

woodside free press

Winter Edition 2022





Contents

3	Newsbites
4&5	Woodside community Garden
6	Jacob's Ladder Update
7	SCARF
8&9	Challenge Poverty
10	Grampian Women's Aid
11	Project News
12	Butterfly garden
13	Ruby Remembered
14	shmu
15	Newsbites

Editorial

Welcome to the Winter edition of the Woodside Free Press. This is YOUR magazine.

We are here to help you find out what's going on in Woodside and connect with your community.

In our pages you will find news, views, reviews and features.

In this edition, read on to find out about Woodside's new community garden and how they pulled off their Harvest festival in a whirlwind. We also have updates on Jacob's ladder, St Machar Credit union and Fersands.

If you have something you would like to say, some local issue you think deserves coverage, or if you would like to get involved by joining the happy band of volunteers that puts this magazine together, please contact Rose at shmu on **07752586312** or **email rose.ross@shmu.org.uk**.

All the content in this magazine has been produced and approved by members of the editorial team.

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.

Woodside Free Press 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.

Woodside Free Press
Letters to the editor page

The editorial team of the Woodside Free Press 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 the Free Press, let us know of issues and events taking place in the community, send us your thoughts on topics we have covered. Have your say of what you want to see represented in the magazine and what you'd like to read.

Please email rose.ross@shmu.org.uk with the email subject WFP Letters to the Editors to have your letter included in the magazine.

poem
corner

- This mag is yours,*
- So please don't bin it*
- Have a decko at what's in it*
- Lots for bairns and adults too*
- Articles we wrote for you*
- Put together with much thought,*
- I hope this isn't done for nought*
- At this time we'd like your ideas*
- On what you would like to see*
- Then this Free Press would truly be*
- Your magazine to read for free!*

Woodside Warm spaces

Woodside Fountain Centre

Woodside Fountain Centre will be a "warm space" Monday to Friday from 9.30am till 3.30pm.

This means that you can come to the centre and sit in the Café or the Foyer or possibly use another room free of charge, without the need to spend any money so you can be warm and safe, in a friendly place.

Maybe meet with a friend or just come along to sit and relax and find out what's going on. Take something to read or find a book in our small collection in the book swap area. Maybe we can persuade you to join our free Yoga, Zumba, Meditation or Reiki classes?

You are welcome here and there is no pressure to buy anything or spend any money.

Woodside Library

Aberdeen City Libraries have always been public spaces which are free and open to all, offering a warm and inclusive welcome to all who come through our doors. Library spaces have always been non-judgemental, offering universal free access to:

print and digital resources, programme of events and activities to inspire people of all ages and abilities.

Free access to PC/internet and wi-fi is available alongside a small number of sockets for charging devices.

Free period products, including reusable products, in partnership with CFine, free toothpaste/brushes for under 5's in partnership with Childsmile.

All libraries have TV licenses to allow customers to access live TV on iPlayer etc on devices/PCs if they don't have their own TV licence.

Woodside Library is open 10am-1pm & 2pm-5pm (Monday & Thursday) and 1pm-7pm (Wednesday).

Station House Media Unit

shmu have applied for shmuHQ to become a Warm Space for Woodside residents.

We are currently in the process of planning for extended opening hours and activities for the household.

Please keep a look out for more information regarding opening times and activities coming in the near future!

Supported by



WOODSIDE'S WHIRLWIND COMMUNITY GARDEN

The community garden was established a few short months ago, in spring 2022. We started off with a totally empty green space and since then we have filled a small area with 21 wooden planters.

In summer 2022, with the help of Dandelion Trust Funding and generous efforts of members of the community, we were able to get the planters filled up and fruit and veg planted. Since then, we have all been hard at work looking after the garden with watering weeding and general care.

One condition of receiving our funding from the Dandelion Trust was to hold a Harvest Festival. So, within a short 6 to 8 weeks, we pulled together the festival. Within that short time, we had plenty of meetings

and planning and on the 10th of September we managed to pull off that special day!

We had many free fun activities for the community to enjoy including 2 bouncy castles, face painting, henna tattoos, African hair braiding, children's art, a craft table and the amazing band Northern Flights who entertained for all ages, young and old.

We also had free hot food celebrating many cultures, served on the day this was all possible thanks to funding from Aberdeen city council.

