

Middlefield **Mirror**

Spring 2017



In this issue:

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PARTICIPATORY
BUDGETING
NEW COUNCIL HOUSING
COMMUNITY HUB

www.shmu.org.uk/press

Middlefield Mirror

Spring Edition 2017

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Editorial

Welcome to the summer edition of the Middlefield Mirror.

In this issue we have articles covering Middlefield Community Hub, the participatory budgeting scheme in Northfield and Middlefield Community Project receiving the Volunteer Friendly Award for the second time.

We also have news from Northfield Academy and your local library.

If you would like to get involved and join the editorial team or if you have ideas for this 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 if they are interested in developing their ideas, or their skills in writing, proof reading and photography.

So, please don't be shy, this is your magazine, written, edited and designed by folk from Middlefield.

If you live in the Middlefield area and would like to come along to the editorial meetings or submit an article then get in touch with **Laura** at **shmu** on **01224 515013** or email **laura.young@shmu.org.uk**

The magazine is now on Facebook as well so you can search for Middlefield Mirror and like the page for regular updates.

You can also view this magazine, alongside previous editions on the **shmu** website **www.shmu.org.uk** then click the 'PRESS' option

FUNDED BY



Volunteering Award Success for Middlefield Community Project

ACVO are delighted to announce that Middlefield Community Project has been awarded/reaccredited with the prestigious Volunteer Friendly Award. The now former Lord Provost of Aberdeen, Councillor George Adam presented Middlefield Community Project with a special plaque and certificate at the recently opened Middlefield Community Hub to mark this major achievement and extended his many congratulations and thanks to the Middlefield Community Project and volunteers.

The Volunteer Friendly Award is an important national quality standard delivered locally by ACVO, Aberdeen's Third Sector Interface. The Award recognises organisations that evidence excellence in involving volunteers, lead best practice in volunteering and enables groups to continue to offer positive volunteering opportunities/experiences. Middlefield Community Project were first awarded the Volunteer Friendly Award 3 years ago (the award lasts for a period of 3 years) and have successfully been reaccredited with the award reflecting sustained excellence, continued great commitment to volunteers/volunteering and that Middlefield Community Project works to the highest standards in involving and supporting volunteers.

Volunteers at Middlefield Community Project were also presented with thank you certificates from the Project/Lord Provost Councillor George Adam in recognition of the magnificent contribution volunteers make.

Helen Graham, Project Coordinator talked about the dedication and commitment of volunteers at Middlefield Community Project and made it clear that without volunteers many community services would not exist. Helen also gave a big thank you to Mike Melvin, ACVO for helping Middlefield Community Project to renew the award and to the Lord Provost for taking the time to present the award and to congratulate volunteers for all their hard work.

Mike Melvin, Volunteer Friendly Assessor at ACVO said: "This is an incredible achievement and underlines the fantastic work and volunteering at the Middlefield Community Project. It was inspiring meeting volunteers and project staff who support volunteering. The award and certificate presentations highlighted just how outstanding Middlefield Community Project is and the real positive difference the project and volunteers are making in the community."



St Machar Credit Union

St Machar Credit Union now have two collection points in Middlefield. They are based within the Middlefield Community Hub (on the site of the former Henry Rae Community Centre). On a Monday evening the collection point runs from 6:30 to 7:15pm in the main reception area of the building. You can also access the service on a Tuesday between 11:30am and 12:30 lunchtime.

For more information about the services St Machar Credit Union provides phone 01224 276994.



New Council House Developments in Middlefield

Construction has finished on the first batch of new homes to be built on the site of Smithfield School.

A total of 99 council homes are being built on the site and the first phase will be offered to Aberdeen City Council tenants over the summer period.

The Smithfield Development will include a range of houses including semi-detached and detached properties of up to four bedrooms and a mix of one and two bedroom flats.

Work to the remaining homes in the development is ongoing and will be done in phases over the coming year.

As part of the development there will also be lots of green spaces and the playpark opposite the site will be refurbished and an access path from the new housing will be constructed.

These homes will be linked to Aberdeen City Council's Combined Heat and Power (CHP) Scheme in an effort to tackle fuel poverty and reduce carbon omissions in the city.

The CHP scheme recycles energy from waste and provides low cost fuel.

As well as the Smithfield site there are another 80 homes being built on Manor Walk. The current model being built in Middlefield which combines buildings, streets and spaces to create a local identity, will hopefully be carried out across other areas of the city as well.



