

# mastrick *matters*



**Mastrick**  
Walking  
Groups

**Mythical Maze**  
Summer Reading  
Challenge

**Northfield  
Academy**  
Update

**Pensioners  
Group**  
Birthday Celebrations

**Mastrick**  
Parish  
Church

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## editorial

Welcome to your spring edition of the Mastrick Matters community magazine!

In this issue we have articles from Grays Inn, Mastrick Community Centre, Northfield Academy and much more.

Mary Clare who was the Magazine Support Worker based at shmu, unfortunately, has moved on from shmu. We would like to wish her all the best with her new job and welcome Laura, who will be taking over the role and supporting all the community editorial teams.

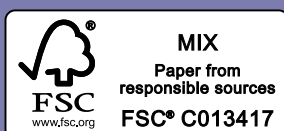
If you would like to get involved and join the editorial team or if you have ideas for the community publication, you can easily get in touch with us. The staff at shmu are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography or proof reading. So please don't be shy, this is your magazine written, edited and designed by the good folk of Mastrick.

If you live in the Mastrick area and would like to come along to the editorial meetings or submit an article then get in touch with Laura at shmu on **515013** or you can email her on [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk).

You can also view this magazine alongside previous editions on the shmu website [www.shmu.org.uk](http://www.shmu.org.uk) then click the 'PRESS' option.

*happy reading.*

Supported By





# Walking Groups

In October Trek- A-Boots did two walks which I had not been involved in since 2008. The rest of the group had never done them. The first was a walk round the countryside at Kintore and part of the walk looked down onto Blackburn. The weather was really good.

Next was to Folly Rule with stunning views towards the mountain range on Deeside and up Strathdon but it was a bit colder & windy.

The Strollers went to the Braes O' Gight which is part of the Haddo Estate. The ruined Gight castle which was built in 1560 was the ancestral home of Lord Byron.

November saw the Strollers walk the banks of the Dee from Banchory to Crathes returning by the old railway line - another beautiful day and walk.

The Amblers also had a walk round Aden Park. This is a lovely winter walk through the woods & round the estate.

Trek-A-Boots went to Fetternear to walk the riverside and forest and

there was snow on the ground. The scenery was lovely with the snow. It turns out this was the first and last walk in the snow.

In December the Amblers went to Ellon for their Christmas lunch which everybody enjoyed.

In January the Strollers went to Stonehaven to walk round Urie House Estate and they popped in for a coffee in Stonehaven.

The Strollers went to Potarch to walk the Deeside Way to Kincardine O' Neil. This was a lovely flat walk looking over the River Dee and then back for coffee.

Trek-A-Boots did a walk at Crathes around the estate and woods. It was raining the whole walk so lunch was had back on the bus. We went to Mains of Drum to celebrate one of the members' birthday with a cake and wine.

In February the Amblers went up to Duff House. We do this every year to see the snow drops and they were at their best when we went up. Then we went on a walk up to the Bridge of Alvaha which

has some stunning views.

Trek-A-Boots went up Scolty. It was a bit misty but cleared when they got to the top for lunch time.

The Strollers went to Drum Castle to do the three forest walks there. This was my first walk since December when I got a new knee and, again the weather was fine but very muddy under foot.

The Amblers went to Monymusk. It was another fine day and we went up the riverside passing Munymusk House. Then we went along a farm track to Pitichie Castle, then up to the small loch where we sat on the bank for lunch.

We are always looking new members, so why not give it a try.

*You can contact Raymond on 01224 78-36-27 or email [helenandraymond@hotmail.co.uk](mailto:helenandraymond@hotmail.co.uk).*

# Grays Inn

Hi to all in Mastrick,

2014 is shaping up to be another Grayt year for us at Grays!

The Mastrick residents are second to none when it comes to showing how much they care about their community.

We have had several charity events so far this year and they have all proved how generous our community is.