The day was enjoyed by the local community as the sun was beaming down and people were content sitting on the grass, eating good food and having a good blether with one another.

We also put on a few tables to fundraise for future planning including bake sales, tombola and guess the sweets in the jar in total we raised a whopping £277.30 this will be put towards any future purchases for the garden.

We hope in the future to expand and make more options for different types of areas within the garden for all ages to enjoy.

The garden is open for all the community to enjoy and as part of this we hope it will promote healthy eating for families and especially with the cost-of-living crisis at the moment we hope this also takes some pressure off families and individuals as every little counts. We also hope it will build community bonds and aid positive mental health.

Images: K.I.S Photography



Jacobs Ladder Project Update

Our group applied for the Aberdeen City Common Good Fund in 2021 and were lucky enough to be awarded a grant in March this year.

With this money we will be able to engage a Structural Engineer to fully assess the stairs and have tests done to check the integrity of cement and steel and see what else is needed. We will also be given a cost to potentially bring the stairs back into full use. This survey should be carried out before the end of the year.

Meanwhile, we need to gauge the opinion of the general public about having the stairs brought back into use. This is so that when we are applying for funds for this project, we need to show that as many

people as possible want the stairs to be re-opened.

We have access to a short survey at the top of our web page on www.jacobsladderrestoration.com. We really need replies to this simple survey and although we have over 750 positive responses already, we are aiming for at least treble this amount if possible.

Please visit our web page and consider completing the survey. We have a Facebook page too that you can find at Jacobs Ladder Restoration, which has up to date news on what we are up to and how things are going.

We have also been very fortunate to be given a donation of £100 which

kicked off the start of our fund raising.

Aberdeen University Local Community Fund also gave us funds to buy some equipment to help keep the stairs clear and Aberdeen City Council gave us some equipment for picking up litter on and around the stairs too. We are very grateful for this support.

Until the stairs are surveyed, we do not have much for people who want to help us, to do. We would of course be pleased to hear of any donations you could offer, ideas for fundraising or for spreading the news.

In the meantime, please fill in the short online survey and pass it on to other people who know about the stairs and hopefully want them re-opened.



SCARF's Energy Funding Breakdown

The rising cost of energy bills is a concern for many right now, with a further increase to arrive in October and yet another expected in January.

However, there may be funding available to you to help ease the financial strain over winter.

Scarf, an Aberdeen-based charity and social enterprise, offers free and impartial energy efficiency advice to householders and communities. Funded by the council, they have a local home energy advice team in Aberdeen offering advice via free home visits and deliver the phone-based Home Energy Scotland service in the Northeast funded by the Scottish Government.

Advisors at Scarf can help householders access grants and funding, subject to availability. There are various schemes running now, and others that may open in the near future.

The Energy Bills Support Scheme is the main UK-wide programme announced by the Government in response to rapidly rising costs, in which all households will receive £400 off their electricity bill. You do not need to apply for the scheme - it

will be taken off your bill automatically in stages, starting this winter. If you have a prepayment meter it will automatically be added to your meter or you will be given vouchers. You do not need to supply your details to anyone to apply for this funding; please be aware of scams asking you to do so.

The Warm Home Discount Scheme is £140 off your electricity bill, paid between October and March. You are entitled to the discount if you get the Guarantee Credit element of Pension Credit. You may also qualify if you are on a low income and meet your supplier's criteria. Please note that not all suppliers take part in the scheme, and the window to apply varies for different suppliers. Scarf advisors can help you find out if your supplier offers the scheme and if you are eligible.

If you are a homeowner, you might be eligible for funding to improve the energy efficiency of your property which will help lower bills. The Warmer Homes Scotland programme and the Home Energy Scotland loan may be available to you. Applications are made through Home Energy Scotland.

There are other schemes that you may qualify for automatically or by assessment. New schemes may appear and existing schemes may change to better support people through the energy crisis.

For up-to-the-minute information on grants and funding, get in contact with Scarf for free and impartial advice. An advisor can find out more about your household circumstances and help you apply for funding.

Scarf can also help you resolve issues with your energy supplier, and even contact them on your behalf; and their advisors can offer you tips on how to use less energy, as well as managing your heating system through an effective use of controls and timers.

Contact 0808 808 2282 for more information. This is the freephone number for Home Energy Scotland, a Scotland-wide service delivered by Scarf in the Northeast. Alternatively, visit homeenergyscotland.org/contact to leave a message.



