



woodside **free** **press**

Spring Edition 2014

**Featured in
this issue**

**Woodside Primary
Playground Development**

Woodside Fountain Health Centre

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Spring has sprung - blue skies
over St Machar Cathedral

Cover Image by Pete Thomson



Editorial

Hello and welcome to the Spring 2014 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 plus lots of opportunities to take part in training and leisure activities for everyone in the community, young and old.

If you have something you would like to say, some local issue you think deserves wider coverage, or if you would like to get involved by joining the happy band of volunteers that puts this magazine together, please contact **Mark Lovie** at the **Woodside Fountain Centre** on **01224 524926** or **Denise** at **Station House Media Unit** on **01224 515013** - or email **denise@shmu.org.uk**

Meetings for the summer community magazine will take place at the Woodside Fountain Centre on the following dates from 12.30-1.30pm;

1st meeting 28th April – content ideas

2nd meeting 12th May – content reminder

3rd meeting 26th May – content deadline

4th meeting 2nd Jun – create page plan

5th meeting 16th Jun – check 1st draft

We aim to have the summer edition distributed during July 2014

FUNDED BY



Fersands Mini Market



Fersands Mini Market closed its doors on the 20th December 2013 to work on a new development of the project working with Fersands and Fountain Community Project. The shop was renamed Fersands Healthy Living Store and re opened on the 10th February 2014.

This new shop and new idea came about through carrying out 6 months of research through questionnaires, and community meetings with locals and volunteers. The findings suggested that locals wanted a shop to provide cheap, healthy produce and that they are able to buy small amounts to suit their needs. This fantastic new shop stocks a selection of Fairtrade, Organic and Healthy Produce at low prices.

Some of the stock we are selling are: a scoop like service for customers where food and hygiene trained volunteers measure out the quantities they would like in dry foods such as brown rice, wholemeal pasta, muesli and bran flakes... we have fresh fish every Wednesday and Friday- offering individual portions at £1 or packs of 2, for £2 or 3 for £5. Everyday we have free range eggs, bulgur wheat, cous cous, puy lentils, coconut milk, herbs and spices, frozen spinach, fairtrade chocolate, organic cereal bars, almond milk, healthy snacks, herbal teas and coffees...we are also providing a weekly recipe pack- where we prepare the ingredients and recipe in a bag and ready to go

(to serve 4) each week, from as little as £1. Occasionally we will get free foods provided by fareshare which will be distributed to our customers. Fersands Healthy Living Store, is based in Woodside Fountain Centre, Marquis Road, Woodside, Aberdeen, AB24 2QY. www.fersands.org

I would like to add that our current volunteers have been fantastic at moving this project forward, they have been part of this development every step of the way.. giving up even more of their valuable time to help us get it together. Some of the volunteers have been part of this project for many years/ decades even. We hope this new exciting venture will encourage more volunteers to join our team so we can open the shop more and make this project even bigger... if anyone is interested in volunteering please contact us by popping into the shop, emailing claire@fersands.org, or calling us on 01224 524928.

This project can help volunteers meet new people, learn new skills in running a shop and gain valuable training in food and hygiene and nutrition...

We really want this project to grow, we are looking at freshly cooked ready meals, free meal events in the community, food freebies, cooking classes and more... aslong as we can get the volunteers!

By Claire Bradshaw

Mr and Mrs Taylor: The Barron Street Grocers

Remembering Mrs Taylor and her great gift to the children of Woodside on 8 June 1984

Last year in the Woodside Free Press Summer 2013 edition readers may recall an article informed us of some of the history of how the Stewart Park had come about and the opening ceremony on 8 June 1894. To recap briefly - Mrs Jane or Jean Taylor was the wife of Mr John Taylor a successful grocer who had their shop and house in Barron Street in Woodside. As local grocers Mr and Mrs Taylor would have been very familiar with the Woodside families who lived in the community and their many hardships.

Mrs Taylor's Legacy to the children of Woodside

When Mr Taylor died he left his property to his widow. Mrs Taylor on her death bequeathed a sum of £500 towards the 'establishing of a playground for the children of Woodside'. What a wonderful gift to the community! This legacy was carefully looked after by the Commissioners of the Burgh of Woodside who sought but struggled to find a suitable site for this children's playground.

