

woodside
freepress

Summer Edition 2022



Contents

3	New support Worker
4&5	Summer Holidays
6	Mugger's Brig Update
7	Nature News
8&9	Period Poverty
10&11	Project News
12	Boys'/Girls' Brigade
13	Reducing Fuel Bill Tips
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.

The theme for this edition is summer holidays, read on to discover activities to keep you occupied this summer in Aberdeen and reminisce on summer's gone by with Woodside's own Ruby Stewart. We also have news about the opening of Direct Access woodside and advice from SCARF about your energy bills.

We have also introduced a new 'pull out and keep' feature in this magazine – you will find a map detailing where to access free period products in the area. We hope you will keep a hold of these pages and build your community handbook along with us, as we continue to signpost local groups and services in further additions!

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.



Supported by



Laura Young



Goodbye Laura

MEET THE NEW COMMUNITY SUPPORT WORKER

All good things come to an end, with that sentiment, shmu sadly bid farewell to Laura Young. Laura has been behind the scenes making the delivery of community magazines possible for several years.

After doing such an amazing job for the past 7 years, Laura has left behind big shoes to fill. Hoping to fill those shoes is Rose Ross, the new Community Media Support Worker. Rose will be supporting the dedicated volunteers on the editorial committee who bring this magazine to life.

Rose commented saying, *"I've enjoyed putting together this magazine with the brilliant Woodside Freepress volunteers and look forward to getting involved with the community. I look forward to meeting many more people from the area and getting even more people involved!"*

Rose Ross



FREE UNDER 22'S BUS PASS

All you need to know about the under 22's bus pass.

Did you know, in Scotland, you can travel by bus for free under the age of 22.

You are entitled to a bus pass for free nationwide bus travel between the ages of 5 and 21 using your Young Scot or National Entitlement Card.

You can apply online or through your local council. For those aged between five and fifteen, a parent or guardian must apply for the pass on behalf of the young person.

To apply you must provide proof of identity, for both parties if applying for someone else, and proof of relationship to the young person.

To apply online, follow the link <https://freebus.scot/contact-us/contact-your-local-authority/>

If you do not have all the required documents, you can apply through the local council.

If you're 16 and over, already have a Young Scot card or NEC issued after 2016, you can add the pass to your card without having to apply. Do this through Transport Scotland's Pass Collect app.

Make your summer more accessible and get an under 22's bus pass!



Ruby Stewart's Holiday Memories

Ruby Stewart is one of Woodside's oldest ladies and has lived in the area for over 70 years, she shared some of her holiday memories with us.

You may remember Ruby as we caught up with her a few editions ago, when she chatted with us about turning 100 and told us all about what Woodside was like back in the day and how it has changed.

Ruby and her daughter Marlene also reminisced on summers in the area and shared their fond memories of visiting the carnival.

Ruby shared a funny story about one particular trip to the carnival. "Our bit of enjoyment was going to the carnivals. When the kids grew up a wee bit, they loved going to the carnivals on a Saturday night maybe or afternoon.

"There was a woman who bade beside me called Ivy and she wanted to come to the carnivals with us, but she said: 'I'm nae taking my rollers out cause I'm going out for a drink after'" So Ruby, Ivy, and the kids headed off to the carnivals and got on a ride.

"It was only about a shilling to get on the rides down there, so we all got

on a thing, and there was an affa wind blowing. Ivy had a scarf round her rollers, wrapped round her head and the wind was blowing so high and the scarf blew off her head and all the rollers came out and went everywhere. Ivy was about crazy." Telling this story tickled Ruby, she laughed quite a bit.

"We used to have some good laughs; it wasn't all being poor. We had some good laughs."

Marlene had her own memories of going to the carnival with her mum and siblings, when she was a kid. She told us about how her 'ma' would take them all down to the carnivals in the summer. "We'd get half a crown each and we'd head down St Machar Drive to Dunbar Street for a penny bit of toffee, then head down to Broad Hill and to the carnivals.

Ruby piped up here and laughed at Marlene saying, "mind you'd try and get your chips back with the same money."