CHALLENGE POVERTY

We asked 6 young people to interview each other about their thoughts and feelings on poverty.

This is what they said. Thank you to all the young people who took part.



RILEY

I don't feel enough is being done to support people in poverty. Even with the cost-of-living grant that you get from the government.

Personally, I think my mum is only getting £120 which is not even enough to pay for the cost of electricity and the cost of gas. I think the government needs to do more to help.

My mum used to buy shopping for a week. But now she has to plan a month ahead. Last winter she would keep the heating on all the time, but now she doesn't have the money to keep it on.

What I would like to see in the future is, a taxation of bigger companies. If we tax companies like that more, and give it to the people, it would be way better for the economy.

My mum is like my best friend, so she'll tell me if she's stressed or had a bad day.

She comes to me quite a lot and tells me she's worrying about things, with money and she's really stressed. So, I worry about her quite a lot.

The amount of homeless people that you see on the streets, even just as your walking past. People presume that they're bad people, that got caught up in bad things. But you never know what they're going through.

It means we have to have quicker showers or colder showers, using the airfryer instead of the oven. I have to make sure all my plugs and the telly is off, to make sure we're not wasting money when we're not using them.

In the future, I'd like to think that we've gotten better as people and as a society, to help people that might be not as fortunate as us.



CHLOE



TANYA

You won't get people who are financially stable, and able to spend that extra money, you won't get them helping out people who are struggling and living on the streets.

You will get people who are slightly less poor, giving those people money, because they are more understanding of what it is like to be in that situation.

More people need to know more about the circumstances.

I don't think enough people understand. You always hear people say, 'people are scamming the benefits system', but you don't hear people talk about those who actually need the benefits system. I think there is a lack of knowledge about how much money people get.

MYAH



It is impacting my life, if I go food shopping with my mum, I can see the struggle of paying for food but trying to keep it under a certain amount of money.

And having to use less energy and not put the heating on.



MOLLY

I think generally the way the system is structured, makes it very hard for people to make their way through life, easily. The way that capitalism works and the way that the government doesn't actually help those who are in poverty get out of poverty – causes more poverty.

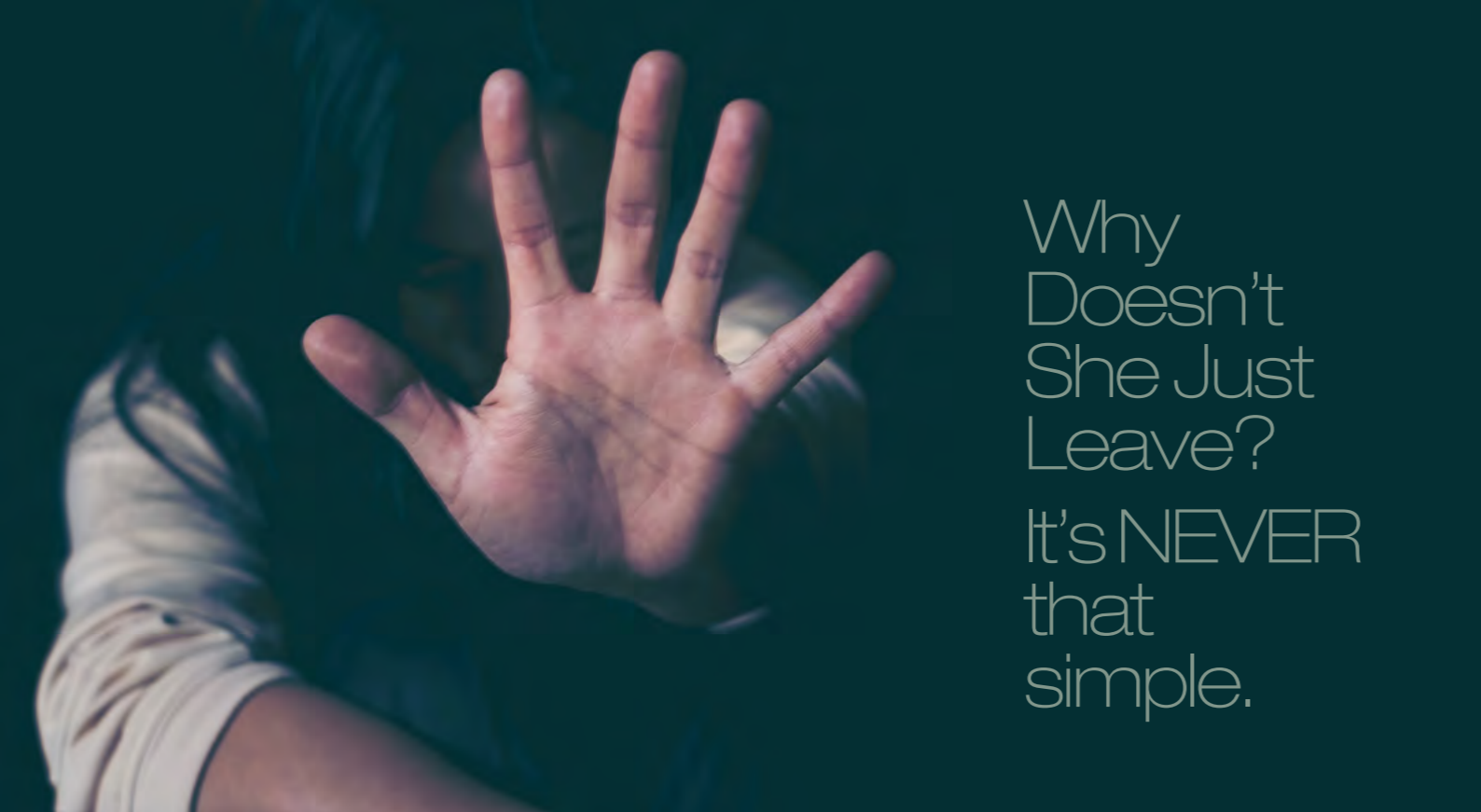
I'd definitely like to see more support for people and families living in poverty would be great. And the levels of poverty reducing, a lot.

