

# Middlefield *Mirror*

Summer Edition 2015



**Featured in  
this issue**

**Henry Rae'**  
Exhibition

**Northfield**  
Total Place

**Middlefield**  
Community Church

**Health Living**  
Group

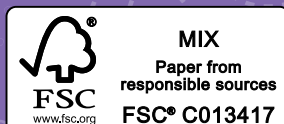
# Middlefield Mirror

Summer Edition 2015

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## Editorial

**Welcome to the summer edition of the Middlefield Mirror.**

In this issue we have articles covering the regeneration in the Middlefield area, from the Haudagain scheme to the new housing projects which are being planned for the Middlefield area.

We also have a goodbye message from Community Inspector, Kevin Wallace and PC Kevin Lynch who are both leaving the Northfield area to take up new jobs. Their replacement, Community Inspector Andrew Barclay has written his first article for the magazine so we'd like to welcome him in to the community.

Middlefield Community Project and the Youth Flat have submitted articles as well.

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](mailto: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](http://www.shmu.org.uk) then click the 'PRESS' option.

FUNDED BY



# Councillors' Comments An Apology

**The Middlefield Mirror Editorial Team would like to apologise to Councillors Dunbar and Graham for a mistake that was made in the last edition – with comments being attributed to the wrong person.**

**The Editorial Team apologises for the error and thank the councillors for taking the time to regularly contribute to our magazine. Cllr Dunbar's comments in the previous edition should have read as follows:**

"You will see a lot going on in the area over the next few months. Some ground testing work is on-going which has to do with the new road and also the proposed new build of council housing. I have been assured by officers that they will keep the community informed of the progress.

I was delighted when the Scottish Government backed the council's bid to create a new community hub building at the current Henry Rae site by awarding the council a grant of £1.63 million.

Once completed I think it will be a huge asset to the area and credit must go to all who have been involved, especially Middlefield Community Project and the committee members of Henry Rae.

Did you know that the elections for all Community Councils across Aberdeen are due to be held this year with the process starting around August?

It may be a bit early to be speaking to you about joining your local Community Council, however, if it is something that may interest you, you will be able to attend the meetings now to get a feel for what is discussed and to see where you can make a difference to your local community. Northfield Community Council, which covers this area, holds their meetings on the second Tuesday of the month at 7pm in Northfield Community Centre.

Community Councils need people like you to join and be the voice for the community to ensure it can be the best that it can be.

For more information contact **Karen** on **01224 522723** or email **Communitycouncils@aberdeencity.gov.uk** and she will be able to guide you through the process and provide an insight into the role of a Community Councillor.

If you think I can be of help with any council related matter then please do not hesitate to contact me on **01224 522522** during office hours or **07733 300570** or you can email me at

**JackieDunbar,jdunbar@aberdeencity.gov.uk**

# MIDDLEFIELD YOUTH FLAT

## Cromdale Trip March 2015

The flat had a brilliant time up at Cromdale back in March with 16 young people, four staff and two staff from Adventure Aberdeen. We spent the weekend taking a trip up to the Cairngorms and sledging down the hills, snowballing and building snowmen.

We travelled to the top of the range and walked down in groups back to base taking in all the beautiful scenery. Over the weekend the young people also participated in shelter building, survival skills and a night walk.

The older youths contributed to helping out in the kitchen, assisting with the meals and making sure all of the younger ones got their pack lunch! Everybody mucked in with tidying up, cleaning and looking after one another.

Here are a couple of comments from some of the young people:

## “ QUOTES ”

“I liked the sledging activity at Cromdale, it was fun. Charlie gave me a drifter downhill he's fast for being older! I also liked building shelters”

**Declan**

“I liked everything about Cromdale but I loved the sledging the most because we got to play in the snow”

**Nathan**

“The best bits about Cromdale were the afternoon walk, building a shelter, the night walk and having a laugh with everyone”

**Hayleigh**

“What I liked about Cromdale was everything because we worked as a team and everyone was helping each other”

**Chelsea**



### New primary sevens

We would like to give a big welcome to the new group who have joined the youth flat. We are sure you will enjoy yourselves and have fun learning, doing new things and meeting friends.

