

woodside free press

Winter Edition 2019



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

Within this magazine we have news from both Printfield and Fersands and Fountain Community Project and a resident who would like to restore Jacob's Ladder to its former glory.

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 Mark Lovie at the Woodside Fountain Centre on **01224 524926** or Laura at Station House Media Unit on **01224 515013** - or email laura.young@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



ABERDEEN CITY LIBRARIES

Did you participate in the Library's Aberdeen Reads challenge over the summer? Are you wondering what to do next? There are a number of events available throughout the year. Keep an eye on the library's website, social media or join the mailing list by e-mailing LibraryEvents@aberdeencity.gov.uk or visit your local library.

Book Week Scotland – 18 – 23 November

The national yearly celebration of all things books, reading and stories will be celebrated this week with a number of free events and a lot of online content. The libraries will be hosting a number of events including author talks, creative writing workshops, storytimes

and reading groups. At the end of October the library will release details of its programme via the library website, social media and posters.

3D Printing

This is very exciting. Aberdeen City Libraries are piloting a scheme where anyone can supply a 3D file and get it printed for free at the Central Library. So get creative and design your very own object or go online and download a free one.

There is software available free online to get creating:

www.tinkercad.com
www.3dslash.net

Or if you want to use a design that has already been created:

www.thingiverse.com
www.cults3d.com
www.myminifactory.com
www.pinshape.com

There are some things to bare in mind, the maximum print time is 6 hours and the maximum size a design can be is 120x120x115mm.

If you don't have a computer or Internet access at home, you can go to your local library, they have PCs and the Internet available for free.

For more information go to:

[www.aberdeencity.gov.uk/
services/libraries-and-archives/
library-services/3d-print-service](http://www.aberdeencity.gov.uk/services/libraries-and-archives/library-services/3d-print-service)
or visit your local Library.



WHAT'S ON IN WOODSIDE

FERSANDS AND FOUNTAIN COMMUNITY PROJECT

Woodside Fountain Centre,
Marquis Road, AB24 2QY
01224 524925

YOUTH FLAT

22B Sandilands Drive, AB24 2QA

Free Youth Group Activities
12-18 year olds

MONDAY

- 12-14 yr old Girls group (S1-S3)
YF* - 5.00pm – 6.30pm
- 15-18 yr old Girls group (S4-S6)
YF* - 6.30pm – 8.00pm

TUESDAY

- 12-18 yr old Youth committee (monthly) *YF – 5.00pm to 6.00pm
- 12-18 yr old Music tuition (S1-S5+)
Woodside Fountain Centre -
6.00pm – 8.00pm

WEDNESDAY

- *New* Dance class (12-16 year olds)
Woodside Fountain Centre –
4.00pm – 5.00pm

THURSDAY

- Drop In (12-18 year olds S1-S5)
*YF 5.30pm – 7.30p

FRIDAY

- 12-14 yr old Boys group (new S1-S4)
*YF – 5.00pm – 6.30pm
- 15-18 yr old Boys group 2 (S3-S5+)
*YF – 6.30pm – 8.00pm

The project is currently reviewing its adult services. Give the team a call for more information.

The Woodside Free Press editorial team have tried to compile a list of everything that's on in Woodside (and some of the surrounding areas). If you can see anything we have missed then please get in touch and let us know. You can email laura.young@shmu.org.uk.

WOODSIDE COMMUNITY CENTRE

Marquis Road, AB24 2QY
01224 485983

MONDAY

- Dinners 11.30am – 2.00pm

TUESDAY

- Toasty – 9.30am – 2.00pm
- Junior Club – 6.00pm – 7.30pm
- Boxercise 7.00pm - 8.00pm

WEDNESDAY

- Breakfast – 9.00am – 11.30am
- Bingo – 6.00pm – 9.00pm

THURSDAY

- Dinners – 11.30am – 2.00pm
- Boxercise 6.30pm - 7.30pm

FRIDAY

- Breakfast – 9.00am – 11.30am
- Bingo – 6.00pm – 9.30pm

SUNDAY

- Bingo – 6.00pm – 9.30pm

PRINTFIELD COMMUNITY PROJECT

11 Printfield Walk, AB24 4AU 01224 276788

- Printfield Community Project receive specific funding which means a lot of their activities are only open to people living in the Printfield area. If you live in this part of Woodside and would like to know more please get in touch with the project team.
- Reiki sessions with a Therapist, these are on a Thursday, every fortnight and there are 4 hourly sessions to book.
- Costs £2 and anyone living in Woodside can book a session through the project on 01224 276788