Marlene said, "Aye you'd keep sixpence back for chips coming home!"

"Aye it was some life. You had happy times, you had poor times."



ABERDEEN ACTIVITIES

Summer is upon us, and everyone is desperate to have some fun in the sun.

Despite this, not everyone can or wants to jet-set around the world to have a great summer holiday. That's okay, as there are plenty of fun and affordable activities to get up to across Aberdeen.

Here is a list of but a few activities you can get up to over the summer. This may also serve as a reminder of some of Aberdeen's more well-known attractions you may have visited before. Don't write them off, they may be worth another visit after introducing new and improved displays and features.

Summer in the City 2022

Over the summer, Aberdeen City Council are offering a bumper programme of free activities for kids to participate in.

A variety of activities are being offered all over the city, from Viking treasure hunts, orienteering, to sports and youth clubs, to name a few. View the full programme of activities and how to book at www.aberdeencity.gov.uk/services/education-and-childcare/summer-city-2022

Nuart Aberdeen

One of this summer's main events is the long-awaited return of Nuart Aberdeen. This is a street art festival which first came to Aberdeen in 2017 and sees street artists from around

the world come to adorn Aberdeen's buildings with spectacular murals.

While the festival weekend has been and gone, if you missed the walking tours included in the programme, don't worry, the murals are there to stay.

You can access a map of the artworks which are dotted across the city and tour the murals in your own time. This could make a wonderful day activity or could be tackled in instalments to keep you entertained throughout summer.

Mela

Aberdeen Mela – One World Day will return to Aberdeen on Sunday the 21st of August. The multicultural festival will be held at Westburn park between 12pm and 7pm. The event celebrates cultural diversity across the North-East of Scotland and is free to enter.

The organisers, Aberdeen Multicultural Centre, promise the day will provide "something for everyone". The day boasts an action-packed programme of workshops and activities for all the family, performers and plenty of food and drink.

A full list of activities will be released before the event.

Greyhope bay – see the dolphins

If you enjoy nature, head to Torry Battery to spot some dolphins at the newly opened Greyhope Bay Centre. The Greyhope Bay

Centre is an eco-friendly charity organisation, located on the site recorded as the best place to spot Bottlenose dolphins from land in the whole of the UK.

You can treat yourself to a lovely coffee and cake while you look out for the dolphins and other wildlife!

Provost Skene House


Provost Skene house is Aberdeen's oldest surviving townhouse. This attraction is a great place to learn more about the city and admirable people who hail from Aberdeen and the Northeast. Learn about these individuals with interactive displays and have a say who will feature in the 'Hall of heroes' display next.

Provost Skene House underwent a major refurbishment since 2019, if you have visited the house before, it may be worth another look since its revamp. Admission is free, no bookings required.

Operation City Quest – Aberdeen Scavenger Hunt

Why not try something a bit more out of the box? Operation City Quest run scavenger hunts around the world. This activity gets you out and about on the streets of Aberdeen, where you are will receive a list of items to find in the city. Instructions of tasks to complete and riddles to solve are given by a virtual host through an app.

Tickets cost £9 for adults and there is no cost for children 12 and under.



MUGGER'S BRIG UPDATE



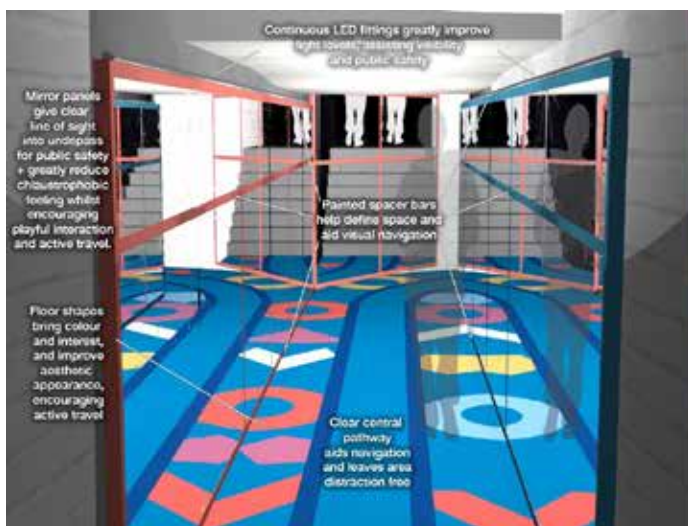
The Tilly-Wood Street Design Project (2018-19) was led by The Street Design Steering Group, Sustrans and Aberdeen City Council.