By 1890 discussions about Woodside Burgh, which was an independent burgh from Aberdeen City, being incorporated in to the town, were taking place. The Commissioners for Woodside were in negotiation with Aberdeen Town Council and they were saying that if Woodside was to be incorporated into Aberdeen then

the Town Council would need to provide funding towards Mrs Taylor's legacy for a children's playground. This was agreed by the Town Council and a sum of £4000 was allocated for the purchase of suitable land at the former Hilton House and estate for the creation of a pleasure park.

Opening the Park

On June 8 1894 Sir David Stewart the then Lord Provost conducted the ceremony to celebrate the opening of the park on behalf of the Aberdeen Town Council. Many of the people of Woodside were in attendance. The park was to be known as the Stewart Park named after the Lord Provost. However the story doesn't finish there. The Commissioners wanted the Taylor's Children Playground to be marked and remembered and some years later in 1903 a granite fountain was commissioned as a memorial to Mrs Taylor, designed by Mr Arthur Taylor and paid by Aberdeen Town Council. It can still be seen today in the park.

Family Fun Gala June 2014

Councillor Lesley Dunbar asked recently for a grant of £30 000 from the Common Good Fund towards costs for planting trees, shrubs and flowering plants and having a Family Fun Gala at the Stewart Park to celebrate its 120 years in June. This grant was awarded

at the Council Budget meeting on February 6. A group of local people are coming together to make plans for it. If you would like to get involved please contact Hilton Community Centre on 277025.

Better Community Use of the Hilton Outdoor Community Centre

Back in December 2013 Fairer Aberdeen Fund awarded £23 000 funding to provide some maintenance work to the Hilton Outdoor Centre which is currently leased by Sport Aberdeen from Aberdeen City Council. Some discussions are currently underway to explore if a community partner might be willing to take on the lease and work towards building better community use of the building and site.

Stewart Park History Session on Saturday May 12 at 11.30am in Woodside Library, Clifton Road - come along and see the Post Office directories, newspaper reports, the photographs and maps that tell the story of Mrs Taylor and her legacy, the Woodside Burgh Commissioners and the Stewart Park. Please phone 484534 to book a place.

***For further information
on Mapping Memorials to
Women in Scotland see www.womenofscotland.org.uk***

By Cllr Lesley Dunbar



Just how superstitious are you?

By Freda

Most of us do not consider ourselves to be superstitious yet we use every day phrases that comes Pagan times. As Spock of the Enterprise would say - "that is illogical." While most people don't understand the origins of our various superstitions, we use them all the time, often without thinking.

Here are some of the more common superstitious phrases we use and an explanation of their origins.

"Bless You." - In Roman times when a person sneezed you were meant to bless them. They believed the sneeze released a person's soul to the world and the person was having some sort of internal struggle to hold on to it. A "God Bless You" was a way of helping out. The thought was, "I keep my soul intact by trapping it in a hankie".

"Knock on Wood" - Knock on wood is said to ward off the punishment for bragging as it was once believed that evil spirits would become jealous of this good fortune and attempt to take it away. The knocking on wood scared away the evil spirit so they would not hear about the good fortune, although for

any evil spirits who were hard of hearing, this was probably unnecessary.

Sixpence in a shoe - A tradition in some parts of Scotland is for the bride to place a sixpence in her shoe for good luck. Do we really want to stop this tradition? Maybe it's not so lucky if she gets blisters from all the dancing with a coin in her shoe.

Coins thrown at a wedding - If the father of the bride throws a handful of coins for the children to collect, it is said to bring financial luck. However, this would probably be classed as a health and safety issue today, so we don't advise it, lest you end up in court.

Three times from the same match? - For smokers to light their cigarette from the same match three times, one of them will die. This superstition may have possibly originated from the Crimean War in the 1850's:

1st strike alerts the enemy to his presents in the dark.

2nd strike gives the enemy time to aim.

3rd strike receives the fatal shot.