HILTON COMMUNITY CENTRE

Hilton Road, AB24 4HS 01224 277025

MONDAY

- Create Aberdeen - Drama & Boccia from 10.00am - 3.00pm
- Yoga - 5.45pm - 6.45pm & 7.00pm - 8.00pm

TUESDAY

- Create Aberdeen - Creative Movement - 10.00am - 12.00pm
- Art and Craft - 1.00pm - 3.00pm
- Guarana Street Band - Children's Session from 6.30pm & Adults Session from 7.30pm
- Badminton - Available sessions from 7.15pm - 9.15pm
(Phone for info 01224 277025)

WEDNESDAY

- Over 55s - Social meeting and light exercise, board games with raffle at end of each session from 1.45pm - 3.45pm
- Theatre of Dreams - Every 2nd Wednesday 4.00pm - 6.00pm
- Exercise Group - 6.30pm - 7.30pm
- Fit and Jump - 6.45pm - 7.45pm
- Badminton - Available sessions from 7.45pm - 9.45pm (Phone for info 01224 277025)

THURSDAY

- Trinity Church - Parent Toddler Group 9.30am - 11.30am
- Create - Craft & Baking 10.00am - 3.00pm
- Wheelchair Dance 1.00pm - 3.00pm
- Indoor Bowls - 1.30pm - 3.30pm
- Craft Group - 3.30pm - 4.30pm
- 49th Boys Brigade - 4.30pm - 5.30pm
- Line Dancing (Advanced Group) - 6.30pm - 8.00pm
- Yoga - 8.00pm - 9.30pm

FRIDAY

- Parent & Toddler - 9.30am - 11.30am
- Advanced Photography - Every Second Friday 9.30am - 11.30am
- Drop in Computers or tablets - 9.30am - 11.30pm
- Stone Church - Religious Prayer from 6.00pm - 8.00pm
- Fit and Jump - 6.00pm - 7.00pm

SUNDAY

- Stone Church - Religious Prayer from 10.00am - 12.00pm
- Grace Baptist Church - Prayer Group 2.00pm - 3.30pm

HILTON CONVENTION CENTRE

13 Smithfield Road,
AB24 4NR

TUESDAY

- Slimming World - 5.30pm - 7.30pm

THURSDAY

- Aglow Soccer School (Ages 3-14) - 4.30pm - 7.30pm

WOODSIDE PARISH CHURCH

322 Clifton Road,
Aberdeen,
AB24 4HQ

MONDAY

- Bible study group - 7pm (at a private house, call Rev Markus on 01224 484562 for more information)

WEDNESDAY

- Whacky Wednesday Woodsiders (P1-7) - 4pm - 5:30pm

THURSDAY

- Indoor bowling group (in winter months) - 7pm

SUNDAY

- Worship session - 11am
There are also Boy's Brigade and Girl Guides who meet in the church. For more information call 01224 277249 or e-mail the church office:
officewpc@talktalk.net.

Pop Up Social Club

Northfield Congregational Church have started a pop-up social club for people with mental health problems or who are suffering from loneliness. Anyone, from any area in Aberdeen, is welcome to come along whether you suffer from mental health issues, are recovering and want to keep busy, suffer from loneliness, are caring for someone with issues, or simply want to come along to socialise. It is also ideal for service veterans who are finding it difficult to re-integrate back into civic life.

Activities include; a free lunch, pool, air hockey, carpet bowls, table games and arts and crafts to name a few. There is also an outdoor area which could be used for gardening. The club is still in its infancy, so the activities are flexible and open to change depending on the people who are using it.

The club is free and meets monthly on a Tuesday 12noon to 3.00pm. The next sessions will be 26 November, and then the last Tuesday of every month (except for December). It meets at Northfield Congregational Church, Lane off Moir Drive near Northfield Academy. Feel free to bring a friend or carer.

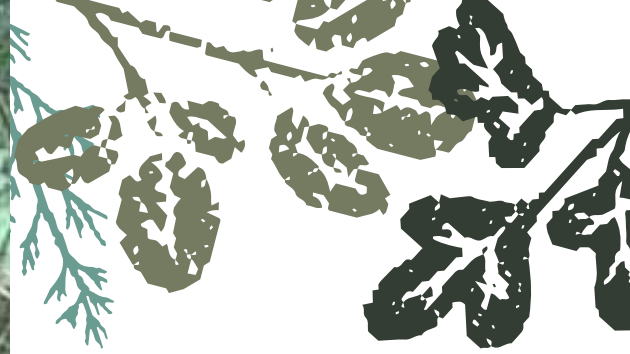
For more information contact Andy Cowie on 07715 279 478.