The project area focusses on Hayton Road and Don Street with the aim of making Tillydrone and Woodside a more attractive place to live, work and move around, by strengthening the corridor between Great Northern Road and Tillydrone Avenue.

The Underpass element of the project was planned to improve the aesthetic and provide a clear line of sight through the reflective panels and lighting to increase public safety.

As you can see, the reflective panels and floodlights are still to be installed

Before and after images of the underpass show the extent of the improvements made.



woodside wee forest

Aberdeen now has its first Wee Forest! Its creation is the culmination of lots of collaborative work between Aberdeen City Council's Environment Services, NatureScot and pupils and staff of Woodside School.

A Wee Forest is a tennis court-sized, densely planted and fast growing, native woodland in urban Scotland which combines the specific Tiny Forest planting method with long term citizen science.

The Northeast's first Wee Forest was planted by staff and pupils across Clifton Road from the school and will complement a nearby outdoor classroom, presenting many opportunities for school and community engagement. Young people can help to tackle the ecological and climate emergency by planting and looking after their own forest in their own neighbourhood.

The Woodside Wee Forest will provide places to play in a natural setting and opportunities to enjoy nature, with benefits for mental and physical health. The Wee Forest will have a "Tree Keeper Team" of local volunteers to look after it and measure its benefits for nature and people. Its trees, shrubs and wildflowers will start small but, in only a few years, will grow into a beautiful place for nature and people in the Woodside area.

We are looking for volunteers to join the Tree Keeper Team, if this is something you are interested in or would like to know more information, please contact swhitworth@aberdeencity.gov.uk

Simon Whitworth



river don heritage trail

A new heritage trail has been installed along the River Don.

The walking trail is one of a series of three cairns on the Woodside Trail that run from Persley Bridge to Grandholm Bridge. There are nine cairns altogether. Each cairn tells the stories of some of the rich history and heritage of each area.

Interpretation boards were used to tell the stories, there are three interpretation boards on the trail.

The core path of the trail has been resurfaced, making it more accessible for walkers, wheelchair users and buggies.

The trail was created through a partnership project with Aberdeen City Council, Aberdeen's Women's Alliance, Danestone Community Council, Tillydrone Community Council. The project was also partially funded by Suez Community Trust.

The trail is an excellent way to get some fresh air, do a bit of exercise and learn the history of the community, why not try it out during the fine summer weather.



● PERIOD P

- 1 Woodside Library
- 2 Fersands and Fountain Community Centre
- 3 Hilton Community Centre
- 4 Woodside Medical Group
- 8 Cummings Park Centre
- 10 Woodside Community Centre
- 11 shmu
- 12 Aberdeen lads club
- 13 Woodside School
- 14 Middlefield Community Project missing
- 15 Printfield Community Project
- 16 Tillydrone Community flat
- 20 Northfield & Mastrick Medical practice
- 21 Tillydrone Community Campus
- 23 Ashgrove children's centre
- 24 Cairncry Community Centre
- 25 Cornhill Library
- 28 Northfield community centre



In 2020, Scotland became the first nation in the world to make period products free for all.

The Scottish Parliament unanimously voted in The Period Products (Free Provision) (Scotland) Act 2021. This act means that all local authorities must provide access to free period products to tackle period poverty.

The term period poverty means the lack of access to menstrual products and education. This is an issue that affects around 500 million people worldwide and Scotland is no stranger to the issue.

In 2018, Women for Independence conducted a survey which reported one in five respondents went without period products and one in ten had to prioritise buying other household essentials over sanitary items.