The number 13 - Friday the 13th of any month means bad luck, as

does the number 13 in general.

This is so widely believed that hotels have been known to build without the 13th floor and airlines do not give tickets for the 13th row - as if somehow the 13th row could crash while the rest of the plane continues on its journey.

The 13th guest at the last supper was Judas and Friday was the day Christ got crucified.

Here are more superstitions you might have heard of:

Fire Ball - such as the annual event in Stonehaven. The idea is to "Burn the old year out the new year in".

To walk under a ladder brings bad luck (especially if a paint pot falls on your head).

Smell dandelions and you will wet the bed (so be careful which flavor of fabric softener you use).

A sailor wearing an earring cannot drown - although presumably an inflatable ring would be more use. It does explain why sailors often have one earring though - pirates too.

So are you superstitious? You might be more superstitious than you think.

Bedroom Tax and Benefits update

There has been much rejoicing at the Scottish Government's decision to alleviate the Bedroom Tax by making a £15m fund available to those affected, but for tenants the situation is far from out of the woods.

A city housing official said: "Everyone affected by the Under-occupancy Charge (Bedroom Tax) should apply for Discretionary Housing Payment (DHP) – the council has received another £70k to distribute, so funds are there. It is important to apply because even if you don't get it, your application will be on record and will help if your tenancy is under threat. Application forms are available at most council offices, community centres and projects and housing

officers will help people to complete them. I would urge anyone struggling with housing arrears of any form to engage with the Housing Office. We do understand people don't like discussing debt, but if they speak to us, we will do everything in our power to help them protect their tenancy. We can't do that if they don't engage with us."

What happens when my benefits are sanctioned?

Unfortunately, an increasing number of claimants are having their benefits sanctioned – often on the most flimsy of excuses – but housing benefit is also stopped when this happens. If you are sanctioned, it is very important you contact

the Housing Benefit office at Marischal College immediately, inform them of your change of circumstances and ask that you are classified as having NO INCOME.

Free financial advice is available from the Cash In Your Pocket Partnership (CIYPP). Referral forms to CIYPP are widely available from community centres, libraries, housing offices and volunteer organisations or by emailing ronnie.wood@ciypp.co.uk. The most efficient means of contacting CIYPP is by filling in a very simple self-referral form on their website: <http://www.ciypp.co.uk>

By Pete Thomson

Drugs Action

Serving the Woodside Community.

Every community faces drug issues and it can be difficult to know who and where to turn if you or some one you are close to is using drugs. Drug use can range from experimental to problematic but it is important that you know the risks.

We work with people who are using a range of different drugs from legal highs, cannabis, heroin and crack to name but a few. Sometimes people want support to cease using drugs completely, reduce their use, and/or reduce the risks associated with using drugs such as discussing safer injecting practices and getting sterile injecting equipment from

our various needle exchange services. This can help limit the spread of blood borne viruses and reduce harm. We will also dispose of used injecting equipment safely, reducing the risks within your community. It can also be a worrying time for family members or friends who are affected by someone else's drug use and people may benefit from talking over their concerns and fears with a drugs worker who can provide accurate and relevant information as well as support.

Whatever issues people are facing we provide immediate and confidential services to the Woodside community. We

have trained drugs workers in the area every Tuesday morning from 09.30am-11.30am at the Printfield Community Flat, 11b Printfield Walk; we also have a drop-in service and needle exchange every Monday afternoon at the Fountain centre between 1pm-3pm. We provide information, support and advice on all aspects of drug use including testing for blood borne viruses such as hepatitis. We can also provide basic life support and naloxone administration training; this has saved lives and continues to do so.

You do not need an appointment to attend the above services just come along at the times specified.

Pathways



The Welfare Reform benefit changes are beginning to take effect on the communities, with many people now being assessed as fit for work. If you are one of the people currently affected by the changes and are concerned about how you will manage to find work, then support is available through Pathways.

If you are looking for help then you can contact Pathways on 682939. A Keyworker will then help you with whatever support you need, from giving advice on suitable employment,

through making a CV, to help with jobsearch and preparing for interviews. The Keyworker will also help with anything else that might stop you from being able to work, including identifying more specialist support you might need.