We would like to mention an amazing young woman called Holly Craig who had her head shaved for Clan in memory of her aunt who died last year. This raised over £1400.

It never fails to amaze us how generous people are when it comes to a good cause. If you need help fundraising for any group or charity let us know.

We have many events coming up in the next few months so please feel free to pop in and find out why we are Mastrick's favourite pub.

Grays is staging its own version of the Commonwealth Games – "The Grays Games."

If you want to enter a team let us know. We are sorting out our games at the moment from arm wrestling to darts to stilt racing and many more interesting events.



**Please check out our Facebook page (Grays inn Mastrick) for upcoming events and chances to win prizes every month.**

# New Café in Mastrick

*Mastrick Community Centre has re-opened its coffee bar.*

The coffee bar will now be open Monday to Thursday from 9:30am - 12pm but will only be selling snacks at these time.

On Wednesday the coffee bar will serve hot food from 12pm till 2pm. The centre also requires some volunteers to help out at the coffee bar, so if you are free between Monday to Thursday then please contact the centre on 01224 78-82-88.

The coffee bar can also provide refreshments for functions or events that will be held in the centre.





# Mastrick Pensioners Group

On the 3rd of April the Mastrick Pensioners club celebrated Margaret Fiddes' 90th Birthday. Margaret initially started up the club 30 years ago and used to be the president of the club before standing down a few years ago and handing it over to Doreen.

Doreen wanted to make Margaret's Birthday a special occasion, so the club organised Margaret's favourite band to come and sing for her. A few of Margaret's friends said that she was a far better singer and, in her younger days, she was quite the entertainer.

## **Dates for the diary:**

### *June*

3rd - start bringing donations for the summer raffle

10th - bring donations for summer raffle

17th - raffle

24th - summer drive to Montrose and club closes

### *August*

12th - club starts up again

# Get ready for the 2014 Library Summer Reading Challenge!

The theme for this summer is Mythical Maze which invites children to discover more about myths and legends from all over the world. By taking part in the Summer Reading Challenge through Aberdeen City Libraries, and trying to read 6 books over the summer, you can join the mythical creatures who are this year's stars of the Summer Reading Challenge. Minotaur, Unicorn, Yeti, Mermaid, Dragon, Nessie, Garuda, Leprechaun, Medusa and Anansi will also appear on a free downloadable app featuring interactive activities, clues and rewards.

Collect stickers and incentives as you work your way through the Challenge and explore different zones on the maze. There will be more activities plus hidden 'treats' for children to unlock on the Mythical Maze website [www.mythical-maze.co.uk](http://www.mythical-maze.co.uk) which will go live before the summer holidays and there will be themed activities in libraries during the holidays.

The Summer Reading Challenge is aimed at children aged 4 and over but younger brothers and sisters can join in by sharing books with family and carers. Bookbug story and rhyme sessions for younger children will continue over the holidays.

**Summer Reading Challenge  
Mythical Maze event at  
Mastrick Library**

**Saturday 26th July  
2.30 – 3.30pm**

**Monday 28th July 2.15 – 3.00pm**

**For more information contact:**

**Mastrick Library on 01224  
788558 [MastrickLibrary@  
aberdeencity.gov.uk](mailto:MastrickLibrary@aberdeencity.gov.uk)**

**Northfield Library on 01224  
695104 [NorthfieldLibrary@  
aberdeencity.gov.uk](mailto:NorthfieldLibrary@aberdeencity.gov.uk)**

**or visit the Aberdeen City  
Libraries' website [www.  
aberdeencity.gov.uk/library](http://www.aberdeencity.gov.uk/library)**





# Smoking Advice Service

The Smoking Advice Service is Grampian's local stop smoking service and offers free support to anyone who wishes to quit. Young or old you can get access to a tailored level of support that means you are four times more likely to stop than someone who decides to try and stop on their own. Sessions are held across Grampian and run by one of our trained advisors who can see you in a group, or on your own and even over the telephone. Sessions generally run once a week for six weeks with an additional six weeks of support offered at the end of that for those who feel they need it. You can expect a friendly face, a professional service and the chance to meet other people like yourself and see that you don't have to go through this alone. The advisor will find the right way for you to stop smoking and give you advice on the many stop smoking medications available as well as a voucher for you to take to your GP so that you can be prescribed your chosen option.