WOODSIDE FUNDAY

On Saturday 28th September 2019 Woodside Funeral Home held a fun day to raise funds for Woodside Junior Club based at Woodside Community Centre. Despite the miserable weather there was still lots of fun to be had. As you can see from the pictures we were able to have fun with the Dignity Charity Organ which provided the music for the day, the Nippy Fish & Chip and Mister Whippy Ice Cream who kept us all fed, Buddy the Bear and McIntosh Promotions Ltd who kept us entertained and the various stall holders who gave us an excuse

to spend our pennies. We would just like to say a huge thank you to the suppliers above who made the day possible and to all those who ventured out in the drier Aberdeen weather to come say hello and support the cause and the biggest of thanks goes to all the local businesses who were very generous with the donations for raffle prizes. Raffle tickets are still on sale along at The Woodside Community Centre where you can see the array of prizes to be won, at only £1 per strip you best be quick!



Save our Heritage!

My name is Rosalind and I have been a resident of Woodside for 47 years. Most days I have enjoyed the walkway riverside path between Grandholm and Parsley bridges on the south side of the River Don. I pick up litter as I go and have noticed continued deterioration of access to this path and the path itself over the years and as a result I am determined to do something about it!

I would like to put a call out to anyone who would like to help in my endeavor to rectify this state of affairs by joining me to form a Friends of Jacobs Ladder and the Riverside Walkway Path group.

I am looking for people who can help start this project, create a website, raise the profile and any anyone who feels as strongly as I do and wants to do something about it.

Please contact us at: friendsj.ladderriversidewalkway@gmail.com





PRINTFIELD COMMUNITY PROJECT

Printfield Community Project has a portacabin in the play area at the back of the Project. The portacabin has a variety of uses as a venue for the youth groups; a meeting place for the community network and local training etc.

Five years ago it was looking a bit worse for wear and needed a paint job. Luckily at that time Dulux were doing a community programme of brightening up local areas by providing free paint. After agreement with the local community the project employed an artist to work with the kids to plan and paint the cabin and the surrounding walls. At that time we approached the community artists, White Space, who provided us with a name. The kids and artist agreed what to paint on the walls of both the portacabin and the granite walls surrounding the area. This was done successfully, and

the kids enjoyed the experience learning a lot about painting of different surfaces. However, time passed and the portacabin became a bit discoloured with the Scottish weather.

So, last year, it was thought that the portacabin was in desperate need of a new coat of paint to change the style and make the building more colorful. The City Council was approached, and we received a small grant for improving the local area. This meant Printfield Community Project could employ an artist to consult with the kids and using spray paint to brighten up the

portacabin. It was agreed with the kids at the youth club. They got to draw the kinds of animals they would like to see on the walls and could then help to paint the portacabin. We employed a painter called Marc to work closely with the kids and show them how to blend the paint, outline figures on the walls and then how to fill these figures in. As you can see from the photographs, this project was a success, and the walls are very colourful and brighten up the kids play area. Residents who look on to the cabin have said that they are very happy with the result





Family Centre Expands

01 Since August, Fersands Family Centre has been offering over four and half hours a week of free childcare for local children. That's over twenty three hours per week for all children aged between two and five in the area. The morning group meet from 8am to 12:30pm and then the afternoon group meet from 1-5:30pm.

Parents have been so happy with the extra service. They have commented that their children are learning more, they enjoy the more structured day and after a longer day at nursery they go off to bed easier at night time! The staff team has grown from six to nine support workers and practitioners. They too can see a big difference in the opportunities the children experience.

They said: "In the past there were so many routines we had to follow that there was sometimes little time to just help the children play and develop skills. Before we had to do the register, lay out snack, wash hands, brush teeth, nappy change etc and there wasn't time to do more with the children. Now we have more time to watch their play and help enhance the learning opportunities. We worried that maybe parents wouldn't want to take the children to nursery so early but that's not the case. The families come for 8am and children get a breakfast snack when they arrive."

Another change at the nursery is the removal of the climbing frame and slide. That has been there for ten years since the building was put up. Now we are using the space to challenge children to make their own games and play space with loose parts of equipment and natural resources. At the moment the children have constructed a circular pathway of bridges that are linked by wooden planks and boxes.