Anyone can receive support to get back to work – or even to change jobs if you don't like the job you have.

One lone parent with a young son recently came to Pathways for help after being out of work for 8 years. After developing a CV which she was happy with Pathways also helped her set up

an email account and to register for online applications. After Jobcentre Plus introduced the new Universal Jobmatch system for applying for jobs Pathways also helped set her up on that system.

After making a number of job applications and handing out her CV, she was successful in securing a number of interviews and is now working 16 hours per week, which suits her childcare needs perfectly.

If you would like help or advice on finding work, why not call Pathways on 682939.

Cash In Your Pocket

CIYP visits Woodside on 29 November 2013 Free Information event held at Community Centre



Woodside residents were able to receive free advice on accessing benefits, getting back to work and applying for community care grants when dropping at their local community centre on 29 November last year. The Cash In Your Pocket (CIYP) partnership, including representatives of the Scottish Welfare Fund, SCARF, JobParents and JobCentre spent the day at the centre providing free advice, including how to deal with the underoccupancy charge, loss of employment or high energy bills.

Free fruit and vegetables bags from partner food cooperative Cfine were available to those in need and a free raffle with prizes including two £25.- high street shopping vouchers and the chance to win an iPad provided three Woodside residents with an early Christmas present.

The Cash In Your Pocket project is funded by the Fairer Scotland Fund and works with over 90 organisations and government departments to provide Aberdeen residents facing financial or

other difficulties free advice and support. If you work with or are in need of help making ends meet, please fill in a referral form online at www.ciyp.co.uk, complete a paper form available from your community centre, surgery or health worker or call 01224 200221. The team will then put you in touch with an organisation that can help you, saving you the time and trouble of working out who to turn to for support.

(Captions by Hannah
and Venon.)



An infant pupil created this charming chalk art!



We work as teams to build our masterpieces!

WOODSIDE PRIMARY PLAYGROUND

With support from the national school grounds charity Grounds for Learning and funding from the Scottish Government, we are in the middle of BIG changes to the school grounds at Woodside Primary.

We have already introduced loose materials e.g. tarpaulins, logs, tyres, crates and ropes etc. for the pupils to play with at lunchtimes. They have led to lots of creative and imaginative group play including den building, construction projects, and the creation of obstacle courses. Children have also used the materials to create artworks large and small.

We are always eager to receive more loose materials. Thank you to the parents who have already made kind donations.

The next phase will be the creation of a more natural landscape in our grounds. This will include a climbing area, sand and a grassy mound. It will provide a wide range of play opportunities for all the children at Woodside Primary School.

Research has shown that good outdoor environments encourage children to be more physically active and more able to develop physical skills and confidence. It allows children to:

Our wish List:

Plastic guttering, plastic pipes and/or connections
Cable drums, milk crates, thick rope clamps, hooks, pegs.

If you can source any of these items please get in touch with Woodside School TEL: 484778 Thank you!

- engage in creative and imaginative play.
- connect with the natural world.
- play responsibly and look out for and support each other.
- experience risk and challenge in a supervised environment with their friends.
- develop health promoting habits and attitudes that can last into adulthood.



Huddle up...Let's decide what to draw next.



What's this.....
a wooden trampoline??