# Omar's Visit

By the time this goes to print we will have said our goodbyes to our student Omar from Belgium. Omar came to Scotland in January to do a five month placement at Middlefield Youth Flat as part of his Social Work and Criminology degree.

You can read Omar's interview by Aleesha Hoskins and Kayleigh Barnes.

*My name is Omar Aariara and I am a 22 year old student from Belgium who's doing his internship at the Youth Flat. I study social work and I'm in my 3rd year. I always wanted to visit Scotland and when I heard that one of the options was to go on international placement I immediately signed up for it. I like to work with people, especially youngsters.*

*I believe that everybody has their individual skills and qualities and with the right approach these youngsters, we can teach them the sense of a healthy life.*

*I have been interviewed by 2 girls who use the flat.*

*What's your interest in the flat?*

It's interesting because you have all kind of children coming to the flat. I really want to do my best to give them the right answers for their needs. I feel satisfied when I can help people and put a smile on their face. I hope I can provide the right energy and a positive atmosphere in the flat.

*How did you feel when you found out you were doing your placement at the Youth Flat?*

I was quite happy with it, because I wanted to do something like this. I am aware it can be hard sometimes, but I am willing to work hard to get a good result for me and for the people I work with.

*What session were you most nervous in when you started?*

It was probably the first session. It was the older group. They are mostly my age and some are even older, so it was strange for me in the beginning. Now I'm used to it and I get along with everyone.

*What's your favourite activity in the Youth Flat?*

I really like playing pool. Since I have never played it back in Belgium I couldn't play very well. The young people taught me how to play and I'm getting better every day. Now I am addicted to this game.

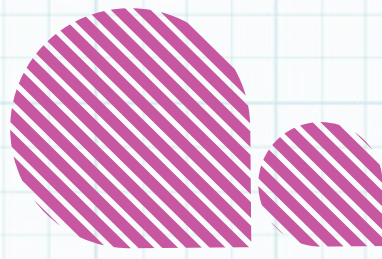
*Do you like working at the Youth Flat?*

I really enjoy working here. The youngsters and the staff are nice to me, and I'm really learning a lot about youth work and the Scottish way of life.

*Why did you choose to work here?*

I actually didn't choose the placement. The university I attend picked the placement for me. I'm very happy they picked the Youth Flat for me.





# Middlefield Community Project



**Middlefield Community Project is based at 8 Logie Place and is open to everyone who lives in the Middlefield area. Read on to find out about their nursery services and what the local kids have been up to during summer playscheme!**



Middlefield Community Project offers a variety of early years childcare services. These include the Butterflies, for children aged 2-3 years old, the Busy Bees, for children aged 3-4 years old and crèches for our adult learning groups. Parents can also come along to our Parent, Baby and Toddler group to meet other parents, have a chat and let their child make new friendships.

In order to benefit from these free services, families need to live within our Middlefield catchment area. The Project also provides a fee paying nursery enabling parents to go to work or attend college. This caters for 18 children aged between 2 and 5 years old. Children attending the Ladybirds nursery can live anywhere within Aberdeen City and the Shire.

All of our groups are small groups giving higher adult to child ratios which enable children to progress and get a higher level of support and more individual focused attention. This ensures that children's individual needs are met and that they can become confident and ready to deal with any challenge life may throw at them.

Children have the opportunity to experience a wide variety of exciting, fun and challenging learning activities both indoors and outside in our lovely large garden. There are also opportunities to go on outings in the Project minibus.

All members of staff are registered and qualified. They are up to date with training and always meet current standards of required practice. We are currently reviewing our spaces for the new term (August 2015).

If you feel that you could benefit from using our services then please feel free to come in to **8 Logie Place** and fill in an application form or give **Marie** a ring on **01224 697000/739934** for some more information.

We look forward to seeing you!