HARVEY



There's a lot of stigma around poverty. People say 'people in poverty or people living on benefits just don't want jobs or can't find jobs' but that's not really that true. It's mostly because people don't get paid enough or the government aren't giving enough to help people.

All of our leaders, for the longest time, have been upper class. We need someone who knows people are experiencing, instead of those who just want power and money. We also need them to distribute wealth better.



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.

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.

Financial dependency

Domestic abuse isn't just physical. Coercive control is a pattern of controlling behaviour that intimidates, humiliates and isolates victims, and financial control is a key part of this. By limiting access to money, perpetrators can easily isolate women from their friends and family and ensure they are financially dependent on them for food, clothing and essentials for their children.

Hope

Many women believe he can change or that things will get better eventually. Often, perpetrators will switch between two personalities

which can be confusing if the perpetrator is upset and remorseful after abusive incidents.

Love

Despite everything, she may still love him. This can be the most challenging barrier to overcome.

There are many more reasons a woman will not leave. Or leaves after many years. These are just some. What's certain is, it's never as simple as it may seem.

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. Or, you can contact us via our website here: <http://grampian-womens-aid.com/contact-us/>



Cost of Living
Public Meeting

Fersands & Fountain Community Project called a public meeting in early October to find out our communities' thoughts on the Cost-of-Living Crisis. We wanted to find out how it affected people in the community and discuss what they thought could be done to help.

Over twenty people turned up for the meeting to show concern and talk about the effects.

To begin with people started telling stories of how they have already been affected and that already they have seen their lives and routines changing.

"Its not only food and fuel its children's clothes, pajamas, everything that used to be £3 or £4 pounds is now nearer to £10"

People agreed they are being far more careful when they shop, but bargains are few and far between. Many agreed they were now really rationing the heating or hot baths and showers. People said they had begun to eat less too and are buying more Frozen food.

What came across very strongly though, was the common feeling of fear, when completing the survey many people spoke of fear, stress, anxiousness, worry, those words were repeated.

Following the public meeting where a survey was conducted with 50 responses, the following suggestions seemed most popular. Bring back the monthly Free Meals, increase access to the Pantry, provide access to Food fuel /food Vouchers and many more suggestions.

The best thing to come from these meeting and the survey is that a new team of volunteers have been identified and we are going to work with them to provide some services that people really want . We will put on free transport to Supermarkets and provide free meals. We will open during holiday periods, offer a Warm Space, and free classes!

Family Centre Apply for
Planning Permission

We have also submitted plans to Aberdeen City Council to alter the building and turn part of the centre car park into a garden for the nursery children.

