

mastrick *matters*



WOOTAH
Mastrick
Martial Arts

School News
Holy Family &
Muirfield Primaries

Northstars
Community
Football Club

Mastrick
Walking
Groups

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editorial

Welcome to the Winter edition of the Mastrick Matters magazine. The content inside is a fine representation of the activities and events which happen on a daily or weekly basis in our community. We are a vibrant and creative community with a big heart. Mastrick Matters is here to give a voice to the citizens of Mastrick, so if you're interested in voicing *your* opinion, then why not get involved in the editorial team? Meetings are held fortnightly at the Mastrick Community Centre - Monday mornings at 10am.

And don't worry if you can't manage to our meetings - you can still get involved!! If you have any ideas, articles or photographs you'd like to see in print, please get in touch with Mary Clare at Station House Media Unit (SHMU) 01224 515013 or email maryclare@shmu.org.uk

happy reading.

Supported By





Northstar Community Football club

Northstar Community Football Club was started as a way to give the children of Mastrick and the surrounding areas a way into playing football. We felt that too many clubs in Aberdeen City area were only allowing players to join their existing teams based upon their skill levels and the ability of their parents to afford the fees these clubs charge.

We realise not every household has the financial means to pay upwards of £200 for their child to play football and certainly not if they have more than one child wishing to play, so we set about starting a club in the local area where all children - regardless of ability or financial status - can be given the chance to play football.

We don't see why a child should be denied the opportunity to play just because their parents might be struggling financially, we run

a weekly sweeper based on the national lottery which is licensed by Aberdeen City Council which is our only source of income to pay for equipment, training facilities etc. and allows children to play for free. We also rely on the donations of sponsors to allow us to continue with our endeavour to bring football to all the kids who want a chance to play.

We are always looking to take on more children who want to learn and develop at football - at the moment we are running training sessions from 4-year-olds to 13-year-olds. We still have spaces available at all age levels, anyone thinking of putting their child to football training can contact us on Facebook or can contact the chairman Alan Kelly on 07527 682239 or secretary Joanne Wright on 07546 410019.

Top Ten Tips for improving energy efficiency in the home

1. Replacing an old gas boiler with an A-rated high-efficiency condensing boiler could save you as much as £300 a year. Financial assistance is also available for qualifying applicants.
2. Insulating your loft could save you up to £175 per year.
3. Insulating your cavity walls could save you up to £135 per year.
4. Turning down your thermostat by 1 degree can cut your fuel bill by 10%, saving you around £55 per year.
5. Don't leave appliances on standby and remember not to leave laptops and mobile phones on charge unnecessarily.
6. Swapping one normal light bulb for an energy-efficient one can save £45 over the lifetime of the bulb.
7. Make sure that dishwashers and washing machines are full before you use them, and always use the most efficient water and energy settings. When it's time to replace your appliance, look for the Energy Saving Trust recommended logo.
8. A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off.
9. Only boil the water you need in your kettle, and de-scale it from time to time.
10. Do a home energy check. Just answer some simple questions about your home and you will receive a free, impartial report telling you how you can save up to £280 a year on your household energy bills. To complete a home energy check call, freephone **0800 512 012**.

Alan Thomson
Energy Advisor

Northfield Academy

Northfield Academy Pupils working in direct collaboration with the Industry Sector

Your Future in Energy was launched the week beginning 14th January at Northfield Academy in collaboration with the Offshore Contractors' Association (OAC) and training company Atlas. This scheme highlighted the different routes into the energy industry.

As part of the transition process from S3-S4 110 pupils aged 14-15 spent a week in industry-led workshops learning about the reality of the energy workplace. The companies involved set out the types of jobs on offer and the

skills required to fulfil these.

This was the first time that experts spanning the education sector, energy sector and training bodies came together to map where the skills shortage lay, which skills were needed to fulfil these roles, and which school subjects were needed to steer pupils towards achieving these.

This programme was received very positively by our pupils giving comments like, "It was great to learn about the different jobs available on our doorstep", and, "I am now looking at taking subjects that will help me get a job there."