It seems so simple but for very young children it is a real challenge to calculate where the planks need to be placed and they need to risk assess each step, for example they need to think about how wobbly is this? The kids have shown problem solving skills and help and encourage each other to complete the course using coordination and balance and sometimes an adult helping hand.

"Both me and my partner think the new hours are great. Ollie comes home, has his supper and bath then is pretty much ready for bed, giving us more time together as a couple."

"The longer hours have really benefitted our family because we are in a better bedtime routine. My son is ready for bed earlier He is happier spending longer at nursery with his friends, also the longer hours mean I can now look for work."

"I used to pay a child minder every Friday so I could go to work so I'm very happy that I can go to work and save money too."

Woodside Partnership After School Club Moving on!

02 Woodside Partnership After School Club have moved base to Kittybrewster school! The community run not for profit initiative negotiated entry to the school and opened its doors as the new school term started in August.

Staff and children didn't know what to expect!

They said: "We were all a bit worried moving to a new setting. How would they cope with the longer walk? How can we deal with a larger number of children?"

We needed to make plans for all these issues and work out how to use the new space as best we could. Fortunately, we have had great support from Kittybrewster Head and Deputy Head and John the janitor who have all welcomed us and helped us settle into the school setting.

When we were at Woodside Fountain Centre we could only take 24 children now we can take 46 kids every day. We will soon reach that figure and may need to re-apply for permission to take more. We now have over 60 families registered using us every week who rely on us to look after their children, keep them safe and make sure they are happy between 3-6pm and this allows their parents to go to work or college etc.

The good news is that we have just had a very positive visit and report from the Care Inspectorate and better still our parents are also very positive about the move.

Childrens' thoughts

"I feel very happy."

"It's nice that both clubs have joined together." Aisha, age 8

"It's a bit different, lots more people"

Adam, age 8

"I quite like it because of the space."

Brogan, age 10

"It's good because we get more space to play and get outside." Kaiden, age 9



£24.80



£16.84



Woodside Pantry

The first ever pantry in Scotland was opened in Woodside on the 12th February 2019, with just under 40 customers. Within six weeks it was at 80 members and now we have around 140 members just eight months in! Your Woodside Pantry is open to anyone living in the Woodside area. To check your address is within the catchment please contact us on 01224 524928.

Your Woodside Pantry is a new innovative idea developed by Community Food Initiatives North East (CFINE). CFINE began working in partnership with Fersands and Fountain Community Project in 2018 to develop the idea and in February 2019 it was launched. It is managed by Fersands and CFINE and their amazing team of volunteers.

They are hoping to have several open throughout Aberdeen city and shire over the coming years. Your Woodside Pantry is a partnership project with Fersands and Fountain Community Project and is based in the Woodside Fountain Centre, Marquis Road, AB24 2QY.

The idea of 'Your Woodside Pantry' is to provide an alternative to food banks that is accessible to all, removing stigma. It is also a great resource to tackle food waste as well as tackling food poverty.

So how does it work?

- Firstly you need to live in the Woodside Area and have something with proof of address on it. Only one member per household.
- You can come along and join whenever the shop is open: Tuesday 10am -1pm and Thursday 3-6pm.
- You fill out a form and pay a £3 membership fee. This membership lasts 1 year from the date you joined. You get a membership number and card.
- You then pay £2.50 each shop you do, a maximum of 1 per week.
- In the shop you take 10 items: three blues and seven reds. You choose your own items.
- Retail value of the shop varies between £15-£30 depending on what you choose and what we have in stock.

We have some membership spaces available so why not come along today. If you received this magazine in your post your very likely to be within the catchment area. You can find out more by giving the Fersands and Fountain team a call on 01224 524928 or looking up Your Woodside Pantry on Facebook.

Councillors' Comments

Unacceptable Fly-tipping

I am sure that everyone wants to live in a clean safe environment and many people take great pride in their communities.

Unfortunately, there are also those who appear to have no concept of what is acceptable and what's not.

On a recent walk around the area I was struck by the amount of fly-tipping. Old furniture, bed frames, mattresses and TVs etc which had been indiscriminately dumped about the place. Some beside the communal bins, some elsewhere, such as against building walls, some on open spaces. Quite frankly the place was a mess and there is no need for it. This is not only making the area look downtrodden and scruffy, but it is also dangerous for every resident.

I will give you an example of what I mean.

There was a recent incident in Woodside where someone thought

it would be a good idea to set fire to a mattress which had been dumped outside a block of flats. This resulted in the Scottish Fire and Rescue Service having to attend and extinguish the fire. The building suffered scorch marks and smoke damage and but for the prompt action of one resident in reporting the incident this could have resulted in more serious damage and even potential danger to the lives of the residents.