Northfield Academy



Lip Sync Live

On the 29th of March 2017, the Northfield Academy Charities Committee, led by RMPS teachers Charlotte Macleod and Paul Rorie and including an array of senior pupils, held an incredibly successful lip sync battle to raise money for the STV Children's Appeal.

The Children's Appeal aim to raise awareness and increase the quality of life for children living in poverty across Scotland. The night included six lip sync videos, performed by both teachers and pupils all competing to win the notorious lip sync battle trophy. Both former and current pupils of Northfield Academy attended to watch the music videos. In addition to pre-recorded videos, the charities committee invited both former and current pupils

of Northfield Academy to do live performances to show their incredible vocal talents. Hannah Ross, Rianne Gorman and Emily Watt wowed the audience into silence after their fantastic performances on the night. STV cameras were also present and recorded most of the night to show the phenomenal effort that the Charities Committee had put in to raise money for those who are in need.

Overall, the night raised a whopping £620 from tickets, popcorn and sweet sales, and even had a raffle with an array of prizes up for grabs. The Charities Committee had even arranged a finale that would get people singing and dancing along. They created their own lip sync video

for the song '500 Miles' by The Proclaimers and eventually entered the stage live to engage the audience in a bit of karaoke. The winners now feel a sense of victory after their 'Fresh Prince of Bel-Air' video, which was performed by the PE teachers, had the audience laughing and smiling until the very end of the night.

Mrs Macleod said: "I'm very proud of the committee, as always. Everyone did their bit and the night ran like clockwork".

All in all it's fair to say that a huge congratulations is in order for both the charities committee and the winners of the night.

Leona McKay

The Creative Writing Pond

On the 28th of February the pupils of Northfield Academy were treated to a visit from the fantastic Catherine Forde, author of novels such as Fat Boy Swim and The Drowning Pond. Pupils from S1, 3 and 4 were treated to a creative workshop with Cathy as she challenged them to discover a new, unseen side to our school. Pupils explored the grounds and were inspired by the familiar setting and returned to class brimming with ideas for creative pieces.

Cathy gave the pupils tips on how to nurture their creative writing

talents and create extraordinary storylines from the most ordinary of places. S4 pupils were given the chance to show off their creative writing skills with Cathy on hand to give hints and tips that she herself picked up as she developed her own skills as an author.

One of our very own teachers, Miss Rachel Craig, gave us a little insight on how their day went.

She said: "It was very enjoyable and my S3 class have got more of an idea of what to write for their creative portfolios."

"It was a hands on element of workshop. Cathy had the classes go outside and admire their surroundings, use what they had around them as an inspiration. It helped a lot of them and gave them more ideas on how to write and what to write about."

A familiar face here at Northfield Academy Cathy left us once more, impressed and inspired by the ideas and abilities of our talented pupils.

Middlefield Community Project



New building

Middlefield Community Project successfully moved into the new Hub building on Manor Avenue during the Christmas holidays. The nurseries then opened at the start of the new term in January 2017. This term has been very busy and the time has certainly passed by extremely quickly. We would like to thank all of our families for their continued support, feedback and cooperation. We really have appreciated it during this busy time. We look forward to sharing and enjoying lots of positive experiences with everybody in our new setting.

Since moving we have reorganised the way our nurseries are organised. We now have a 0-3s and a 3-5s nursery. This helps to ensure that no matter what group a child attends, they are having the benefit of shared learning opportunities with peers of a similar age. Within these classes the Project still offers part time, term time classes for 2 year olds and 3-5 year olds, Me2 sessions for eligible two year olds.

Furthermore, we still offer both part time and full time fee paying early learning and childcare opportunities for children whose parents/carers are either working and/or attending college. We have extended this provision to offer the same fee paying opportunities for younger

children. The full time children join up together at the start and end of the sessions which they all seem to be enjoying and benefiting from. The older children have thoroughly enjoyed helping the younger children to settle in. They have learnt about the importance of helping and looking after the younger children and in turn the younger ones learn from their older peers. Both nursery rooms have had many applications for spaces and we now have limited spaces left and have created a waiting list.

The new intake of children after the Easter holidays means that we now have a total of 36 new children attending the nurseries. With this increased number of children, we have welcomed two new members of staff. Kirsty and Kerryann joined our team in the 0-3s room after the Easter holidays.