The Jasmine Charity Challenge

Seven senior students are participating in the Jasmine Charity Challenge. This is an exciting opportunity to take part in an initiative that brings schools, charities, businesses and communities together. This year, the group is working in partnership with CHAS (Children's Hospice Association Scotland). CHAS work hard to support families of terminally ill children. The senior students took part in "The Vault" where the students faced a panel of corporate judges. They gave a five minute presentation on CHAS, including a short business plan and took questions from the judges.

Eco Schools Silver Award

The Eco group have been working hard since March 2012 and as a result they have now achieved silver status for the school. This is a big achievement and every member of the group has worked hard to achieve this. The next step for the group is the green flag. This is a difficult task but they are a dedicated group so I am sure they will work away to achieve this.

Loch Eil – Outward Bound

This year's S1 Outward Bound experience at Loch Eil was our most successful (for those who made it up to Fort William before the snow arrived!). The challenge and success demonstrated by the pupils during the trip was excellent and highlighted what a valuable experience this is

for our young people. A group of S6 pupils also took part in a Senior Challenge course which developed skills relating to responsibility, confidence, decision making, leadership and problem solving. We are currently talking with Outward Bound to ensure that those who missed out due to the snow will get the opportunity to visit in the New Year.

OAP Christmas Lunch

We were delighted to support a local OAP Christmas lunch on Monday 17 December. A group of S1 pupils helped serve them lunch and chat with them about life at the Academy. This was an excellent experience which was enjoyed by all.

Walking Groups

Matrick Community Centre



The walking groups had a slow start after the New Year because of the snow and the ice. The first walk that both Amblers and Trek a Boots did at the beginning of January on different days was at Drumcastle Estate. Trek a Boots had a sunny day and we found three lovely forest walks. Then back to the Mains of Drum for coffee.

Trek a Boots' next walk was at the end of January. They went up to Dess Water Fall. At the top of the hill they had to walk through the snow - which the group seemed to like - but lower down the track it was flooded and very muddy.

They next went down to Drumtochty Forest - this is a lovely walk with some beautiful views. Next walk was up to Duff House for the Snowdrop walk. This is a walk through the woods where the ground is a carpet of Snowdrops.

The Amblers walk in February was to Dunecht Estate. They had a lovely walk round the grounds of the estate and saw deer and red kites.

The next walk was at Garlogie. In December we had our Christmas lunch at Garlogie Inn. We had intended to have a short walk first then go back for lunch. After a quarter of a mile we had to give up because of the ice, so we went back out to do the walk in February. It was a lovely day and we did parts of the walk which none of us had done before. It was a very good walk which we will be going back to in the future.

After the article I wrote in the last Matrick Matters on the walking groups, we had a very good response from people who wanted to join a walking group - in fact we had to start up another group

(Mastrick Strollers). They will walk every 2nd week on the alternative Monday to the Amblers.

The walks are easy to moderate with no hills. The first walk was cancelled because of the icy conditions. The next walk was the Deeside Way from Potarch to Kincardine O' Neil and the historic walk round the village (photo is of the Mastrick Strollers first walk on the Deeside Way). We had our lunch in the park then walked back the Deeside Way to our bus.

The next walk is at Tarland around the MacRobert Estate. We still have one or two places in the group - if you are interested, phone **783629** or email **helenandraymond@hotmail.co.uk**. Or call Mastrick Community Centre - **788558**.

Raymond

Grays Inn

Just an update on what's been going on at Grays. In 2012 we raised over £15000 for local charities - a brilliant effort by all customers, staff and sponsors.

We had a Valentine's Disco and raised £400 for Grampian Lung Disease.

We are also raising funds for Westpark school at the moment to help out with their P7 leavers.

What's on at the Gray's Inn?

We'll be offering great **daily meals** from 11am - 2:30pm from just £2.99 and on a Sunday from 12:30pm - 3:30pm.

Also, every Friday afternoon we have 'Fish n Chips Friday' - £4.99 and this includes a drink! Kitchen is open 11am - 4:30pm.

Date for the diary - **Pop Quiz Night** on the 17th of May!!

At Gray's Inn we are also wanting to please our customers and have been recently asking people what they would like at the Gray's Inn. Some suggestions so far are Live Bands, more quiz nights, pool table, and poker nights. If you have any suggestions then pop onto our Facebook page Gray's Inn Mastrick and leave us a comment.

Lastly - we are always interested in new employees so pop in and complete an application form.