## Middlefield Community Project Summer Playscheme 2015

The playscheme got off to a shaky start when we had to ask a few parents not to send their children as the bus was over-booked by mistake. We'd like to say a big sorry to the children who missed out. Sadly we had six children who did not turn up so if we had known in advance we could have let the other children go. In future if you have booked a spot for playscheme and then cannot manage please let us know because there could be children on the waiting list.

Apart from some wet showers the children had a great day at the Brechin Centre and the volunteers made sure they had a good day.

At the swimming on a Friday we can see the children's swimming coming on and a few of the children are now swimming while others are gaining confidence in the pool. At the Henry Rae Centre some of the children have been building a pirate ship and doing arts and crafts around this.

Auchingarrich Park was great. As we left in the morning the weather was not looking good. However, by the time we got to Auchingarrich it had cleared and it was a sunny but windy day. The children love this park as it has a good park and an indoor area where they can run around and play. There is a lovely walk around to see the animals, the baby chicks and rabbits are always a favourite. There were two friendly lemurs that actually let you touch their hands, horses and many other animals including the tartan sheep which was looking a bit green with all the rain.



Only three children from the primary 1-3s wanted to go to Cromdale so this was cancelled and the volunteers went up to look around for different activities the children might do and did some team building activities. It is nice to be able to do this for the group as they give up so much of their time to run playscheme.

At the time of printing there were still other trips for the kids to go on including Active Kids in Perth, a different Cromdale residential and a trip to Montrose Splash. Apparently there was a plan to give Helen a soaking so look out for an update on this in the next edition.

On another note our groups will start back when the school term starts back so Primary 4-6s will be on Thursday the 20th August at 3.15pm and the primary 1-3s will start up on Monday 24th August at 3.15pm.

After a year of speaking to Sport Aberdeen we have been given a time so we can start up our swimming group again on a Monday afternoon between 4.45 to 5.45pm. If you are interested in your child improving their swimming or learning to swim please contact the Project for an application form. We have applied for some funding to help pay for the pool and the teacher and hopefully we will be able to put someone through the training to be able to do this in future. At the beginning I think we will have space for 13 children and this will be split between children who cannot swim well and need to improve their swimming and others who are learning to swim. The children will be picked from mostly the P4-6s group.

To contact the Project you can call **01224 69-70-00** or pop in at **8 Logie Place** and speak to **Helen**.



# the Haudagain

Plans for the construction of the new dual carriageway link road at the Haudagain roundabout were put on display the Henry Rae Centre in July. The plans are to include new green spaces within the Middlefield community, as well as two new play parks.

The play parks will be located on Logie Terrace and Logie Avenue. Community representatives and Aberdeen City Council will design the look of the play parks.

Transport Minister Derek MacKay has announced that the work on the link road should take around two years to complete and will start in late 2017 after the completion of the Aberdeen Western Peripheral Route. There will also be landscaped tree planting and paths to link up the existing community with the new roads.

Michelle Smisson, a Middlefield resident said: *“We went along to the exhibition and it was informative. It definitely helped put our minds at ease about what will be happening around us.”*

A Transport Scotland spokeswoman said: *“We are delighted that over 200 people took the opportunity last week to visit the public exhibitions and view our plans for the Haudagain Improvement scheme. We would encourage anyone who hasn’t yet seen them to visit the project web page.”*

139 properties need to be acquired to allow the scheme to be built. All owners and tenants should have been sent documents regarding this. The Scottish Government published a report in 2008 which identified that the new link road was the best option to solve the traffic problems in the area.

If you have any concerns about the Haudagain scheme then contact your local Councillor who will be able to point you in the right direction. At the time of printing there had been no final decisions made around the housing which is situated within the ‘triangle’ located in the middle of the link road.

To find out more about the work taking place around the Haudagain you can visit this website:

[www.transportscotland.gov.uk/project/a90a96-haudagain-improvement](http://www.transportscotland.gov.uk/project/a90a96-haudagain-improvement)







# Henry Rae Exhibition

Five sites in Middlefield are under scrutiny as part of the regeneration of the area.