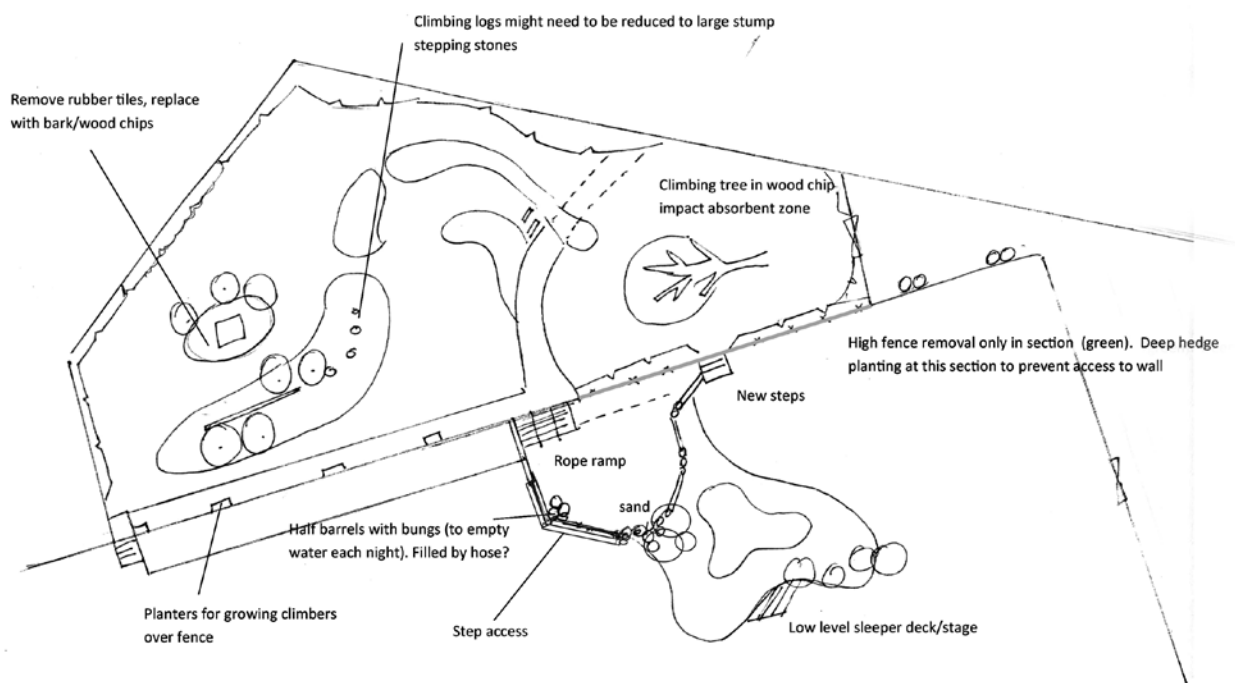
PRIMARY DEVELOPMENT

- experience the positive effects of freedom in a safe, playful and social landscape.

Once our playground has been developed it will provide a space that, as well as being an exciting play area, will present opportunities for stimulating and active class lessons. Every area of the school curriculum can be enriched by making good use of the school grounds. A more natural playground will enhance these possibilities.

“ We are all very excited about the playground development and what it will be like. We think it will be exciting and full of adventure. We will be able to run, climb, roll, dig, jump and make stuff and get messy!

JAMESIE ”





Fountain Grange Update

In November 2013, a modernisation programme started at the Fountain Grange complex in Western Road. The wide-ranging improvements included the replacement of all windows, new security doors and central heating. The site manager said residents had worked very well with his team and let them get on with their work

Now the windows have been replaced, The Grange – as we residents call it – looks a lot better both inside and out, and the windows are now secure and wind-proof. A new central heating system was installed at the same time. Heating is now piped to all four blocks from a central boiler at a cost to each tenant of £9.60 a week, a vast improvement on the costly storage heaters that were replaced.

The joiners came in last and finished off all the woodwork, and like all the workers they were nice and helpful. Residents would like to thank everyone from Crest, Heat & Save and ACC joiners.

New food waste bins for Printfield



The council is to install new on-street food waste recycling bins in the Printfield area. They will be situated close to the general waste bins to make it as convenient as possible to use the service.

Tenants will be able to recycle all types of cooked/uncooked food waste. Eggshells, bones, leftovers and out of date food from fridges or cupboards can all be recycled. It is worth recycling even small amounts it as it saves money and helps the environment.

If you already recycle your food waste, you can get more free liners for your kitchen caddy from Woodside Library or the Woodside Fountain Centre.

For more information about the food waste recycling service, visit www.aberdeencity.gov.uk/waste/recycling/food_recycling_flats.asp or phone 08456 08 09 19.

Don't throw it away, pass it on! Are you planning on having a clear out or redecorating? Thinking of getting rid of your unwanted

furniture or kitchen goods, but not sure what to do with them? Furniture and household goods can be re-used by local community organisations – benefiting the environment and helping local people.