Bud & Sandra

Aberdeen City Libraries Home Service Library

The Home Service Library is a free home delivery service for Aberdeen residents of all ages whose circumstances prevent them using their local library. Anyone who finds it difficult to get out of their own home without assistance - for example, due to illness or disability - can apply to receive the service.

A monthly supply of books is delivered to the reader's home by dedicated library staff. Books are carefully selected according to reader's needs and tastes,

and specific titles can also be reserved. As well as ordinary print books, we can supply large print books and audiobooks on cassette, CD and MP3. DVDs and CDs can also be borrowed at a small charge.

If you or someone you know could benefit from the Home Service or would like further information - call 498930 or contact your local library. Library contact details can be found at www.aberdeencity.gov.uk/libraries.

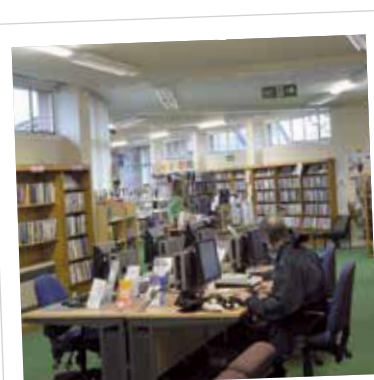
Mastrick Library Information

Facilities provided at Mastrick Library include books, talking books, CDs, DVDs, toys, free internet access, free wi-fi access and photo copying.

Adult CDs are charged at 90p for 4 weeks and DVDs are £2.00 for one week. Resident discount card holders can borrow these items for 45p for the CDs and £1.00 for the DVD. Resident discount cards are free and can

be obtained at our library and various other library and access points on the basis of showing Aberdeen city residency.

Every second Friday we have a Fun Friday for the under 7s, which happens only during term time and posters will be displayed advertising these events. Fun Friday consists of an activity and storytime from 3.30-4 pm.



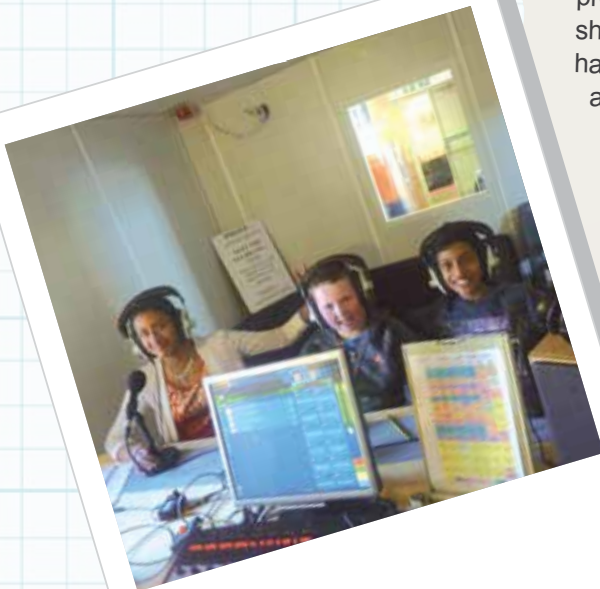
School News

Muirfield Primary

Muirfield PTA

Muirfield Primary has almost finished the installation of a pump track, which is a cycle area for children to practise their bike skills. The staff are being trained in order to offer cycling training to the pupils and the track will be open to all children in the area once it is complete.

The school PTA is continuing to try and fundraise in order to provide extra facilities for the children. We recently held an Easter Bingo night which raised approximately £250 towards our fund. Our next function is the Spring Bingo on Tuesday the 21st of May at 6:30pm, to which all local residents are welcome to attend. We would love to have your support.



Holy Family take over the airwaves

Pupils from Holy Family primary school took over Aberdeen's airwaves as part of the Reading Radio project again this year.

Miss Blair's whole P6/7 class took part in the project twice this year – in January and March – when they planned and recorded features in school to include in their live radio shows on SHMU 99.8FM.

For each show, four different pupils from the class were selected to travel to SHMU FM's radio studios to present the live one-hour Reading Radio show.

Arran, Anley, Neve and Karol were Holy Family primary's four presenters for the school's first show in January, and the team had a great time chatting on-air and selecting a great mix of music during the show.