There is no need to dump things as the council will happily pick up unwanted goods.

Council tenants can have four items picked up by the council free of charge. It only takes a phone call or via the council web site.

The number to phone is 03000 200 292. The website www.aberdeency.gov.uk.

You can also report fly-tipping the same way.

Non council residents can also have bulky items picked up but there will be a small charge, details are on the web site. There is no charge for reporting fly-tipping.

I hope everyone will take on board this message and play their part in keeping our communities clean and safe.

Neil Copland
01224 346054, 07768427392
NeilCopland@aberdeency.gov.uk





Pathways in Woodside

Pathways have been actively working in the Woodside and Printfield areas, helping people to find work for a number of years now and our Employability Keyworker, Andrea McDougall, meets with people looking for help at Woodside Community Centre, Aberdeen on Mondays from 2pm till 4pm.

Andrea has helped many people from the area to find work across a number of industries and types of jobs. One of Andrea's clients had worked in the hospitality industry successfully for a number of years but had been paid off and had found it difficult to find a new position. During this period their Personal Licence required to be renewed and they could not afford to do this. Andrea applied for funding and the client successfully passed their refresher course. With new licence in hand Andrea helped them to apply for a number of positions and they were successful in gaining employment.

Pathways help people from the age of 16 upwards and from all backgrounds and help to identify the job or training that is right for you. We also help you to develop a plan to reach your job goal, help with CV's, assist in completing application forms and we also have access to funds to remove barriers to work e.g. clothing or equipment needs. Last year the team of Employability Keyworkers covering the city of Aberdeen helped over 200 people into work and since April 2019 we have already assisted over 100 people back into employment.

If you would like help to find work you can contact Andrea by phone on 01224 682 939 or by email at a.mcdougall@pathways-online.org

SILVER CITY SURFERS AND CITYFIBRE TEAM UP FOR TECH

The Silver City Surfers are a small, local charity helping over 55s with their smartphones, tablets and computers. They have teamed up with CityFibre, who are currently transforming Aberdeen into the first full fibre 'Gigabit City' in Scotland.

The charity runs five drop-in sessions each week around the city. New learners are welcomed by hospitality volunteers, who provide a cuppa and biscuits to create an internet café style setting. Each learner is matched up with a tutor, who will provide a 30-minute 1-1 session on whatever the person would like to know more about. Learners can attend as many or as few sessions as they wish, and it is free to attend.

Current session times are as follows:

Monday – Michie's Chemist Tearoom, Union Street, 2:30pm – 4pm

Wednesday and Friday – The Citadel, 28 Castle Street, 10am – 12pm

Thursday – Cummings Park Community Flat, 122 Cummings Park Drive, 11am – 1pm

Saturday – Central Library, Rosemount Viaduct, the Makerspace beside the media centre, 10am – 11:30am

As well as giving a generous donation, CityFibre will be supporting the local charity with a range of visual promotion tools, helping raise awareness for the Silver City Surfers.

For more information about Silver City Surfers get in touch by phoning them on 07799 371329.

Success at shmu

Sarah* lived with her family in Canada for several years as a result of her stepfather's role in the Oil and Gas industry. Once she found out that the family was returning to the UK, Sarah was heartbroken and didn't want to leave behind her life and her friends in Canada.

On her return to Scotland, Sarah enrolled at a local secondary school for the remaining 18 months of school life. Unfortunately, Sarah did not have a good experience during this time and was badly bullied. After leaving school, Sarah was unable to obtain a positive destination and went to see her Careers Advisor and as a result was advised to apply for the Positive Transitions (PT) course at shmu.

Sarah was extremely worried about participating in the PT course after her bad experiences at school.

"I felt a bit anxious about attending the course at first as I wasn't very confident when it came to meeting new people".

Sarah began the course with some trepidation, but found that radio training was hugely beneficial, as she had to work in a team. Radio also allowed her to develop better planning strategies and Sarah learned to prioritise tasks much more effectively.

Sarah also found filming was an effective way of addressing her anxiety;

"I really enjoyed being part of the creative process from beginning to end, as it allowed me to express myself and be more confident in my abilities"

The teamwork required to create the film also supported Sarah to grow in confidence and work on her interpersonal skills.

Since taking part in the course, Sarah has stated that she now feels a lot more confident in all aspects of her life.

