Dave is always looking for song requests, if you'd love to hear a certain song, don't hesitate to get in touch!

Contact the station on 01224 515013 or email [davewhite007@hotmail.co.uk](mailto:davewhite007@hotmail.co.uk) to send request or to find out more.

## FM

An exciting month for shmuFM, with a live broadcast from Inverurie when Aron Smith took his Geek Grotto on the road from the Garioch Heritage Centre covering their Sci Fi Encounters costume exhibition!

We were also live from the Celebrate Aberdeen Parade with Alan Parker back in the studio talking to various volunteers on the parade as well as other organisations.

## Ukrainian Refugees

Many of shmu's various strands have had the wonderful opportunity to attend Rosemount Community Centre to meet with and deliver sessions to Ukrainian families who have landed in the city.

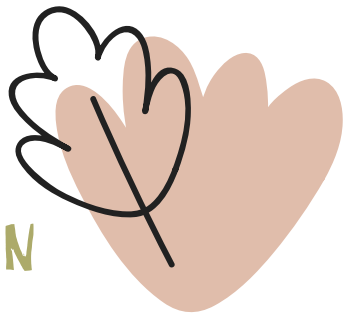
The Rosemount Community Centre have been host to a weekly event which allows refugees to access help, support and a chance to discover Aberdeen's organisations.

shmu's employability team have been to the centre a few times to deliver a give support and employability advice. Laura and Alison also held a fantastic CV workshop which had a great turn out and allowed them to further support some of the Ukrainian women looking for employment.

The strands shmuPRESS, FM and TV have also delivered media tasters, to give the event goers an idea of what shmu can do and how they can get involved. The creative bunch were keen to try using some of the equipment such as the podcast kit, they enjoyed discovering what it would be like to have a radio show!

We are looking forward to having them join the shmuCREW and welcoming them to Aberdeen.





# CRUICKSHANK BOTANIC GARDEN

The Cruickshank Botanic Garden was founded in 1898. In July 1901 the Aberdeen Weekly Journal reported on what local farmers and other visitors could expect to see in the agricultural area. (The map section is dated 1902)

“The agricultural portion of the garden is laid out for the benefit of students of agriculture attending the university and devised to be educative rather than experimental. The ground is divided into rows, with a grass walk between, and the rows are again sub-divided into plots of various sizes. In the first row there are plants that are only occasionally cultivated by the farmer, as, for example, lint, hemp, buckwheat, etc. The second row, and a portion of the third, are entirely filled with leguminous plants - that is, with all the cultivated and with other plants of the same kind that are of agricultural importance. In this division there are several plots of great interest. Last year the plots of sainfoin and lucerne did not grow so well as they might, and it was found that they had done very little in the way of the formation of root tubercles, is the usual thing with the leguminosae. It was assumed that there were none of their special germs in the soil, and a small quantity of soil on which lucerne had grown was got from the Wye Agricultural College, Kent. This soil was sprinkled on half of each of the unhealthy plots, with the result that the sprinkled parts are now in vigorous growth.

To the end of the fourth row the ground is entirely filled with grass plants, and for the benefit of the student, an attempt has been made

to arrange the grasses in the order of their value. In the first class are found growing side by side, and in this order: - Cocksfoot, meadow foxtail, meadow fescue, Timothy, perennial ryegrass, and rough stalked meadow grass. The farmer usually puts most faith in perennial ryegrass, but if he is not above taking a hint, we should advise him to go and see the grasses just named, where he can compare the one with the other. At the top of the second class, we find Italian ryegrass and some other fescues and meadow grasses and in the fourth class - they are weeds - couch grass, tall oat or “knot” grass, “bull” grass, and some others. The two next rows are occupied by the most prevalent field weeds, and the idea is not only that the student may know them, but that they may see their method of growth and development, and so be able to cope with them. Among these are buttercups and daisies, coltsfoot, skelloch, thistles, docks, spurrey or “yarr”, sow thistles, horse-tail “puddock pipes,” etc.

In the next five rows there is a somewhat novel exhibition. The effects of manures are usually shown by applying them in various quantities; but here it has been thought that the effects of manures can be shown more decidedly by their being withheld. The manures usually in use contain three elements, namely, nitrogen, phosphate, and potash. In the first row of crops there are oats, barley, grass, clover, beans, peas, turnips, and half a dozen other crops to which no manure whatsoever has been applied. In the next row are the

same crops, and to them has been applied nitrogen and potash, but no phosphate. The next row gets potash and phosphate, but no nitrogen; and the next row gets no potash. The fifth row gets all three manures. Already a glance at the crops grown in this way gives some very interesting information, as, for instance, that the grass and corn crops are sickly when nitrogen is withheld; while the clovers and beans and peas do perfectly well without nitrogen, but not so well without potash. We understand that later in the season more interesting information regarding other crops can be obtained.

Alongside these “starvation” plots are several miniature farms, worked on the five-course rotation, but manured in different ways. Some farmers give all the manure of the rotation to the turnip break, while others give only farmyard manures and phosphate to this break and apply nitrogen and potash to the hay crop. And if we are to judge by what we see in the garden, the farmer who spreads out manures has the best of it. In another part of the garden marigold seed is being sown from which it is hoped that, by acclimatising the plant, a better crop may be obtained. In the last two rows are eight or nine plots of native oats grown alongside twenty variety of oats grown in Canada, and here there is a very remarkable difference, the Canadian oats being, every one of them, considerably ahead of the natives, although all were sown at the same time. In fact, several of the Canadian varieties are already “shott.”

**Sourced by Alan Johnstone**

# 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

## 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

St Machar Credit Union 01224 276994

Penumbra First Response 0800 234 3695

Oldmachar Medical Practice

0345-337-0510

Old Aberdeen Medical Practice

01224 486702

Tillydrone Clinic

01224 276723

Tillydrone Library

01224 489539

Woodside Medical Group

01224 492828

## LOCAL COUNCILLORS:

Councillor Alex McLellan

07500 999522

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Councillor Kairin Van Sweeden

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KVSweeden@aberdeencity.gov.uk

Councillor Ross Grant

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rossgrant@aberdeencity.gov.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:

**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)

**LGBT Domestic Abuse Helpline**

Telephone: 0300 999 5428 or email [info@galop.org.uk](mailto:info@galop.org.uk)

**Men's Advice Line**

Telephone: 0808 801 0327