To donate your unwanted items, call the National Re-use phone line on 0800 0665 820. They will come and collect your unwanted items, do them up and pass them on to someone else who needs them. Recycle for Aberdeen now online The council's waste and recycling team has started a blog to share their work with a wider audience

The blog features updates on the team's work to promote recycling in the community and progress reports on the project to revamp the 'Waste Aware' bus. There will be regular features with ideas on how to re-use or upcycle things, to help you make the most of things you might otherwise throw away, so be sure to check it out if you're a fan or crafting or DIY. Visit the blog at: www.recycleforaberdeen.wordpress.com

Reiki in the Community

At the Fountain Bar's Embassy Lounge on Friday 6th December, Reiki in the Community held their fundraising night. They had acquired clairvoyant Annie Moon for this night's entertainment. The night went well with a large number of people, sufficient to fill every table.

Annie gave lots of messages that came through to individuals. I even noticed some in tears and the shock on some others faces

was something else to see. Toffee, cards and crystals were on sale, but the raffle tickets exceeded all expectations.

Many thanks to local shops, businesses, establishments and individuals who generously donated items for the raffle. The £900 raised will go towards new therapy tables and other projects. Thanks again to everyone for their time and effort towards this event taking place.

Woodside Fountain Health Centre opens this summer

NHS Grampian is delighted to announce that construction of the Woodside Fountain Health Centre is well underway.

Woodside Fountain Health Centre will be the new home for Woodside Medical Group, including an Integrated Health and Social Care Team, where patients can access a range of Health and Social Care Services in one visit. The new Marquis Road Dental Practice will also operate from the new Health Centre.

Questions from the Woodside Community:

When will the new building open?

The Woodside Fountain Health Centre on Great Northern Road and Marquis Road is due to open in June 2014. Further information regarding this will be available soon.

How is traffic congestion being dealt with during construction?

Miller Construction (UK) Ltd have confirmed that the split through the road, halfway down Marquis Road being opened to allow access through Sandilands and access in and out of Barron Street was a temporary measure to ease traffic during construction. This has now been put back in place.

How do I register with Woodside Medical Group?

Although Woodside Medical Group are not actively seeking new patients, if you do live in the practice boundary area you can register with them and you can

do this by asking at reception. When the practice moves into the new premises, it will be a very busy time therefore your patience would be appreciated.

I am already a patient with Woodside Medical Group, how will I know when the practice is moving to the new premises?

All existing registered patients will receive a letter from the practice confirming the moving date, the address of the new premises, the new telephone numbers and any special arrangements for appointments during the move from their old premises to the new facility. Also look out for updates in practice newsletters, community magazine and on SHMU.

How do I register with Marquis Road Dental Practice?

Before the opening date, if you do not have a dentist currently and are keen to register, you can telephone (01224) 556598 and leave your name and contact details.

Once the dental practice is open, we will then contact you to make arrangements for you to register.

When can I register with Marquis Road Dental Practice?

During the first week of opening, we will be running a drop in service for people to register. From 09.00-16.00, Monday – Friday, you can come along to the dental practice reception to

complete the necessary forms. We are keen to encourage local people who are not registered with a local dentist to join the practice.

After the first week, we will be holding registration days at the practice regularly, more information will be available nearer the time. People wanting to register will also be able to do so at other times during opening hours.

What Services will be offered?

Only NHS Dental services will be offered at the practice. Charges for NHS dental treatment are set nationally and will be the same as charges made by any dentist offering NHS dental treatment. If you think you are exempt from charges, please let the receptionist know.

To make it easier for people to attend for dental care, drop in and after school clinics will be offered. We will also provide oral health education, advice and Childsmile which is an important programme aimed at improving the oral health of children. Routine and emergency appointments will be available. Treatment can also be provided for people with special or complex medical needs and the elderly.

Project news



Local Family Centre helping Scotland to be The Best Place in the World to Grow Up!

The Early Years Collaborative is a national movement to increase opportunities and improve services for the country's youngest children. Agencies are being asked to come together, particularly in poorer areas, to look at ways they can provide better nurturing and learning environments for children aged 0-3 years.