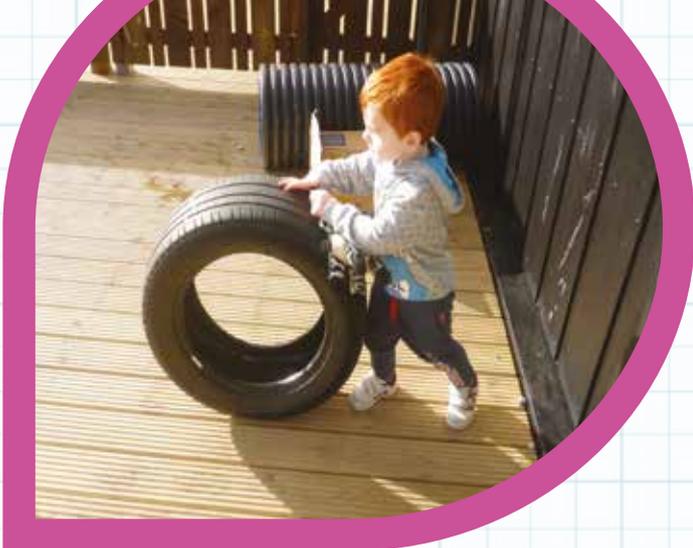
The staff have been getting used to working in their new teams, finding out how to effectively organise their nursery spaces in order to offer a range of fun and stimulating quality learning opportunities and most importantly helping children and their families settle into our new setting. This has been the greatest achievement and all of the children certainly seem to have settled well and be enjoying the new larger space. Parents and carers have also given us

lots of positive feedback about our new building. We really appreciate parents and carers giving us their feedback as it really does help us to improve the quality of our service offered and ensure that we are meeting parent's individual needs. Comments include, "It's a great space." "I love it and my child loves it too." "Absolutely brilliant." "Here is a top place that I wanted my daughter to go".

The children have enjoyed being involved in organising their nursery spaces so they feel a sense of ownership. We look forward to working in partnership and involving our parents and children in the future in developing our fantastic outdoor space. The children are very much looking forward to when we have some grass so that they can utilise the space to its full potential.

The children have also been making the most of the increased space on offer to them. As well as all the extra space that they now have in the nurseries, they now also have the benefit of having access to the hall and outdoor football pitch for any games and energetic activities.

We have enjoyed showing lots of people around our lovely new facilities. Some of these visitors have included many new potential parents/carers,



several other professionals, including people that will be involved in planning and working in the proposed new Hub in Tillydrone, Early Years Development officers, councillors and The Lord Provost. It has been a pleasure showing everyone around and hopefully our feedback on the positives, about what is working well, but also the challenges experienced in the whole design, planning, construction and moving process will help inform the successful planning of the new Hub in Tillydrone.

The community café now provides our nursery children with their lunches. The children are very much enjoying their new lunch menus and it is great for them to see and understand where their lunches are being made. It is also a great facility particularly for children and their parents/carers to use. Me2 children can claim their entitlement to a free lunch here each day. It also provides parents and carers with a great facility to meet up and enjoy some time to themselves for a chat, a drink and something tasty to eat. Feedback about the café has included comments such as, "great range of food with amazing prices." "Very healthy food". "Prices are really good". "Me and my mum

use it regularly. I recommend it to others". The staff are also very much enjoying having this facility for a Friday treat.

We will keep you updated with our progress and stories. Furthermore we would like to thank everyone that helped ensure the move and transition to the new building went as well as it did. We look forward to sharing many positive and fun learning experiences with our staff, parents/carers and other service users in our fantastic new building for many years to come.





Images courtesy of Aberdeen City Council

MIDDLEFIELD COMMUNITY HUB

In January this year, Middlefield Community Hub opened its doors to local people.

The former Lord Provost Henry E Rae Community Centre has been refurbished and a multi-million-pound extension has been added on to the side of the building which now houses Middlefield Community Project, Middlefield Youth Flat and the Healthy Hoose.

Inside the building there is also a community café which is staffed by local volunteers and provides great food at great prices. The café are always looking for more

people to help out so if you would be interested in lending a hand, meeting new people and gaining some new skills pop in and have a chat with them.

The Healthy Hoose is now open to clients as well and are offering the same health services to Middlefield and Cummings Park residents. For more information give them a call on 01224 558928.

Middlefield Youth Flat have their own wing within the building

which has sessions every weekday except from a Thursday and on a Sunday evening.

Middlefield Community Project are expanded their services and their nurseries. They are now open to people living in parts of Cummings Park and Heathryfold as well. If you would like more information on what services the project offers phone them on 01224 697000.