There are a number of these medications currently available on prescription such as

Nicotine Replacement Therapy - patches, gum, inhalator, mouth spray, nasal spray, mouth strips, lozenge, micro tabs as well as Champix and Zyban.

If you feel that groups or that level of support is not for you then why not visit your local community pharmacy where you will receive stop smoking support as well as access to stop smoking medications on prescription. The pharmacy scheme is a drop in service so no appointment is required.

You can contact the Smoking Advice Service on free phone 0500 600 332, email [grampiansas@nhs.net](mailto:grampiansas@nhs.net) or text ADVICE to 82727 or visit your local community pharmacy.

### **Why should you stop smoking:**

As well as the obvious health benefits think of the money you will save. Currently a packet of 20 cigarettes costs around £8, so quitting will give a 20-a-day smoker an extra £56 a week.

You'll also save money in other ways. Life, home and car insurance can all be cheaper when you're a non-smoker.



## **ABERDEEN'S CHILDLINE OFFICE CELEBRATES 10TH BIRTHDAY**

Esther Rantzen, founder of ChildLine, joined staff and volunteers in Aberdeen last month to celebrate 10 years of ChildLine in Aberdeen. During this time the Aberdeen office has handled more than 72,000 counselling sessions, with more than 3.2 million children nationwide benefitting from the service since it began in 1986.

The NSPCC's ChildLine service is currently looking for additional volunteers to join the team. Aberdeen's Volunteer Co-ordinator Kerri Stewart says 'Increasing our volunteer team will enable us to reach even more children and will ensure that we continue to provide a life line for young people in distress'.

Thousands of children speak to a ChildLine in Scotland volunteer counsellor every year because they feel they have no else to turn to about their worries or concerns. Counsellors listen, assess and explore feelings and options with callers, who contact ChildLine by phone and online about a range of issues including bullying, abuse, neglect, sexuality and pregnancy.

Formal training or qualifications in counselling are not required, as full training is provided to all successful applicants. All that's needed is a commitment to children, an open mind and an ability to listen and support young people who need to talk.

Applications to volunteer can be made on line via the NSPCC website: [www.nspcc.org.uk/volunteer](http://www.nspcc.org.uk/volunteer). You can also call the Aberdeen office to talk with the Volunteer Co-ordinator on 0844 892 0200.

# Mastrick Community Centre

## Summer Playscheme

These are the details of this year's summer playscheme, for the primary school children all trips and activities must be booked and paid in advance; booking forms and all further details can be had by contacting the Centre at the above address.

### Booking dates are;

**Mondays** - 19th & 26th May from 9.30am-11am and 6pm-7pm

**Fridays** - 23rd & 30th May from 9.30am-11am

**Monday** - 2nd, 9th, 16th, 23rd, 30th June from 9.30-11am

**Friday** - 6th, 13th, 20th, 27th June from 9.30-11am

**Friday** - 4th July from 9.30-11am

### The summer programme of activities is as follows;

Tuesday 15th July	Camperdown Park	10am-6pm	£9.00
Thursday 17th July	Alford tubing	9am-5pm	£9.00
Tuesday 22nd July	Arbroath Carnival	10am-7pm	£14.00
Thursday 24th July	Blair Drummond	8.30am-9pm	£17.00
Tuesday 29th July	Carnoustie	9am-7pm	£12.00
Thursday 31st July	Active Kids	9am-8.30pm	£13.00
Tuesday 5th August	Montrose	10am-6pm	£9.00
Thursday 7th August	Landmark	8.30am-9pm	£17.00