Stephin, Akhila, Bradley and Christeena presented the school's second show in March, which focused on an exciting and innovative film project undertaken by the whole class when groups scripted and

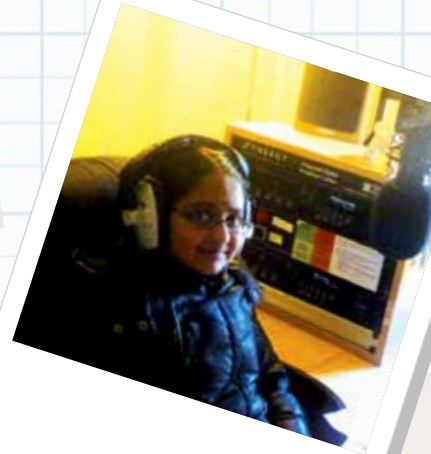
filmed their very own short movies.

Reading Radio gives 17 primary schools across the city the chance to take charge of their very own radio show every Thursday from 11am to 12noon on SHMU 99.8FM.

Primary schools in the Northfield, St. Machar and Torry Academy catchment areas can take part and each school has the opportunity to do two radio shows during the school year.

Reading Radio is a joint project by the Reading Bus and shmuFM, supported by BBC Children In Need, which aims to enhance communication skills, improve literacy skills and increase the self-confidence and self-esteem of children.

Tune in to Reading Radio every Thursday from 11am to 12noon on SHMU 99.8FM for exciting and engaging material planned, prepared and presented by a different Primary 7 class from the Torry, Northfield and St. Machar school catchment areas!





Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health.

Zumba training provides people with mental, physical and social advantages. You get to meet new friends by joining classes. A person can expect to burn up to 900 calories in one hour of Zumba. Exercising leads to improved self-esteem and confidence so you feel better about yourself. Zumba is a great stress reliever. The different dance movements also help you improve flexibility, balance, strength and coordination.

Zumba classes are designed to be fun and high-energy, attributes that generally make it easy to stick to the program. Anyone at almost any fitness level can start doing Zumba, without purchasing any equipment.

Zumba classes are on every Tuesday, 6pm - 7pm. Please expect to have lots of fun and good laughs. You are welcome to bring a bottle of water with you as you will surely need it!



IS BACK!



WHAT WOULD YOU LIKE TO SEE HAPPENING AT MASTRICK COMMUNITY CENTRE?

The Management Committee would like to hear your ideas of what you think the community needs.

Is it keep fit?

Is it adult learning?

Would be great to make this a tear off slip that they can return to us or they could email their suggestions directly to us at mastrickcc@hotmail.co.uk.



WOOTAH

WOOTAH is a new martial arts group based in the Mastrick Community Centre. Classes are held on Wednesday nights from 7:30pm to 9:30pm.

What does WOOTAH stand for then? Will, Origin, Observe, Training, Ambition and Honour. Founder and instructor David Duthie started training in Jitsu in 1988, and it wasn't until he went on a trip with his fishing friends - who all had experience in martial arts - that he decided to put

a class together.

David's first class began in Culter Community Hall, and he and his friend began working on a syllabus. They presented the syllabus to WAKO (World Association of Kickboxing Organisation) where it was passed by Tom and Christine Hihbert.

The aim of the class is to give self-confidence and a well-rounded fighting style

in a controlled and friendly environment while adhering to our syllabus. The first class is also free.

David now runs the class himself and hopes to have various classes running for younger kids to adults looking to learn something new.

If you are interested in starting WOOTAH, or if you have any queries, please call David on 07738 423209.



1 apple
1 banana
1/3 c. red seedless grapes
1/3 c. green seedless grapes
2/3 cup pineapple chunks
1 cup nonfat yogurt
1/4 c. dried coconut, shredded
Prep time: 15 minutes
Serves - 4
Serving size - 1 kabob

1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as

Healthy Snacks - Fun Fruit Kabobs

3. much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered, then roll it in the coconut.
5. Repeat these steps with another skewer.