The government now realises the first months of a child's life are crucial to its future development, and that a secure, healthy stimulating start in life increases their chances of becoming responsible citizens who contribute to society.

Fersands Family Centre has been following this philosophy for many years. We have always worked hard to provide best possible learning opportunities for children in this area from their earliest years. We continue to do this and are very glad this is now a nationally recognised objective.

Our newer initiatives include the exciting Wee Green Spaces project, which will see nursery sessions take place at Cruickshank Botanic Gardens once a week. This pioneering learning project takes learning outdoors where the kids can explore and discover a different environment. We will, of course, encourage parents to get involved.

Each week some 30 children from our Two's Groups and nursery benefit from a Kinder Gym session. Here, they can exercise safely, have fun running, jumping, cycling, bouncing and improving their balance and coordination. This has proved so popular we've opened similar groups e.g. Active

Parent and Toddlers two days a week, when other children and parents from throughout Woodside can attend.

Online Interactive Learning: Our groups record a child's development to show parents how they are progressing. To improve the information we share with parents, we are part of an interactive project where we can safely put children's learning portfolios online so parents can keep up to date and take a more active role.

We are very proud of our team of committed and talented childcare workers, three of whom are soon to embark on an SVQ course in child care. Amongst these is 69-year-old Sandra Phillips, the oldest candidate in the city to start this course.

Festivals and Multi-Cultural Learning: Our children recently celebrated Burns Night and Chinese New Year.

Parents raised £100 with a Christmas Raffle. This encouraged us to keep raising funds towards a family trip to Dizzy Rascals. We do a bonus ball fundraiser each week and you are welcome to participate. We thank our parents who have been supportive, you are vitally important to your child's education, we love getting to know you and hope you will continue to take part in our development.

Care Inspectorate Report: The Family Centre was recently assessed by the Care Inspectorate and received an excellent report. It is available in the Family Centre for anyone who would like to read it.

"The manager and staff team demonstrated a commitment to working with children"





“The centre had a very good approach to involving children and families”

“Staff had worked hard to help children build their self esteem”

New Opportunities for Residents

A big demand for adult classes in the city has generated opportunities for tutors. The St. Machar Learning Partnership is funding a course which will train community members to tutor adult community classes.

Fersands and Fountain Community Project and partners are working to get this 30-hour course up and running. It is hoped successful participants will receive a qualification recognised by Aberdeen City Council.

A spokesperson for the partnership said: “This is a fantastic opportunity for new tutors to come forward. If we can get people with the right skills trained to teach, we will be able to offer them some classes to work with. In a win-win situation, people learn tutoring skills and an opportunity to earn, and more classes will be available for other adults to attend.”

The most popular adult classes where tutor opportunities exist are ESOL (English as a Second Language), Basic Literacy & Numeracy and Computers & IT Skills.

The course will suit people keen to become tutors in any subject. If you are interested in becoming a tutor, or know of someone who is, please get in touch. For more details and an application form, please contact **Mark Lovie: 01224 524926 or email mark@fersands.org**



SHMU INTRO SESSIONS

The shmu 'intro sessions' are 30 minute interactive information sessions on everything that we can offer here at station house. This is a brilliant opportunity for groups who would otherwise struggle to be heard or gain any coverage locally. The group can record their own jingle, which will be aired on shmuFM.

We are happy to deliver our intro session to staff teams, active groups of all ages, service users and anyone else who wants to find out more about your local media organisation.

The important work we do at station house media unit (shmu) through digital media and community media development is open to everyone and we would like to hear from local services, projects and organisations within the seven regenerations of Aberdeen.

Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.

shmu is supported by Aberdeen City Council as one of the core cultural organisations in the city, and is at the forefront of Community Media development in Scotland. We support residents in the seven regeneration areas of Aberdeen in radio and video production, traditional and on-line publications, music production and digital inclusion. The organisation also supports other disadvantaged communities, both geographic and communities of interest, with our employability and training arm. We have also developed ADJUST, a programme for offenders, both pre and post release.

If you would like to book an intro session for your group or project, please contact Denise, either by email denise@shmu.org.uk or phone: **(01224) 515013**.