For more information please contact the Centre on **788288** or visit our Facebook page:  
[www.facebook.com/pages/Mastrick-Community-Centre/184882071613559](https://www.facebook.com/pages/Mastrick-Community-Centre/184882071613559)





## WAITANGI DAY DINNER AND DANCE

### NORTH-EAST SCOTLAND DISABLED VETERANS ASSOCIATION

*On the 8th of February 2014, ten members of our association were deeply honored to be invited to attend the Waitangi day or, as it is more commonly known, the New Zealand Day dinner and dance in Perth, Scotland.*

This function was arranged and organized by Mrs. Eretti Mitchell of the New Zealand Society Scotland to celebrate the day that the country came under the Governance of the British Government and Crown.

This was no mean feat in 1840. As you can understand that there was only horses or shanks' ponies at that time, so it took a long time to get around all the tribe villages. There was approximately 540 tribes between both of the main islands of New Zealand.

Of these 540 tribes (14 of which had a female chief) 530 signed or made their mark on the governance document which held up their Maori rights to the ownership of their land and properties, and to give the Maoris full rights of British subjects.

Well that was the history part, and now the function part...

The dinner and dance was held at The Murray Shall Hotel and Golf Club in Scone, Perthshire. To say this venue was isolated is an understatement as it was up the darkest single lane road that we have ever seen. I would not have liked to have a skin full and have to stagger down to the main road.

Otherwise the hotel was absolutely fantastic, both in the decor and the friendliness of their staff, and, best of all, they had an open log fire to warm your cockles by. The meal was three courses as follows.

1st course of duck pate with mini oatcakes.

2nd course of braised Scottish lamb with dauphin Oise potatoes and seasonal vegetables.

3rd course of banoffee cake with vanilla ice cream.

Doesn't that make your mouth water? Once the meal was finished the band struck up with a mixture of Scottish and modern music.

Not to be outdone, the Kiwi's, under the tutorage of Mrs. Eretti Mitchell, a Maori herself gave us a demonstration of traditional Maori dancing and singing which really took you to those far away islands. Eretti was dressed in Maori national dress which also added to the atmosphere of the night.

We were also taught some of the Maori language in the last song and some guests were taken up to the dance floor to participate in the last dance, and it looked very strange to see hairy Scotsmen and women, most of whom were in kilts, take part in this dance.

Now the dancing started in earnest, in which two of our senior members - Mr. Gordon Anderson and Mrs. Margaret Donald really enjoyed themselves. Now, whether it was due to the whiskies that were consumed or just their natural talent at dancing one will never know.

Once Gordon and Margaret were up the rest of our group started dancing with the other guests, whether they were Scottish or a New Zealander. It didn't matter a jot, both groups joined in together and a great evening was had by all.



But, the usual happened, we were just getting into the swing of things and we had to leave. Unfortunately we were not staying at Murray Shall Hotel and had to travel back to the Salutation Arms Hotel in Perth to go to bed.

The following morning after a lovely breakfast we had to wind our way back to the Granite City.

So as you can see folks we in the Association have a wide and varied social life, so if there are any veterans who would like to come along and perhaps participate in our wide and varied activities then come along to our meeting at Mastrick Community Centre any Monday or Friday between the hours of 11am and 2pm. We will make you feel very welcome.

Our campaign for a mini bus will see us taking possession of a brand new 17 seater within the first week of March 2014 which is just in time for us to take part in the ANZAC day parade in Arbroath. We have attended this event for the past six years and we recognise it as the start of another year of functions, parades and collections.

# Mastrick Parish Church

## **Anniversary Celebrations**

We are still on the look-out for memorabilia relating to the last 60 years of community service that has taken place in Mastrick Parish Church. We would be happy to talk to anyone who has a story to tell about the church and its people over the last 60 years. It is our intention to have several events over the next few months to celebrate our anniversary these will be advertised in the local press, community and church notice boards and of course in Mastrick Matters.