Heathryfold Park, Henry E. Rae Centre, Manor Walk, Smithfield Court and the old Smithfield School site are being upgraded over the next few years as part of a series of improvements being made to the area.

Work will be carried out on the Heathryfold Park to improve the landscaping and accessibility to the play area.

There are proposals to add an extension to the existing Henry E Rae Centre which will accommodate other community facilities. This is happening because Middlefield Community Project and the Healthy Hoose are being knocked down as part of the Haudagain improvement scheme and they will need new homes. Other services will also be included in the new development which has received £1.63 million of funding.



New council housing is being built between Manor Walk and Heathryfold allotments and on the old Smithfield School site. The houses will be a mix between flats and main door dwellings and they will be of varying sizes to meet existing demand for housing in the city.

Flats on the Smithfield Court multi-storey block are being refurbished, with improvements to the building insulation and installation of a gas fired combined heat and power system to provide efficiencies in fuel costs.

# New Opening Hours at The Healthy Hoose

The Healthy Hoose has changed its opening hours.

The hours are now as follows:

Monday, Wednesday,  
Thursday & Friday: 9-1pm  
& 2-5pm

Tuesday 9-1pm & 2-4pm

Please arrive at least 15 minutes before closing to be seen.

The podiatry service is now available fortnightly all day on a Thursday. You can self-refer to this service.

The other services include counselling, needle exchange, smoking cessation and cervical smear tests for women over the age of 20.

As always if you have ANY concerns about your health or the health of your family, drop into The Healthy Hoose and speak to the staff, they may be able to put your mind at rest.

If you need medical advice out with nurse consultation times please contact your own GP surgery or NHS 24 on 111.

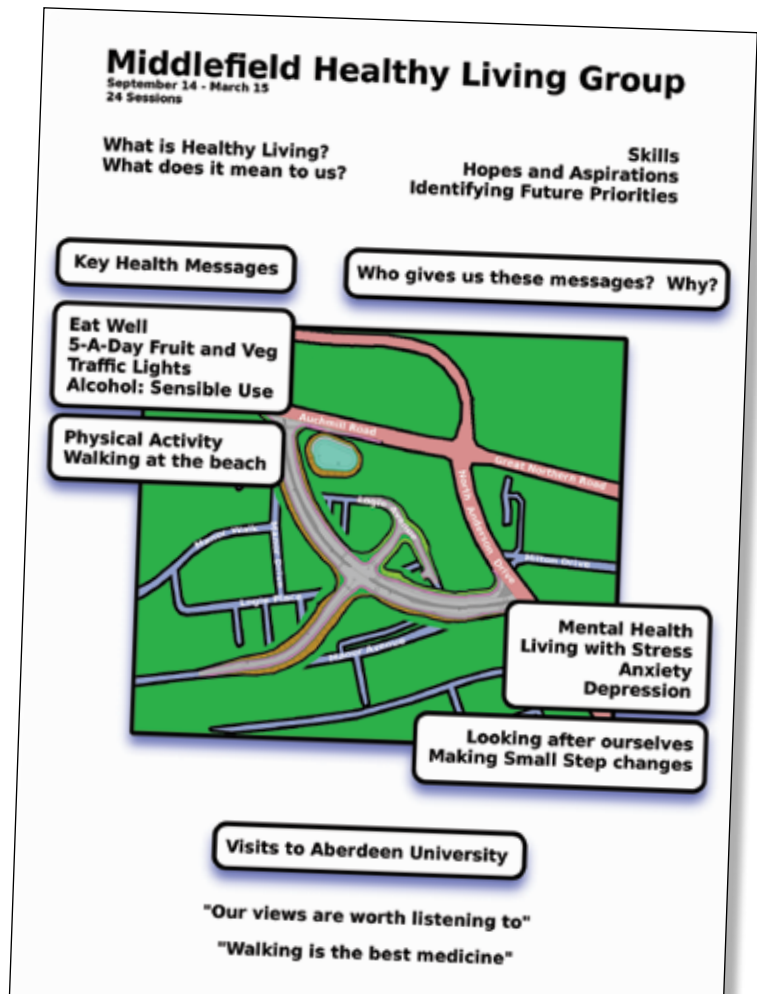


## Healthy Living Group

Members of the Healthy Living Group at the Middlefield Community Project presented information about their work over the past year to representatives of various agencies working in Middlefield. They displayed a poster which they had created showing the topics discussed around key health messages. They