OVERTY ●



While you may be aware that you can now access sanitary products for free, you may not know where exactly to access them.

This map details a variety of places in the area that provide access. If you know of any other facilities that offer this, please get in touch. (You can also access products in all education facilities if you are a student there.)

Download the free pickupmyperiod app to discover what products you can get from locations and access advice.

Holiday Time at Fersands

Holiday activities at Fersands are back to their pre covid high standards. A wide range of activities has been organized for all the kids in the community aged 5-18. Fun packed outings, bus trips, camps and amazingly they will all be free, and all events will also include a healthy substantial packed lunch.

Bang! The holiday season kicked off on the 2nd of July at Fersands with a summer Gala Day. Hundreds of Families poured through the Woodside Fountain Centre doors to enjoy the burgers, hotdogs and ice cream. Face painting, tattoos, a bouncy castle, tabletop sale, raffles and live music performed by our local youths made an entertaining event and fantastic atmosphere that the rain couldn't dampen. The volunteers must be congratulated for all the hard work they do to pull this off and many of the volunteers this year were the youths from the area who took responsibility for many of the stalls.

Twelve thrill seeking teenage girls will then set off to Alten Towers for a three-day trip they have been working towards for several months. (Including participating in the 26-mile kilt walk!). Let's hope the rail strike doesn't slow them down.

Later, the older boys will be going on a five-day adventure holiday at Glen Coe, they will be sure to see some spectacular scenery and take part in unforgettable experiences that will test them in many ways.

At the end of the Holidays the P7 kids will get to go away for 5 days to Ardvullin near Oban. They too will have an exciting week of new activities and experiences that they can boast about to their friends and family for many years. A trip to the Chocolate Factory and speed boat trips are just two of the many activities planned.

Younger ones will have a three night stay at Cromdale and will explore all Aviemore has to offer including Landmark and Loch Morlich. They will enjoy the park and the Cromdale centre and nearby Granton on Spey. If they are like previous Cromdale camps they will run around till late at night, make a lot of noise and giggle till the early hours.

These camps are in addition to the twenty-five activity days planned, 14 for primary school kids and eleven for older ones. Dolphin Cruise, Hill Walk, Paddleboarding, and Film Making are a selection the older kids will enjoy. A Forest adventure, StoneHaven trip, trampoline park and Den in The Glen are a few that the younger ones will enjoy.

Over a hundred young people will benefit from these activities around fifty will take part in residential. Kids that may not usually have a family holiday or get a chance to see different parts of the country. We will ensure all kids have exciting stories to tell when they go back to school.





Fersands and Fountain Community Project

Claire Whyte Award

Claire Whyte has been recognised as one Scotland's top 3 youth workers of the year.

Fersands Community Worker and Youth Worker, Claire Whyte, was honored at the National Youth Work awards in Glasgow at the start of June.

Claire was nominated for the awards by colleagues and young people she has been supporting over the years at Fersands.

The Lockdown period was difficult for everyone, but Claire responded by providing more services for young people in the community. She supported a group looking at the effects of lock down and the mental health impact on young people. They created a fantastic community mural and forged links with Mental Health Aberdeen.

Wellbeing hampers were delivered to youths at the height of lockdown, each with comforting gifts, drawing pads, books to read and a warm scarf or pair of socks and information where to get help.

This support and offer of help were much appreciated by young people and their families. Claire also initiated the Bedroom Project, offering support to families to help them improve teenagers' bedrooms. Not all teenagers have comfortable warm bedrooms and having a safe comfortable space that you are happy with can be very important.

These efforts helped Claire secure a place as one of the top three finalists in the category of Youth Worker of The Year. Claire and a small entourage from Fersands headed down to the Glasgow Hilton Hotel for the prestigious ceremony.

The Community Project was very proud to reach the final and had a great time at the glamorous evening hosted by Jane McCarry, who you may know as Isa from Still Game. Claire didn't come home with the top prize, but it was good to see that the whole of Scotland does value Youth Work and they have been very impressed with the standard of work being produced by Claire and her team.