## **Messy Church**

Messy Church meets on the last Thursday of every month during the school terms and information on these will be in the church notice boards and leaflets go out to all the schools in the area. Messy church is open to all primary school children and their siblings but they must attend with a parent or carer. The children enjoy crafts, games, stories, a short service, a meal, good company and a very happy time together.

## **Crafty Sew N Sews**

This is a new group that has started up in church and is open to anyone who is interested in small craft work. They meet every Thursday morning in the meeting room at church from 10am – 12 noon. Come along and have a look at what they do, have a coffee and a chat with Linda about the range of crafts.

**Contact Linda on 681164 for more information.**

## **Meeting Rooms**

There are several rooms of various sizes within Mastrick Parish Church that could be used for meetings. The cost for the hire of these rooms vary depending on the size of the room. Costs for these and availability can be had by calling the church office on 694121

## **The James Tyrrell Centre**

The clients who attend the centre continue to enjoy the activities and the company. They had a very enjoyable Christmas period with parties, entertainment and a lovely dinner plus a visit from

Santa. Just recently they had a visit from a group from Road Safety Scotland who entertained them with a series of short hard hitting plays and a question and answer time about road safety. The clients also received an invitation from Robert Gordons College to attend a production of "Cats." The clients who attended this had a very enjoyable afternoon of musical theatre performed by the talented enthusiastic pupils of the college.

**Rose Clayton MBE**

***Mastrick Parish Church***

# Northfield Academy

## S1 Parents Consultation Week

This term we introduced the S1 Parent Consultation Week for the first time. This was a move away from the traditional model of an S1 parents' evening.

The Consultation Week was a week-long opportunity for parents to visit at a time of their choosing.

Appointments were offered at different times throughout the week with one member of staff providing feedback on pupil progress.

This was an excellent opportunity for parents to visit the school and have a quality conversation about their son/daughter's learning at Northfield Academy. Evaluations of the week are ongoing but initial feedback from both staff and parents has been very positive.

Last year the attendance at S1 parents' evenings averaged 53% and attendance at this year's Consultation Week was close to 90%. Thank you to everyone who supported this new initiative which has certainly helped us to increase parental involvement - one of our key priorities.



## Patrons of Reading - Metaphrog

January saw the first of seven visits by John Chalmers and Sandra Marrs of Graphic Novel writing/illustrating team Metaphrog. Our three year Patron of Reading partnership got off to a great start with all S1 pupils being introduced to the art of graphic novel planning and design. The informative and practical workshop took pupils on a journey of discovery through different types of graphic novels before allowing them to create strong, descriptive characters of their own. These workshops were very well received by pupils. Returning in February Metaphrog worked with Heathryburn and West Park Primaries at the Academy on a similar workshop theme.

Thirty S1 pupils then got the opportunity to work further on their previous character creation designing their own comic script with guidance from John and Sandra. Since the sessions, pupils have had the opportunity to finish their comics which will be displayed in school and on the Library blog next term.

We were pleased to receive a kind gift from them of a class set of "Louis: Red Letter Day" and accompanying lesson ideas. In between visits John and Sandra will be keeping in touch to recommend graphic novels to pupils. The partnership with Metaphrog is a three year one so we will be looking forward to planning further visits and activities with them in the near future.

# Young Coach of the Year

One of our S4 pupils, Hayley McMillan, was awarded the Sport Scotland Grampian Award for Young Coach of the Year 2013. To win this award, Hayley first won the local Sport Aberdeen Award for Young Coach of the year, which led her to be put on the short list for the Grampian Award. Her huge commitment, and her willingness to help out wherever and whenever she can, led her to winning this award. Hayley is our schools Platinum Young Ambassador, whose role is to encourage and inspire young people to participate in sport. Hayley gives up a lot of her free time to do this, and is very dedicated to trying to get young people in to sport. Hayley coaches the Schools Basketball Team, the Girls Football team, assists with the S2 Boys football team and also helps with Girls Club. Hayley is a very talented sports person herself and is a great role model throughout the school. She has motivated a lot of young people, especially girls, to get in to sport. Congratulations to Hayley for winning this award.