explained how they had identified the themes which interested them and how they had researched these and considered their relevance to families living in Middlefield. They described the two presentations they had made to staff at Aberdeen University and talked about the need for 'small steps' when making health changes.

The participants of the Healthy Living Group would like to thank Lillias Leighton from Middlefield Community Project and councillor Lesley Dunbar for taking the time to help. They would also like to say thank you to their funders for the grant, which meant they could undertake the course.



# FROM YOUR COMMUNITY CHURCH

The parish church in Middlefield exists to minister to the various needs in our communities. To that end we have been seeking ways to gather information from our community.

**WHAT ARE THE THINGS WE APPRECIATE IN OUR COMMUNITY?**

**WHAT ARE THOSE THINGS WE WOULD PREFER TO SEE CHANGED?**

**HOW CAN WE (THE CHURCH AND THE COMMUNITY) WORK TOGETHER TO ENSURE A MORE FAVOURABLE ENVIRONMENT?**

**IN WHAT WAYS CAN THE CHURCH BE RELEVANT TO THE COMMUNITY?**

We have had two consultations with the community this year, one during the Easter period and the other recently with the parents of Bramble Brae School. Two areas (among many others) that have been highlighted during these discussions are youth clubs and music. The first was a vibrant programme the church used to run. We will be happy to run these clubs again but our challenge is finding volunteers to lead the clubs. If you are willing to serve, please come forward. I should add that we continue to run the Kids' Club every Thursday from 5 - 6 pm. We are currently on break but will commence our activities after summer. The Tuesday Friendship Group for adults is currently on summer break but is open to all and usually meets from 1 - 3 pm.

We have two plans to meet the music need - a musical concert for young people and the Mainly Music programme. While the first is designed to give young people the opportunity to exhibit their talents, the other programme is for parents with pre-school children. They will gather once a week to enjoy good music and chat with one another. Our major need for both programmes are volunteers - musicians (experts or amateurs in piano, violin, guitar, trumpet, vocal, etc) for the first and leaders who will be given relevant training for the other. Please see below for contacts should you want to be part of any of these programmes. We will appreciate your participation.

Our Sunday worship services continue at 11 am.  
Everyone is cordially invited to enjoy our warm fellowship.

For more information you can pop in to the Church on Manor Avenue or call Rev. Olaniyi Daramola - 01224 930639 or 07412 281834 or Linda Forbes - 01224 691165 or Mrs Ibidun Daramola - 07454 898338.

# An introduction to **Northfield Total Place**

Northfield Total Place covers the neighbourhoods of Northfield, Mastrick, Cummings Park, Heathryfold and Middlefield.

A range of partners are involved including:

- **Aberdeen City Council Education**
- **Social Work**
- **Communities and Housing**
- **Police**
- **Health**
- **ACVO (Aberdeen Council of Voluntary Organisations)**
- **Other community organisations**

All of the partners are committed to working together to:

- **Raise educational attainment**
- **Promote attachment and parenting**
- **Improve aspiration and achievement**
- **Improve health and wellbeing**

A community engagement exercise was recently carried out by partners, where we surveyed over 1000 people. Those involved raised a range of concerns which we are now working on together.



**Would you like to find out more?**

**Would you like to join our mailing list?**

**Would you like to volunteer with us?**

Please contact:

**Kay Diack**  
**Northfield Total Place Programme Manager**  
**Manor Park Community Wing**  
**Danestone Circle**  
**Aberdeen**  
**Tel: 07778 872309**  
**kdiack@aberdeencity.gov.uk**

Find us on **Facebook** by searching  
**Northfield Total Place**

## **A Safety Reminder from Gail**

There have been reports of needles lying around in the area. They have been seen on the street and inside bushes and long grass. We all know that children love to explore and are likely to pick up things they shouldn't. The Middlefield Mirror team would urge parents to remind children not to touch them and to tell their parents if they see any lying around.