Cruickshank Botanic Garden

A Hidden Gem In Old Aberdeen

ABOUT three miles from Aberdeen city centre a magnificent garden nestles in the heart of Old Aberdeen.

Attached to Aberdeen University, the Cruickshank Botanic Garden can be accessed via St Machar Drive and also from The Chanonry which is close to the site of the historic Cathedral Church of St Machar (St Machar's Cathedral) built on an area of sacred worship believed to date back to the 11th century. Access to the garden is free of charge and it is open to visitors all year round, excluding the festive period from December 24th to January 5th.

Daily opening hours for visitors are October to March from 9am to 4.30pm and from April to September from 9am to 7pm. Weekend entry to the gardens is via The Chanonry entrance - dogs are welcome but must be kept on a lead.

A fully-illustrated guide to the garden can usually be purchased at around £3 from reception in the Cruickshank Building, between the hours of 9am and 5pm, Monday to Friday.

Friends of the Cruickshank Gardens host two sales of

produce every year - a spring and an autumn sale of plants, shrubs and herbs many of them exotic or rare species - and they are on hand to offer advice on the treatment and care of plants purchased.

The garden is a key part of the city's annual Doors Open Day in September when buildings and places not normally available to the public are made accessible for viewing.

Also you can tune into shmuFM 99.8 for the latest new show for gardeners in Aberdeen - the cleverly titled Growth Matters. At the helm is Cruickshank Botanic Garden Curator, Mark Paterson who not only has a wealth of knowledge on all things herbaceous but is also a fascinating presenter to tune into, such is his green-fingered passion - and as he rightly proclaims there is something to be done in the garden all year round.

The new gardening show is broadcast on shmuFM 99.8 from 1pm on Tuesdays, and repeated at 9am on Fridays. Anyone with any gardening queries for Mark and his team should send them to growthmatters@shmu.org.uk

OPENING TIMES:

October – March
Open daily
9:00am – 4:30pm

April – September
Open daily
9:00am – 7:00pm

Closed:
December 24th to
January 5th

Ethnic Minority Health Link Worker

This service is aimed at ALL members of ethnic minority and migrant communities in Aberdeen City whose first language is not English and have limited knowledge of health care service provision in Aberdeen area.

Adriana (English-Polish) is bi-lingual but can also link-up telephone interpreting service Language Line to deliver services in any language across Aberdeen. Health Link Worker:

- Provides information to minority ethnic and migrant communities on health services.
- Provides support and advice to carers and their families.
- Helps you know who to turn to if you have a health issue and ensure confidentiality on personal information and health conditions,
- Helps to access and signposts to appropriate services dealing with benefits, funding for carers etc.

For more information and support, please call or email the Health Link Worker.

Dwujęzyczny Łącznik NHS

Ta usługa jest zaadresowana do wszystkich osób należących do mniejszości narodowych, których angielski nie jest pierwszym językiem.

Adriana, Łącznik NHS, posługuje się dwoma językami (polskim i angielskim), ma dostęp do systemu tłumaczenia telefonicznego (Language Line) oraz:

- udziela porad oraz pełni rolę łącznika pomiędzy obcokrajowcami a odpowiednimi usługami NHS,
- udziela informacji obcokrajowcom, którzy opiekują się członkami rodziny lub znajomymi na temat usług świadczonych przez NHS oraz różnych form wsparcia dla opiekunów,
- pomaga, gdy nie wiesz do kogo się zwrócić z problemem zdrowotnym, zapewnia poufność danych osobowych,
- pomaga w dostępie do innych serwisów zajmujących się zasiłkami, funduszami dla opiekunów itp.

Jeśli szukasz dodatkowych informacji na temat świadczeń NHS lub dostępnych form pomocy oraz jeśli masz problemy zdrowotne, a nie wiesz czy kwalifikujesz się do bezpłatnej państwowej opieki medycznej świadczonej przez Narodowy Fundusz Zdrowia (NHS) – skontaktuj się z Dwujęzycznym Łącznikiem NHS.

Minority Ethnic Health Link Worker
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