## Culture Café

This term we have launched our Culture Café venture which takes place every Tuesday lunchtime from 1pm. A dedicated group of our senior pupils have been responsible for setting up the venue, designing signs and décor, setting up and clearing up on a weekly basis, planning music and activities, performing live music, making food and drink to sell and serving, advertising, manning doors, and joining in with peers in the games and activities on offer; as well as undertaking "Bully Buster" training with Aberdeen City Community Learning Development team.

This has impacted positively on the school in that it has provided a safe and attractive space for pupils to spend time at lunchtimes enjoying food and drink together, playing games, chatting, listening to live music and playlists and generally hanging out and getting to know others in an informal and relaxed environment. It has started something that should continue to impact positively on the school community long into the future after these pupils have left school.

## Summer Fair

We are holding a Summer Fair, in partnership with St Nicholas Rotary, on Saturday 7th June 2014 from 10am to 1pm.

Although the purpose of the Fair is to raise money for Northfield Academy and the Charities that St Nicholas Rotary support, our main aim is to encourage people to come along and see what is happening in the school and the community.

In addition to the usual stalls and activities we have had in previous years, we have new for this year:

**Horizontal Bungee**

**Eco club garden ornament sales**

**Culture Café – with live entertainment**

**Photo Booth by First Photographics**

**Healthy Eating demonstration by the school kitchen staff**

Local Primary Schools will also be participating, whether by showcasing their talent or holding a fundraising stall. shmuFM has also agreed to broadcast from the school during the Fair.

Please come along, join in the fun and help support your local schools and charities.

## TEAM BUILDING DAYS AT SHMU



Newbies took over the shmu studio in March as shmu launched its first teambuilding day experience. A group of employees from Aberdeen Asset Management were set the challenge of researching, programming content and presenting a live show in only one day.

The day began at the Tillydrone Youth Project (TYP) where the team were introduced to the shmu team who guided them through the teambuilding day and gave the team a crash course in community radio, show topic discussion, show style, research, legal requirements and role distribution. After a spot of lunch, the radio rookies were transported back to shmuHQ and split into two groups. Group one were the editorial team, consisting of anchor presenter, two news/support presenters and a show producer.

Group two head up the features team, two members who devised a short feature piece on the topic for broadcast during the show. On top of all that, Team one received technical training, draft running orders, scripts and intros and outros as well as choosing the music for the show. The second team recorded and edited a telephone interview for their feature piece.

*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.*

After a quick run-through, the team then presented a one hour live broadcast on shmuFM followed by an evaluation, debrief and a well-deserved cuppa.

Well done to the team from Aberdeen Asset Management on a brilliant show! If you would like to book a team building day for your company, please get in touch with us. Call Lesley on 01224 515013 or email [lesley@shmu.org.uk](mailto:lesley@shmu.org.uk)

### shmu Intro Session

We also deliver 30 minute 'intro sessions' to any groups who want to know more about shmu. Our team will present an interactive information session on everything that we can offer here at station house media unit. This is a brilliant opportunity for groups who would otherwise struggle to be heard or gain any coverage locally. We will help you record a jingle, which will then be aired on shmuFM. We are happy to deliver our takeover 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. Call Denise on 01224 515013 or email [denise@shmu.org.uk](mailto:denise@shmu.org.uk) to book your session.

# MS Society

## Stuart Resource Centre

### RGU Gym Sessions

As some of you probably know, we are linking up with RGU to offer tailored gym sessions for those with MS. This has been rather popular, and all the more so for its mention in the paper this week. We are all booked up for the sessions taking place over the end of this month and next. However, due to its popularity, we will be offering an expanded course with more places later in the year. If anyone is interested or wants further details, please reply to this with your name and contact telephone number.