Easter Egg Appeal

Aberdeen Funeral Directors – Woodside, would like to thank the local community and businesses for pulling together and supporting their recent Easter Egg Appeal in aid of Fersands & Fountain Community Project kids clubs.

The aim was to be able to provide each child that uses the centres facilities with an Easter Egg ensuring no-one was left without and we accomplished that and more. There was over 200 Easter Eggs received thanks to the combined efforts of Aberdeen Crematorium Staff, Cemetery & Grounds Staff and Bereavement Services Team (all from Aberdeen City Council, Hazlehead), Flower Fashions, Evolution Maintenance Services, shmu, Tangles Hair Salon, Central Bar and all the many individuals who so very kindly popped in by the office dropping off the wonderful Easter treats. Thanks also to the Balloon Studio who kindly donated the large Easter Bunny display balloon.

Thanks to the generosity of all these people we were not only able to provide eggs to the Fersands & Fountain Community Project kids groups but also to Woodside Tuesday Club, Printfield Community Project and Hilton Community Centre groups, over 200 local children were able to enjoy a sweet treat. Even the Easter Bunny was overwhelmed with all the kindness expressed when she popped in for a visit.

This just shows what a great community Woodside really is!



“Boys and Girls Come Out to Play...”

Nicola Watson

It's 2022, and things are, finally, getting back on track since our lives were all turned upside down almost 3 years ago. Covid-19 is certainly something we never thought would be around this long since it's discovery back in August 2019 in Wuhan China, but here we are.

It's been a long hard slog taking ourselves from one, “once in a lifetime, unprecedented event” to another. Some have managed it a bit more seamlessly than the rest of us but it's the resilience of children that really shines through. The members of Woodside Congregational Church's Boys' and Girls' Brigade Companies have been fantastic at coming out of lockdown and engaging with the Brigade's programmes.

The 49th Aberdeen Company Boys' Brigade and 39th Aberdeen Company Girls' Brigade, like the rest of us, went into lockdown back in March 2020. Our boys began to meet again (with stops and starts) in September 2021; and our girls restarted in February 2022, with a new Captain, Officer and venue. A lot of change.

On the evening of Friday 27 May 2022, the girls showed off their skills they had learned in such a short space of time to proud parents, family and friends. Their new Captain and Officer, Alex Bagworth and Karen Brown respectively, have done an

absolutely brilliant job of restarting the Company, getting to know the girls, and providing them with a host of new skills in just a few months.

The audience were treated to some semaphore (flag signals which spell words), Makaton “singing,” dance routines, and marching. The girl's faces beamed with joy as they worked through their programme and burst into huge grins as they were presented with their badges reflecting their hard work, and a book to read over the summer. The guest speaker, minister for Woodside Congregational Church, Nicola Watson summed up the evening by saying, “if this is what you can do in 3 months, we can't wait to see what you have in store for us next year!”

On Thursday 02 June 2022, it was the turn of the boys. The gauntlet had been thrown down the previous week and they answered! Again, parents, family and friends were present to a showcase of talent. The boys worked as a team in their drill as one squad. They shone in a marching routine to The Greatest Show song from the film The Greatest Showman.

Then the boys flexed their muscles in their exercise and mat work routine putting many of us to shame. The closing number was a dance routine to the YouTube hit, All I Eat is Pizza by Koo Koo Kangaroo, where all of

the boys put the cherry on top of a fantastic evening. In a chance for everyone to get their breath back, guest speaker, Beth Dobson a Development Worker for the Boys' Brigade said how pleased she was that things were back on track. And how proud she was of the work the boys had put in, which was coupled with a huge round of applause from the audience. Badges and prizes were then handed out to a very proud group. One of the Anchor Boys (red jumpers) was heard to say, ‘next year, I'm going to earn that big trophy!’ And we wish him every success.

Are you interested in your son or daughter joining in the fun?

Would you like to volunteer and help our community's children and young people reach their potential?

Then find us: Woodside Congregational Church, Hilton Community Centre, Hilton Road, or online, on Facebook, and YouTube.