SOCIAL AREA

POOL ROOM



CAFE

ENTRANCE



PARTICIPATORY BUDGETING IN NORTHFIELD

THE WINNERS

Earlier this year there was £82,500 worth of funding available to people living in the Greater Northfield area. Local people were invited to submit ideas for how the money should be spent in the area and then the community voted. Winners were announced in March this year and the Middlefield Mirror team are delighted to be able to share some information regarding the winners.

Westpark School Community Playground - £10,000

The school wanted to remove some old and unsafe play materials, then upgrade the area, making it suitable for outdoor play and learning. The final plan will be decided by the community through the Parent Council but will include lots of natural resources, eg rocks, logs and trees, placed in an interesting and interactive landscape to encourage problem solving skills, cooperation and health and wellbeing. The playground will be available to children of the area outwith school hours as well.

Get Fit For Free - £10,000

Byron Boxing Club will be running free fitness sessions for people of all ages from the Greater Northfield area on a Friday

evening. These sessions will help promote health and wellbeing in the area.

Byron Parents and Toddlers Expansion - £6,000

This group currently meet in Cummings Park Centre several mornings a week and allows children and parents to socialise and interact through play. The funding will be used to replace equipment and fund new resources/activities.

Byron Sports Club - £3,000

Byron Sports Club will use the money to continue the work they do with youth football in the area.

Mastrick Community Minibus - £5,000

The community centre will use the bus to help groups get out and about to different places and improve transport for local people.

Aberdeen Boxing Club Non-Contact Boxing & GB Boxing Awards programme - £9,967

Aberdeen Boxing Club want to create learning opportunities for young people in the area through the expansion of their service. There will be additional boxing sessions at Northfield Academy twice a week for young people aged between 7 and 17. These

sessions are non-contact and focus on the fundamental boxing techniques and fitness. As part of the sessions there will be a focus on healthy lifestyles which includes nutrition as well as fitness.

Streetsport - £3,600

This organisation will be running sessions for young people in the area completely free of charge using the Bill Burr astro pitch. These sessions would run from 8-10pm every Friday evening to try and reduce youth-related anti-social behavior. These multi-sport and creative activity sessions will cover a wide range of activity throughout the year.

The Club - £5,400

Mastrick Community Centre will deliver a 20-week pilot youth work project for young people aged between 8 and 14. They plan to source tutors from other agencies to cover themes such as sport, music, technology and fitness with the young people. The end goal of the pilot is for the young people to direct and produce a video showing the skills they have learned over the course of the programme.

Fight for Recovery - £4,800

Coaches at Byron Boxing Club will be working with Alcohol and

Drugs Action to provide two 12 week programmes of boxercise for individuals who are in recovery from alcohol and/or drug use. Each weekly session would include physical exercise as well as information on nutrition.

Manor Park Minions - £3,000

Manor Park Minions is a parent and toddler group which was set up by residents of Middlefield to provide local parents with activities to take part in with their children. The group want to expand to cover another community and help to cover the cost of outings for day trips so attendees would not have to pay. The toys the group currently use belong to the Childcare Services Creche so they would like to be able to purchase their own.

Over 50s Fun - £3,210

Northfield Community Centre want to be able to develop a programme of activities for people over the age of 50 in the area. There will be activities in the centre on a Monday with a social get together in the café afterwards. On a Thursday, the centre are also going to host

a local history group which will feature local walks and talks on a topic of the groups choice.

Meeting Local Demand for Activity and Opportunity - £9,996

Middlefield Community Project has recently moved to Middlefield Community Hub and will use the money to develop activities to meet the needs of a much bigger community. They will use the money to provide laptops and IT tutors to enable digital learning with adults and young people, fund keep fit tutors who will run classes for a variety of ages and fitness levels, a baby massage tutor and additional staffing for the Youth Space to help deal with the increased catchment area of the Project.

Cummings Park Community Flat Programme Bid - £4,750

The Community Flat in Cummings Park will use their funding to develop their programme of activities. They will hire a minibus to support local people to get out and about, exploring their local area and increasing their level of activity.

They will also use the money to expand their crafts groups and encourage more people to join. The men's group will benefit from the funding by being able to try more sporting activities throughout the year.

AFC Community Trust - £5,000

Aberdeen Football Club Community Trust (AFCCT) will be working with local people in the Northfield area to access AFCCT delivered physical activities and wellbeing initiatives. These activities will help tackle social isolation and help older people get active. The activities will be dementia friendly, give local people skills, provide volunteering opportunities and opportunities for intergenerational activities.

For more information about any of these projects contact Fiona by emailing FiGray@aberdeencity.gov.uk.