### Psychic Night – 23rd of April

In April three psychics will be coming to the SRC here in Mastrick to offer their services with the mysterious arts. Even if you don't take it too seriously, it will be a good night of raffles, auctions, nibbles and so forth. More details to come soon, though we think tickets will be roughly £10 per person.

### Tesco Collection – 28th of April

If any of you are free for an hour or two on Monday the 28th of April, and you fancy wearing an exceptionally stylish MS Society T-Shirt, then please get in touch with me. More details of the collection to come, but it should be a fun day!

Cake Break and Open Day at the SRC – Sunday the 11th of May

The time of our cake break is coming again. Nothing like a cuppa and a fine piece I say. You are all welcome to come along, and all are more than welcome to bake for it! Alongside this we will be having an open day here at the SRC. This is to advertise and show off what we can offer those affected by MS in the Grampian area. Taster sessions of our classes, a chance to meet our volunteers, and so forth. If you've never been to the SRC before, or had nothing to do with the MS Society, save signing up for emails, the 11th of May will be the day for you.

### 56th Annual AGM – 11:30AM on the 22nd of May

Invitations, minutes and so forth will be coming out to you all very soon, so we can look over what sort of a year it has been for the SRC and the Aberdeen Branch. It would be great to have as many of you along as possible, even if it is just for the Free lunch! More details to come.

### Musical Night at the SRC – 7th of June

We are planning to have a musical and entertainment night on the 7th of June. So far we have the Scottish Opera confirmed to do a small performance of Madame Butterfly for us. We are looking for variety, however. If you or anyone you know, plays an instrument, is part of a band, or so forth, please

get in touch to help us raise money for the MS Society, and put on a great evening that the whole family can enjoy.



### SRC Funday! – 26th of July

After the astounding and sunny success that was our Funday last year, how could we not put on another one this year! With a great deal more time to plan it as well this year, it will be so much more fantastic, that I struggle to describe it. Once again we will be needing volunteers for the day, so please come forward if you want to help. We are also in need of entertainment, so if you, or someone you know can help please say so.

So yep, a few things are coming up! Stay tuned for more updates and more info. Please do get in touch if you want any more information about any of this, or want any help and support from the MS Society. You can contact **01224 69-27-77**.

**Thomas Newman**  
Centre Coordinator | MS Society  
Scotland | 01224 692777  
Stuart Resource Centre, Long  
Walk Road, Aberdeen

# 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

Drugs Action **01224 594700**

## Dentist

Emergency - G-Dens **01224 558 140**

## Doctors

NHS 24 Emergency **111**

## Electricity

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

## Family Planning

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

## 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 **101**

## Samaritans

Need to talk **01224 574 488**

## Social Work

Social Work Duty Team **01224 522055**  
Emergency Out-Of-Hours **01224 693 936**

## Young Carers

Support & Information Service **01224 625 009**

## Water

Scottish Water Emergency **0845 600 8855**

## Alkohol

Anonimowi Alkoholicy **0845 769 7555**  
Problemy z alkoholem **0800 917 8282**

## Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

## Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

## Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

## Dentysta

Nagle wypadki **01224 558 140**

## Lekarze

Nagle wypadki **08454 242 424**

## Elektryczność

W wypadku odcięcia energii elektrycznej **0800 300 999**

## Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

## Gaz

Nagle wypadki **0800 111 999**  
Nagle wypadki w związku z licznikiem **0845 606 6766**

## Pomoc mieszkaniowa

Nagle naprawy **01224 480 281**  
Centrum pomocy **0845 608 0929**

## Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji **0845 600 5700**

## Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

## Praca społeczna

Dyżur pracowników społecznych **01224 765 220**  
Nagle wypadki poza godzinami pracy biura **01224 639 936**

## Pomoc w karierze

Wsparcie i informacje **01224 625 009**

## Woda

Nagle wypadki **0845 600 8855**