The ambitious plan will see a patio door entrance sheltered by a canopy, open up on to an exciting new garden area. The area will be resurfaced with several different materials, dividing up different learning and play areas. Fersands have contracted local firm, Tinto Architects, to help create the design, draw plans and manage the project.

When our Nursery arrived at the centre twelve years ago, the childcare service had far fewer children and the sessions were only for a couple of hours. Now the Family Centre offers pre school education for up to forty-four children every day! Each child now gets four and a half hours childcare every day so there is need for a larger garden for them to enjoy. The centre also is encouraged to implement a Free Flow policy which allows children to decide if they want to play in or outside.

We also now recognise there is great value and strengths in outdoor learning as it can be so beneficial for children's development. The increase in opportunity for physical exercise will help develop motor skills, balance etc, the bigger garden space will help promote science, learning about planting growing insects & wildlife.

The hope is to have a more colourful and stimulating space that children want to play in and is nicer for the community to look at as they pass by. This exciting creative development can demonstrate that we do really want to give the best possible start to the children in all of our communities.





Butterfly Memorial Garden

Aberdeen Funeral Directors Woodside have installed a Butterfly Memorial Garden for bereaved parents.

The funeral directors put together a space within the grounds of the Woodside funeral where bereaved parents and loved ones can come to reflect.

They worked with SANDS, the Still Birth and Neonatal Death Charity, MISS, Archie's Child Bereavement Service, Printfield Community Project and Aberdeen City Council to pull it all together.

A tree has been planted and parents can get a custom decoration in the shape of a cloud, heart or butterfly made by Heather's Woodcrafts with an engraving of up to 24 characters to hang on the tree.

Loved ones will also be able to visit the garden whenever they like, just call the Woodside funeral directors, to let them know when you wish to visit to make sure there are no services taking place.

Katrina Adams of Funeral Directors Woodside who first came up with

the idea, after noticing the lack of recognition of bereaved parents.

Katrina said, "I have thought for a long time, there is nothing for parents who are bereaved. There is Mother's Day for people who have lost their mum. Father's Day for people who have lost their dad. Valentine's day for people who have lost their significant other.

"Nothing for a bereaved parent."

Bereaved mums, Nikki Duncan and Brooke Winchester, agreed with Katrina about the lack of recognition and support they feel they have received.

Nikki lost her baby Andrew after he was born prematurely at 24 weeks. "There is no place for babies which are born prematurely, there is a small memorial wall at the crematorium, but they are not really recognised.

"It has been hard, not having somewhere to go and remember them by, other than your house. It's nice to have somewhere to come, where you can sit, have a cry, remember and then leave happy."

Brooke agreed with her, "I have been through a miscarriage, and there is nowhere to go for a miscarriage either, and it's really hard to find somewhere to grieve.

"There is no support after you have been through this, unless you talk to someone else who has been through it too. We need that support in the community for people like me and Nikki."

Brooke and Nikki thanked dignity for providing support and a place to remember their loved ones and would like to encourage others to get in touch to memorialise their lost loved ones too.

Links

<http://www.aberdeen-sands.org/>

<https://archie.org/bereavement/>

<https://miss-support.org.uk/>

Contact Woodside Funeral Directors on 01224 277444

Located on 283-285 Great Northern Road

Ruby Remembered

The Woodside Free Press would like to pay tribute to beloved Woodside resident, Ruby Stewart.

Ruby Stewart sadly passed away on the 1st of September at 101 years of age.

Many in the Woodside community may have known Ruby personally, others may have known her only through the pages of the Free Press.

After living in Woodside for over 70 years, Ruby always had a good word to say about the community and her neighbours.

Originally from Ireland and then temporarily living in England during

the war, Ruby and her family moved into their home on Ferrier Gardens shortly after the war. Ruby lived on Ferrier Crescent during the majority of her time in Woodside, before she and her husband moved to Marquis Road after their children were all grown up.

The pair were the very first residents of Marquis Road when it was first built.

Ruby was kind enough to share her memories of the community and reflect on her 100 years with us.

She said, "I've had a happy life in Woodside, and I've had a lot of good

neighbours and a lot of good things that have happened to me here. I couldn't talk Woodside down.

"To tell you the truth I don't think I could change anything, I've just done everything I've wanted to do, I maybe didn't get to do it the minute I wanted to, but I've covered it in my life so I'm quite happy with the way things went for me."