SPEND A SUPER SLEUTHING SUMMER AT YOUR LOCAL LIBRARY

The Tesco Bank Summer Reading Challenge Scotland takes place in Aberdeen City Libraries again this year with the exciting theme of Animal Agents.

Animal Agents is a detective agency with a difference - animal characters solve a series of cases with a little help from their friends. The Challenge runs from Friday 30 June until Saturday 26 August and encourages children to read or share up to six books from their local library over the summer holidays.

Any library book can be read - from picture books to talking books and when children complete 2, 4 and 6 books they receive stickers and rewards. By reading books and collecting stickers, children will help the Animal Agents find out what's really been going on behind the scenes and who is to blame! Animal Agents is a must for all eagle-eyed youngsters and will test their skills and ingenuity along the way.

For more fun and activities, check out the Summer Reading Challenge website www.animal-agents.org.uk where children can also create a personal reading profile and add books they've read to the Book Sorter.

Fun, free events take place in libraries throughout the holidays for children taking part in the Challenge.

The Challenge is aimed at children aged 4 to 12, however children under 4 can take part using the Pre-school card, collecting up to 6 themed stickers. The regular Bookbug Story and Rhyme sessions continue in libraries across the city throughout the holiday period when children can take part in the Bookbug Library Challenge.

Summer Reading Challenge Events:

Animal Jumping Jacks - Join us for a fun activity session making dangling animal puppets related to this year's theme, Animal Agents. For children aged 4 – 11 years.

Mastrick Library
Saturday - 8 July
2.30 - 3.30pm

Animal Antics – Come along for a fun activity session making masks related to this year's theme, Animal Agents. For children aged 4 – 11 years.

Northfield Library
Monday 24 July 2.00 – 2.45pm
Booking is essential for both events

Contact details

Mastrick Library
T: 01224 788558
E: MastrickLibrary@aberdeencity.gov.uk

Northfield Library T: 01224 695104
E: NorthfieldLibrary@aberdeencity.gov.uk

Or visit the website www.aberdeencity.gov.uk/Library

SCOTLAND'S LIBRARIES AND THE READING AGENCY PRESENT

TESCO Bank Summer Reading Challenge Scotland

ANIMAL AGENTS

animal-agents.org.uk



CFINE

Volunteering Opportunities at Middlefield Community Project

Social work students Jill and Laura have been supporting Middlefield Community Project to provide fresh fruit and veg which will be accessible for all residents and centre users within their new building.

They said: "We are social work students on placement at CFINE and we are setting up a project within the new Henry E Rae Community Centre. A

Community Food Outlet will ensure that fresh fruit and vegetables are available to the community at an affordable price. These projects have been successful all over the city due to the dedication of our volunteers."

If you are interested in contributing to a good cause in Middlefield by volunteering, please contact Christine on 01224 596156.



Are you a carer?

My name is Jacqui Dunlop and I work as a carer's advisor for VSA Carers Resource Service and I work across the central locality area of Aberdeen which includes Middlefield.

An unpaid carer is generally defined as a person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently at home without the carer's help.

You may provide help with personal things like getting washed and dressed and taking medication. You may also help with things like shopping, laundry, cleaning or cooking.

If this is you VSA Cares Resource Service can offer advice, information and support to you on all aspects of caring. We can also provide access to charitable grants and signposting to other organisations.

For more information contact me;

Jacqui Dunlop

VSA Carer advisor,

VSA Adult Carers Resource Service,

38 Castle Street,

Aberdeen

AB11 5YU

01224 358628

Jacqui.dunlop@vsa.org.uk



Million Pound Makeover for SHMU Becomes a Reality!

Having secured just over £1m from the Scottish Government's Regeneration Capital Grant scheme – the same fund that has contributed towards the new Middlefield Hub – shmu has spent the last 12 months consulting with the community members, partners and project users in order to design a plan for a purpose-built redeveloped building.

The new purpose-built accommodation will extend the existing Station House Media Unit building in Woodside, and will include new radio studio's, a recording studio, a IT training room, an edit suite and an increase in public space for volunteers, including a café.

The building work will take approximately 12 months and during this period shmu will

be moving to a new temporary home based at the City Council's Rosehill House on Ashgrove Road West. The programme for the commencement of the new build has yet to be finalised but it is anticipated that the project will commence in July. We hope that it won't impact too much and that we can support volunteers to continue to take part during our year away from the building.

Although over £1m has been secured to support the project, the organisation is embarking on a fundraising campaign to meet the shortfall (approximately £120,000) and also to begin work to identify funding for Phase 2 of the plan, which is to transform the existing building into a small community venue.