Healthy Snack



141 Cals per serving

Bean Curry

Ingredients:

3oz Plain Chocolate
1 can tomatoes
1 tin of baked beans
1 can kidney beans
60ml veg oil
1/2 tsp chilli
2 tsp mustard powder
2 tsp garam masala

10

Curry in a hurry - Bean Curry

1. Put sliced onions, garlic, chilli, and spices in a pan with the oil, and cook until soft.
2. Add tomatoes and cook for a few minutes, until the tomato juice has reduced down to a thicker sauce.
3. Add baked beans and drained kidney beans and cook for a few more minutes until it is cooked, hot throughout and well mixed.
4. Season to taste.
5. Serve with 100g rice per person.

The Scottish Fire and Rescue Service -

Working in the Mastrick Area of Aberdeen

The Mastrick area of Aberdeen has its fire cover provided by North Anderson Drive Fire Station. Green Watch has been given the specific responsibility of working with our partner agencies (police, city wardens, and Aberdeen City Council) to reduce the number of wilful secondary fires (refuse, wheelie bin fires etc.) in the area as well as reducing house fires.

The station is crewed by four watches - each watch has one watch manager, two crew managers and approx 11 firefighters. A minimum of nine personnel are on duty at the station at any one time, crewing two fire appliances and one specialist vehicle.

North Anderson Drive Fire Station also has the urban search and rescue (USAR) capability for the North East of Scotland. Using the specialist vehicle, known as the MIU (Major Incident Unit), the firefighters are trained in dealing with and rescuing people from major incidents such as building collapse, aircraft crashes or any other such incidents that require more specialist rescue equipment.

Recent Fire and Rescue calls to the Mastrick area include:

A wheelie bin was deliberately set on fire in Hallfield Crescent, releasing thick, acrid smoke, causing a danger to residents and fire crews who were in attendance.

A malicious fire call to Upper Mastrick Way. This person called 999 requesting firefighters attendance to a fire, knowing full well that there was no fire and

therefore taking up the valuable time of the fire crews who could have been deployed elsewhere.

Three people were rescued by fire crews after they became trapped within the kitchen of their house and were unable to get out.

Initiatives that have been carried out recently include:

Vulnerable Persons Initiative - following a number of house fires in the Mastrick area caused by pans being left unattended, it was found that a main causes of these fires were due to the individual being classed as vulnerable - whether this be through illness like dementia, Alzheimer's or through the use of prescription drugs, alcohol abuse or drug abuse. SFRS can give support to these individuals through providing free home fire safety visits and passing on concerns to our partner agencies.

Quarryhill Primary School anti-social behaviour initiative - Firefighters from the North Anderson Drive Fire Station were invited to Quarryhill Primary School to talk to the pupils from P7 about wilful fire-raising. The pupils took part in a number of different workshops, run by Grampian Police, the City Wardens, the Social Work Department and SFRS. Each addressed a different aspect of anti-social behaviour.

The pupils attended each workshop in small groups and all showed a keen interest in what causes anti-social behaviour and how to avoid causing it. The SFRS crew explained to the pupils the dangers of wilful

fire-raising, and the possible effect on others and the community.

High-Rise Fire Safety - following a spate of deliberate fires in Castleton Court and Regensburg Court high-rise buildings - where bins had been set alight - the fire service, along with our partner agencies, came together to raise awareness of the simple precautions that people can take to prevent fires from starting in the first place, or that will help keep people safe if a fire does break out in a high-rise property.

Precautions that can be taken to reduce fires include ensuring communal areas are free of flammable items such as furniture or refuse bags, keeping bin rooms and drying rooms secure. Should a fire break out in a high rise property that does not involve your flat, we recommend that you stay in your flat with the door closed unless instructed otherwise by fire service personnel. If a fire is located in your flat then we recommend that you do not tackle the fire but that you get out, call 999 and stay out.

In addition to this the SFRS offer free home fire safety visits. To note your interest in a home fire safety visits please phone - 01224 696666 or email hfsv@grampianfrs.org.uk

For further information regarding the SFRS and the work we are doing in the Mastrick area please contact watch manager Kevin Pirie, crew manager Ali Griffiths or crew manager Andy Hislop on 01224 812040 or email - OperationsStn.77GreenWatch@GrampianFRS.org.uk

Affected by Finance or Debt ?

Would you be willing to discuss your experience in confidence?

Finance can have a huge effect on people's lives but rarely do ordinary people get the chance to speak about their experiences. That is why Northfield community activist Keith Paterson, who is doing post graduate research at Aberdeen University, has chosen this theme for his research project.