Ruby will be remembered by her six children and the team at Woodside Free Press and many more in the community.



Adult Services

The Adult Services team are delighted to hear that one of our participants has won a Koestler Bronze Award for a music video produced during his film sessions at HMP Grampian.

The track 'Living with Time' features hard-hitting lyrics tackling the complex background to one man's offending and the impact of a lengthy prison sentence. The video includes an honest and charismatic delivery from our participant, who despite being an experienced poet had never performed on camera.

Only 11 other entries from across the UK received recognition in the Performance category with even fewer achieving one of the coveted top prizes.

Koestler Arts is the UK's best-known prison arts charity, encouraging people in the criminal justice system to change their lives by participating in the arts. The Koestler Awards have been running for 60 years and each year attract 3,500 entries. Alongside recognition, winners can receive feedback and sell their artwork.

Challenge Poverty Week

Challenge Poverty Week took place between the 3rd and the 9th of November.

shmu's campaign was a collaborative effort with Cfine, ACVO and Abernecessities. Each organisation made a short film, highlighting how low income and access to fair pay, high cost of living, and lack of access to help and services that people need, are affecting thousands of local households across the city.

The films were then screened at the Belmont Cinema on Monday the 3rd Of October, kicking off Challenge Poverty Week.

Followed by an open discussion, bringing third sector organisations and community members together to discuss what more we can do together to challenge poverty in the region.

We were also delighted here at shmu to use our various platforms from social media to community magazines to showcase vital information and local organisations, doing important work to challenge poverty.

You can view each of the films and STV's coverage of the event at ww.acvo.org.uk/cpw-22/

ST MACHAR CREDIT UNION

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"

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.

ST MACHAR CREDIT UNION
main office 433 Great Northern Road, Woodside, Aberdeen, AB24 2EU

OPENING TIMES

Monday to Friday 9.30 am to 3 pm (Wednesdays close at 12.30 lunchtime)

Phone (01224) 276994 Email f-credit@fersands.org

Facebook
[yourcreditunioninaberdeen](https://www.facebook.com/yourcreditunioninaberdeen)

Website
stmacharcreditunion.co.uk

Northfield CREDIT UNION

Point in the Community Thursdays 9.30 am to 10 am BEEHIVE / NORTHFIELD COMMUNITY CENTRE, Byron 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, 14E Seaton Drive, Seaton, Aberdeen AB24 1UX

Woodside Local Area Trail

The area of Woodside was one of the four original villages which formed Aberdeen City in 1891. Over the years Woodside has grown and changed, however there are still traces of old Woodside still to be found in the area.

If you are looking to learn more about your local area, why not get some fresh air and sight see while you're at it! Aberdeen City Council have put together a series of trail guides, encouraging you to explore the beauty and history of Aberdeen.

One of these Guides is the Woodside Local Area Trail. The trail explores key fixtures of Woodside and Hilton, detailing the history from the Woodside Fountain to Lang Stane of Hilton.

The Trail is mostly accessible but does cover uneven ground and some steep hills.

You can pick up a copy of the Woodside Trail Guide at Woodside Library or explore all the guides via the link

www.aberdeencity.gov.uk/services/leisure-culture-and-parks/walks-and-trails-aberdeen

If you're in the Halloween spirit, this spooky season, you may also like to try out the Bloody Aberdeen trail!



Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

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

Penumbra First Response 0800 234 3695

Fersands and Fountain Community Project

01224 524925

Printfield Community Project

01224 276788

Woodside Fountain Centre

01224 485983

Woodside Medical Practice

8am – 6pm

Contact: 01224 492828

Woodside Network

Contact: printfield@printfieldproject.co.uk

or mark@fersands.org

St Machar Credit Union

Info: Credit Unions are financial co-operatives owned and controlled by their members, that offer savings accounts, low cost loans and other services.

Phone: 01224 276994

Councillor Hazel Cameron -

hacameron@aberdeencity.gov.uk 07977399518

Councillor Neil Copland -

NeilCopland@aberdeencity.gov.uk 07768 427392

Councillor Deena Tissera -

dtissera@aberdeencity.gov.uk 07977399589

DOMESTIC ABUSE

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

Grampian Women's Aid

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

Rape Crisis Grampian Telephone: 01224 590932. Website: rapecrisisgrampian.co.uk