North of the City Magazine Consultation

Due to the recent regeneration developments north of the city shmu are considering changing the catchment areas of the community magazines and we are looking for your input before we make a final decision.

Currently we have a Middlefield magazine called Middlefield Mirror which works in the same way for this community. Their meetings take place in Middlefield Community Hub.

Cummings Park and Northfield have a joint magazine called Cumming North. This magazine encourages content submissions from local people and services in both these communities and is delivered through every door in the community free of charge. The decisions for the magazine are made by the local people who volunteer to form the editorial team.

Their meetings take place in Cummings Park Community Flat and Northfield Community Centre.

Recent changes mean that lots of services are now open to residents of Middlefield and Cummings Park but not Northfield. We are proposing to potentially change the boundaries so we develop two new magazines - a joint magazine between Middlefield and Cummings Park and a separate magazine for Northfield. Before we make these changes we would like to know their views.

We are currently collecting people's views via an online survey www.surveymonkey.co.uk/r/northofthecitymagazines. Staff from shmu will also be visiting groups in the area to get their views so look out for us.

If you have any questions or comments please email laura.young@shmu.org.uk or call 01224 515013.



Family Support Charity Issues Anniversary Call for Volunteers

Family support charity Home-Start Aberdeen has issued a plea for new volunteers as it prepares to celebrate its thirtieth year of support and friendship for vulnerable city families. The Aberdeen scheme, which has grown to become one of the largest Home-Starts in the UK, is looking to recruit 30 new volunteers in 30 weeks in order to drive down numbers on its waiting list.

Home-Start Aberdeen provides local families who may be vulnerable, or suffering from isolation, with emotional and practical support in their own homes. This support is delivered by trained home visiting volunteers, who are carefully matched with a local family by their Home-Start Aberdeen coordinator. The charity's small staff team currently supervises the efforts of over 100 volunteers who, in turn, provide around 200

families and 300 children with weekly home-based support.

Georgette Cobban said: "Home-Start Aberdeen has come a long way since its beginnings as a small project operating from a box room in the Mastrick area of the city,"

"Our formula of allocating families a home visiting volunteer, who normally has parenting experience themselves, is proven to be of genuine benefit to those who, through no fault of their own, may be struggling to cope with family life.

"We receive family referrals on an ongoing basis from health visitors and social workers, who see first-hand the positive difference that Home-Start Aberdeen can make. At present, we have a waiting list of over thirty families and we are desperate to give them the help they need as quickly as possible."

No qualifications are required to become a Home-Start Aberdeen

volunteer – we provide full training and ongoing coordinator support. All that is required in return is a willingness to help and a time commitment of 2-3 hours per week. Training courses will take place throughout the year to support the charity's '30 in 30' target. To find out more email volunteering@homestartaberdeen.org.uk or call 01224 693545.

Home-Start Aberdeen provides vulnerable local families with emotional and practical support in their own homes. The charity has been working with communities in the city for 30 years. Its team of trained home visiting volunteers work with referred families to help them access relevant health and welfare services, manage family budgets and nutrition, engage with their own communities and enjoy family life again. Further information is available at www.homestartaberdeen.org.uk.

Community Contacts

Alcohol

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

Crime

Crimestoppers **0800 555 111**

Drugs

Drugs Action Helpline **01224 594700**

Dentist

Emergency - G-Dens **111**

Doctors

NHS 24 Emergency **111**

Electricity

If you have a power-cut **105**

Family Planning

Aberdeen Community Health
and Care Village **0345 337 9900**

Gas

Gas Emergency **0800 111 999**
Gas emergency with a meter **0845 606 6766**

Housing

Emergency Repairs **01224 219 282**
Call Centre Emergency **0845 608 0929 or 116 123**

Police

Non-emergency **101**

Samaritans

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

Social Work

Social Work Duty Team **0800 7315520**
Emergency Out-Of-Hours **01224 693936**

Young Carers

01224 212021

Water

Scottish Water Emergency **0800 0778 778**

CFINE

01224 596156

Home-Start

01224 693545

Pathways

01224 682 939

Cash in your Pocket

0800 953 4330

Citizens Advice

01224 569750

Terrence Higgins Trust

0808 802 1221

LGBT Youth Scotland **ehepburn@aberdeencity.gov.uk**

Middlefield Community Project at The Hub **01224 697000**

Manor Park School **01224 812060**

Healthy Hoose **01224 661500**