The research aims to build up a picture of the experiences of ordinary people by giving them the chance to discuss, in confidence, how financial issues affect them and their families. This can be credit, debt, insurance, savings, rent, banks, mortgages or any other aspect of money or finance. Building on these experiences, a second phase of the project will investigate the social practices of financial institutions who frequently lend at very high interest rates.

If you have an experience you would like to share or are interested in being interviewed, contact the researcher Keith Paterson from Aberdeen University on 07793 655 410 or by email on keithpaterson@abdn.ac.uk

All interviews take place at a time and place that suit you and all personal information is treated in strictest confidence.



Tenants Open Day 2013

This year Aberdeen City Council's Tenants Open Day is being held on Saturday 31 August at the Music Hall from 10am – 1pm.

The Tenants Open Day is a great event organised by tenants, for tenants. It's free, fun and informative! This year there will be:

- **Stalls including**
- **Local Housing Associations (Housing Options)**
- **Welfare Reform**
- **Community Safety**
- **Tenant Participation**
- **Free refreshments**
- **Activities for children**
- **Giveaways**

If you have never been before the Tenants Open Day it is a great way for you to get information and speak to Council Officers about your housing service. There will be representatives there from loads of different council services and our external partners. So why not come along? It would be great to meet you!

If you would like more information please contact the Tenant and Community Engagement team, Carol or Caroline, on 01224 522839/523920.

Fuel direct

What is Fuel Direct?

Fuel Direct allows you to make manageable payments directly from qualifying benefits that you may receive if you are struggling to agree or maintain an affordable payment scheme with your fuel supplier. It will help to avoid having a prepayment meter fitted to manage your ongoing consumption. Suppliers are guaranteed payments for ongoing consumption, as well as something towards the debt on the account.

So how much would be deducted from my benefits and when?

Each week a payment would be made directly to the supplier and deducted from the amount of money you receive. The set amount that is paid for debt recovery is currently £3.55. On top of this another amount would be taken each week to cover your ongoing energy

consumption, which prevents the debt on the account increasing. An example might be:

You have £200 of debt on your account and over the last 12 months you used an average of £10 of electricity each week.

Therefore you would pay each week -

£3.55 for the debt
+
£10 for on-going energy use
=
£13.55 per week

What benefits would I need to claim to be eligible for Fuel Direct?

You are only eligible for Fuel Direct if you currently receive one of the following benefits:

- Income-based Jobseekers Allowance
- Employment and Support Allowance
- Income Support
- Pensions Credit

I have a prepayment meter. Can I ask that Fuel Direct is used to cover just the debt on my account?

If you would like a prepayment meter to help manage the amount of energy you use, it is possible to still have the debt repayments paid via Fuel Direct. Prepayment meters are often set to take a weekly charge for debt on an account however it can be difficult for some consumers to keep track of how much the debt recovery charge is and when it will be deducted from the meter. Therefore in certain cases using Fuel Direct to avoid these extra debt charges will be beneficial.

If you are interested in setting up Fuel Direct or would like more information then call SCARF's – Home Energy Advice Team on 01224 213005.

CASE STUDY - BARRY SKINNER

On 17th April, local Mastrick lad, Barry Skinner graduated the Positive Transitions 13 course. Before the course Barry tells us that he was feeling pretty down having just lost his job. He was not motivated and was just lying about playing computer games, sleeping late. He joined the course and says he was instantly surprised at how friendly people were. He credits the course with helping to increase his confidence and helping him to learn how to work well in a team. Through the course he learned the importance of good timekeeping which he improved upon greatly, by the end of the course he was 100% reliable and was usually arriving early. Towards the end of the course Barry's hard work started to pay off. He was invited to interview for the Princes Trust Get into Oil and Gas course, he was successful at interview and progressed onto the first taster session. The day before graduation he discovered that he had been accepted to attend the second taster day, if successful he will start the course at the end of April. Barry has not put all his eggs in one basket however, he has also secured an interview at Aberdeen College for the Diploma in Vehicle Body Repair and is continuing to look for and apply for jobs and apprenticeships.

Barry has also been attending shmuSOUND sessions composing and recording his own music. We have no doubt that Barry will be successful in one if not many of his future plans. We will keep you updated!

If you or someone you know is currently unemployed and not in education or training then

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.