"The course gave me the opportunity to be more creative, meet some amazing people, have a lot of fun"

In order to continue to develop her confidence and motivation, Sarah was offered a work placement at shmu's new HQ in the role of Receptionist. The new reception at shmu HQ is a busy environment and the first point of contact for guests, visitors and building users, so the ideal place for Sarah to demonstrate her new-found confidence and people-skills. Greeting building users and answering phone calls has significantly supported the development of Sarah's communication skills, and on completion of the work placement, she offered to continue to volunteer as

Receptionist over the summer holiday period.

Sarah has taken on any additional tasks she is offered, is always keen to learn and now has the confidence to ask questions if she is struggling, something she would have been very reluctant to do before her time on the PT course. Sarah's favourite part of the role has been meeting new people and interacting with different generations.

Sarah feels a lot more positive about her future as a result of her engagement with shmu, and notes that it has enabled her to become more independent and pro-active about her choices in life. Sarah has always expressed an interest in make-up and beauty, and it was her goal in life to become a qualified Beauty Therapist; during her time on Positive Transitions she was encouraged and supported to apply for the Beauty course at NEScol, securing a place on the course which started in August 2019.

"I would definitely recommend the course at shmu to anyone that is struggling to get a job, as it is a really good opportunity and it has boosted my confidence no end!"

**not real name*

For more information about Positive Transitions, email michelle.trail@shmu.org.uk or call 01224 515013 and ask for Michelle, Kirsty or Yvette.

Let's Talk about Vitamin D

Why should we take extra Vitamin D in winter?

Vitamin D helps to keep our bones and muscles healthy. For adults this means reducing the risk of soft bones that are easily broken and in children Vitamin D reduces the risk of weak or badly formed bones.

How do we get Vitamin D?

Most of our Vitamin D comes from sunlight but it can also be found in:

- fresh or tinned oily or fatty fish such as mackerel and salmon
- eggs and meat
- some breakfast cereals and dairy products that have added Vitamin D

Who should take Vitamin D?

It is recommended that everyone from the age of 1 take 10

micrograms of Vitamin D daily, especially from October to March, when there is very little sunlight.

However, it is particularly important that the following groups take a Vitamin D supplement all year round:

- Pregnant and breastfeeding mothers
- Infants from birth to 1 year (if they are exclusively breastfed or are having less than 500ml of infant formula per day)
- Children under the age of 5
- People who are housebound or stay inside for long periods
- People who cover their skin for cultural or religious reasons
- Minority ethnic groups with dark skin

Where can you get Vitamin D supplements?

Healthy Start vitamins for mothers and eligible children, from birth to age 4, contain Vitamin D. For more information speak to your Health Visitor or visit:

[Nhsgrampian.org/healthy-start](https://www.nhs.uk/healthystart)

Alternatively, vitamin supplements can be bought from pharmacies, health food shops and most supermarkets.

For more information about Vitamin D please visit: www.nhsinform.org and search for Vitamin D



Community Contacts

Alcohol

Alcoholics Anonymous **0800 9177 650**
Drinkline **0300 123 1110**

Crime

Crimestoppers **0800 555 111**

Drugs

Alcohol and Drugs Action Helpline **01224 594700**
Aberdeen in Recovery **07936 008808**
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

Aberdeen Community Health and Care Village **0345 337 9900**
Family Information Service **01224 346034**

Samaritans

Need to talk **01224 574 488 or 116 123**

Social Work

Social Work Duty Team **0800 7315520**
and Emergency Out of Hours

Young Carers

VSA **01224 212021**

CFINE **01224 596156**

Pathways **01224 682 939**

Financial Advice at CFINE **0800 953 4330**

Citizens Advice **0808 800 9060**

Woodside School **01224 484778**

Kittybrewster School **01224 484451**

Woodside Parish Church **01224 492855**

St Machar Academy **01224 492855**

St Machar Parent Support Project **01224 487813**

Fersands and Fountain Community Project

01224 524925

Printfield Community Project

01224 276788

St Machar Credit Union

9:30am - 4:30pm except Wednesdays – 9:30am to 12:30pm
01224 276994

Woodside Fountain Centre

01224 485983

Woodside Library

Mon, Tues, Thurs, Fri: 10am – 1pm 2pm – 5pm
Wed: 1-7pm
Sat: 10am – 1pm
Contact: 01224 484534

Woodside Medical Practice

8am – 6pm
Contact: 01224 492828

Woodside Network

Contact: printfield@printfieldproject.co.uk
or mark.fersands@gmail.com