**49th Aberdeen Company
Boys' Brigade
Captain Stuart Watson
07933 112 167
enquirieswcc@gmail.com**

**39th Aberdeen Company
Girls' Brigade
Captain: Alex Bagworth
07788 741 549
enquirieswcc@gmail.com**



SCARF's fuel-bill reduction tips

As fuel bills soar, it's never been more important to be mindful of the amount of energy you're using.

In April, the energy unit price cap rose considerably resulting in a steep increase in costs for most householders in the UK. In October, prices are expected to rise again. There are things you can do to cut the amount of energy you use.

Scarf, an Aberdeen-based charity, offers free, 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, funded by Scottish Government.

Here are 10 free and low-cost tips from Scarf to help you save energy and money. The savings figures are supplied by Energy Saving Trust, based on the average UK household:

- Turn your lights off when you're not using them. This will save you £20 a year on your annual energy bills. Replacing all lights in your home with LED bulbs could help you save more.
- Effective insulation of your hot water cylinder is important: even if you have thin spray foam or a loose 25mm jacket, you can benefit from increasing the insulation to a British Standard Jacket 80mm thick, saving £35 a year in the process.
Insulating your water tank, pipes and radiators is a quick and easy way to save money.
- Some of us might enjoy a soak in the bath but swapping just one bath a week with a 4-minute shower could save you £12 a year on bills.
- You can save around £55 a year just by remembering to turn your appliances off standby mode.
Most electrical appliances can be turned off at the plug without upsetting their programming. You may want to get a standby saver or smart plug which allows you to turn all appliances off standby in one go.
Check the instructions for any appliances you aren't sure about. Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record.

- Avoid using a tumble dryer, dry clothes on racks inside where possible or outside in warmer weather to save £60 a year.
- Save around £28 a year by using your washing machine more carefully. Use your washing machine on a 30-degree cycle instead of higher temperatures. Reduce your washing machine use by one run per week.
- Unless your home is new, you will lose heat through draughts around doors and windows, gaps around the floor, or through the chimney.
Professional draught-proofing of windows, doors and blocking cracks in floors and skirting boards can cost around £225 but can save around £45 a year. DIY draught proofing can be much cheaper.
- Only run your dishwasher when it's full to reduce water use. Reducing your dishwasher use by one run per week for a year could save you £14.
- Keeping your shower time to 4 minutes could save a typical household £70 a year on their energy bills.
- Kettles are one of the most used kitchen appliances. But many of us will admit, we occasionally boil more water than necessary. Avoid overfilling the kettle and save £11 a year on electricity.
You could fit an aerator onto your kitchen tap to reduce the amount of water coming out without affecting how it washes or rinses. An aerator is a small gadget with tiny holes – they attach to the spout of taps and are cheap and easy to install – and could save you £25 a year.

For more information and advice, call Scarf on freephone 0808 808 2282 or email advice@ne.homeenergyscotland.org. Our advisors can also give you information on any grants or funding that may be available.

shmuFM

Radio has been busy with lots of planning going into new shows as well as more live shows being back on the schedule. We welcomed Sarah Burns and Kerry Cheyne back into the studios as well as new shows from our past shmuTRAIN participants and Dave White's Country music show County Folk. A new live slot for The Moshpit has been a success with a lot of new listeners tuning in on Saturday evenings." We are launching a new slot in the schedule for local charities and the first one started on Thursday (26th May), presented by Dave Ironside with Aberdeen FC Football Community Trust (AFCCT). We also look forward to having input from Family Learning and WeToo, for future shows. Thursday (26th May), presented by Dave Ironside with Aberdeen FC Football Community Trust (AFCCT). We also look forward to having input from Family Learning and Wetoo, for future shows. We also are working on having our community shows return on air once the teams for the shows have been set up and we will be looking for suggestions on how to enhance these shows. Our next step is to complete the phase 2 return to the building by having all volunteers back live in the studio and launch our new recruitment drive for presenters.