Barry receiving his certificates from Sheila Sansbury, Service Manager (Families and Vulnerable Learners)

they could be eligible to join one of our Positive Transitions courses. Please call Michelle on 01224 515 013 or e-mail michelle@shmu.org.uk.

“During the course I have become more confident, learnt how to work in a team and also made sure I was there on time every day” - Barry Skinner - 18yrs old



A Year in Home-Start – what a year it's been

We have just finished celebrating 25 years supporting families in the city. We offer weekly support to families who have at least one child under the age of 5 in the family's own home. Our team of amazing volunteers who are usually parents themselves offer 2-3 hours each week offering a listening ear and provide practical support and advice. Home-Start recognises that sometimes life has its challenges and difficulties and parents need a helping hand.

It has been an amazing year for us with so much happening and I thought I would like to share some of this with readers.

Our Charity Shop

We have opened our first charity shop hoping that it will help us to raise money to enable us to support more families in the city, raise awareness of the work we do and provide volunteering

opportunities for families to get some skills for work. The shop opened at 101 George Street (just across from John Lewis) on 1st November 2012. It is a lovely shop and is really busy and has been very popular. Definitely worth a visit next time anyone is in town. At the moment the shop is open Tuesday to Saturday 10am to 4pm. This will increase as we are able to get more volunteers. If anyone is interested in volunteering in the shop they could drop by and speak to Karen the shop manager or give the shop a call on 01224 622390.



Our Award

Our work was recognised by the local Trend Magazine. We won their Community Award 2012 recognising the difference we had made to the city.

We are always looking for more volunteers to help us support more families. If any reader has parenting experience and can offer 2-3 hours of their time each week to help a local families please get in touch. Our next volunteer induction course is starting in late February.

Please call us on 01224 693545 for more information or email admin@homestartaberdeen.org.uk or have a look at our website www.homestartaberdeen.org.uk

Georgette Cobban
Scheme Manager

COMMUNITY CONTACTS

Alcohol

Alcoholics Anonymous **0845 769 7555**
Drinkline **0800 917 8282**

Benefits

Benefits Agency Advice Line **0800 587 9135**

Crime

Crimestoppers **0800 555 111**

Drugs

FRANK – National Helpline **0800 776 600**

Dentist

Dental Information & Advice Line (DIAL) **01224 558 140**

Doctors

NHS 24 Emergency **08454 242 424**

Electricity

If you have a Power-Cut **0800 300 999**

Family Planning

Square 13, Support & Advice **01224 642 711**

Family Planning

NHS Grampian Sexual Health Line **0845 337 99 00**

Gas

Gas Emergency **0800 111 999**
Gas Emergency with a Meter **0845 606 6766**

Housing

Emergency Repairs **01224 480 281**
Call Centre Emergency **0845 608 0929**

Police

Non-Emergency **0845 600 5700**

Samaritans

Need to talk **01224 574 488**

Social Work

Social Work Duty Team **01224 765 220**
Emergency Out-Of-Hours **01224 693 936**

Young Carers

Support & Information Service **01224 625 009**

Water

Scottish Water Emergency **0845 600 8855**

Seaton Primary **01224 277920**

Seaton Community Project **01224 277930**

STAR Flat **01224 524209**

The Hut **01224 494706**

Seaton Police Office **01224 305670**

SHMU **01224 515013**

St Machar Parent Support Project **01224 487813**

SCARF **01224 213005**

Pathways **01224 682939**

St Machar Credit Union **01224 524935**

Family Learning **01224 260028**

Drugs Action **01224 594700**

Aberdeen City Council **01224 522000**

Tillydrone Housing Office **01224 489516**

St Machar Academy **01224 492855**

Aberdeen Citizens Advice Bureau Outreach Project is based in the following areas:

Seaton Community Project, Seaton place East
(Monday, 10am – 3pm)

Torry Medical Centre, Oscar Road (Tuesday,
10am – 3pm)

Mastrick Community Centre, Greenfern Road
(Tuesday 10am – 3pm)

Woodside Community Centre, Great Northen Road
(Wednesday 10am – 3pm)

Byron Community Centre, Byron Square
(Thursdays, 10am -3pm)

**Drop in or make an appointment to see us
in your areas by calling 07944803479 or
07795622114**