shmuTRAIN

Positive Transition young people have had an eventful month with outings to Instant Neighbour and Farrans construction site at Haudagain. At Instant Neighbour we chatted with the ever-helpful Susan who told us about her journey and what her current role at Instant Neighbour entails alongside an excellent tour of the premises and furniture shop. At Farrans, we learned a lot about what goes into building a road and how it impacts the local area. We discovered the various job roles in Farrans and routes into working for them. They highlighted how work experience can be invaluable but also how important it is to set reasonable goals and expectations. We have also had a blast scripting, preparing, and filming the horror movie Killer Clown with Laura dressed up as a scary clown and running around the bushes in Woodside – a standard workday at shmu! The young people are extremely excited to see the finished product and so are we! Finally, Laura and Michelle had the pleasure of attending the opening of the road at Haudagain on the 16th of May, where they chatted with the Minister for Transport Scotland Jenny Gilruth!



Aberdeen Cyrenians

Aberdeen Cyrenians outreach services opening new premises in Woodside to support people closer to home.

Currently operating from Summer Street, Aberdeen Cyrenians' Direct Access service offers support to anyone facing crisis, homelessness, or risk of homelessness. Direct Access Woodside will be opening at 497 Great Northern Road this July, to support people closer to home by reducing barriers and creating more opportunity for people needing to access vital services.

Visitors can access essentials for food, clothing, and fuel, and develop new employability skills, gain digital access, participate in social activities, receive support with benefit entitlement, applications, and sanctions to help maximise people's income, and more services run by Aberdeen Cyrenians.

For over 50 years Aberdeen Cyrenians have provided care

and support to vulnerable people in the North-East, helping people facing poverty, crisis, trauma and abuse, addiction and mental health challenges, homelessness, or insecure housing.

Direct Access is the first point of contact for anyone looking for support. Since opening at Summer Street, the service has helped thousands of individuals and families. The new premises in Woodside, will allow easier access for locals to all Aberdeen Cyrenian services including specialist services for domestic and gender-based violence, historical trauma, LGBTQ+ abuse, and many other services.

Lynda Reid-Fowler, Senior Manager said, "Moving to locality-based delivery is a welcome step forward for us.

"We know of people who walk into the city centre from areas such as Woodside and Northfield, so part of the reason for this change is to

bring our services closer to their communities and ensure we are accessible for everyone.

"Direct Access operates as a one-stop shop, with no wrong door; service users are referred both internally and externally to appropriate services as required with no need to repeat their story - something service users have told the organisation that they find uncomfortable."

Chris Bennett-Taylor, Chief Executive of Aberdeen Cyrenians said, "We are pleased to be able to expand the footprint of Direct Access, allowing us to help more people in their community."

The service runs with a mix of staff and volunteers. Anyone wanting to gift their time to help support others and take advantage of gaining new skills and social connections can apply to volunteer at www.weareac.org/volunteering.

Jackie Dunbar

My role as your Member of the Scottish Parliament sees me most weeks based in Edinburgh from Tuesday to Thursday, where I attend and speak in debates, attend meetings of the Net Zero, Energy and Transport Committee and meet with businesses, charities and organisations who do a lot of remarkable work not only in Aberdeen, but right across Scotland.

Since being elected to the Scottish Parliament in May 2021, my office has opened over 1400 cases on

your behalf, with 90% of them being resolved. I have also submitted 54 Parliamentary motions, to recognise the work and efforts of individuals and organisations within Aberdeen Donside. During this past year, I have had the opportunity to meet with a number of businesses, charities and organisations, who do a lot of incredible work across the Aberdeen Donside Constituency.

If you need some assistance with an issue or feel there is a matter needing raised in the Scottish

Parliament, please do get in touch as I am here to assist you. I can be contacted by email: Jackie.dunbar.msp@parliament.scot by phone; 01224 011 936 or by writing to me at: Jackie Dunbar MSP, 12A Mastrick Shopping Centre, Greenfern Place, Mastrick, Aberdeen, AB16 6JR"

Please do not hesitate to get back in touch if you require anything further.

**Yours sincerely,
Jackie Dunbar MSP**

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