You can phone the **Marischal College Housing Office** on **01224 522636** about any needles or other dangerous objects you see lying around.



## Allotment Market Stall

Our aim is to improve access to locally grown vegetables and fruit that is seasonal and fresh from the allotments of Aberdeen by running a market stall in Duthie Park on Fridays and Hazlehead Park on Saturdays.

We aim to reduce waste, reduce food miles and so improve our local environment.

It was established in 2012 and since then has brought seasonal, fresh, local allotment-grown vegetables and fruit to Aberdeen City.

We run a market stall selling excess produce from allotments across Aberdeen in July, August, September and October.

We are based in Duthie Park on Fridays and Hazlehead Park on Saturdays.

The stall is by the cafe in both parks and runs from 9.30am to 3pm.

We are always looking for volunteers to help run the stall so if you are interested, please get in touch.

Customers last year said:

*"Lovely to get fresh, local produce - and in quantities I know won't go to waste."*

Customer 7 (young woman)

*"A great idea. Lovely vegetables as no such fruit/vegetable shop in Aberdeen."*

*Local, sustainable, what could be better? Carry on the good work."*

Customer 10 (mum and daughter)

*"Fantastic idea. Great to support local growers and reduce food miles."*

*Much better than Tesco."*

Customer 11 (French woman)

We are looking for volunteers for this season to help pick up produce on Thursdays and to work on the stall on Fridays and Saturdays. You can volunteer for just one slot of 3 hours or on a regular basis.

Please get in touch if you would like to know more:

[theallotmentmarketstall@gmail.com](mailto:theallotmentmarketstall@gmail.com)

[www.theallotmentmarketstall.org.uk](http://www.theallotmentmarketstall.org.uk)

Mobile: 07583 758494 (please leave a message and we will get back to you)



north east  
sensory services

achieving independence for blind & deaf people

Employment support is available to people living in Aberdeen City who are blind, partially sighted, hearing impaired or Deaf and who are willing to make the commitment to work towards an employment related positive outcome.

### Education/Volunteering Support

Sometimes you may need additional skills, qualifications, confidence and experience to get back into the job market and for many, volunteering and further training can be a first step. We will support you to explore opportunities of interest.

### Jobseeker Support

We offer help with:

- Completing application forms effectively
- Compiling/updating CVs
- Interview skills & techniques
- Support to look for work using IT and assistive technology
- Referral and signposting to other relevant agencies

### In-work support

We provide support to people to sustain their employment, education, volunteer or training opportunity through:

- Continued support, advice, guidance and signposting
- Liaising with employer/education/training providers
- Supporting people to apply for funding re: adaptations and equipment that may be required in the workplace
- We also provide employers with support to address and issues that may arise when employing someone with sensory loss

The service is available for anyone with a sensory impairment aged 16+.

Janice Gray  
Employment Officer  
North East Sensory Services  
21 John Street  
Aberdeen AB25 1BT  
Tel: 0845 27 12345  
Email: [janice.gray@nesensoryservices.org](mailto:janice.gray@nesensoryservices.org)



## RADIO TRAINING

Earlier on this year shmuFM had a group of Middlefield residents in the studio for radio training. We thought rather than explain what they did ourselves, we would hand over to them.

*Leeann: During my time at shmu I learned how to put together a radio show, how to gain information from the community and surroundings. Also, I gained confidence speaking around people! It was a good laugh throughout the learning process and I look forward to doing more things with shmu in the future.*



*Gemma: I did the shmu radio training at first just for the sake of it but when I got there I was pleasantly surprised that I really enjoyed it. We were all made to feel welcome and got the hang of it with the help that was provided. We were let loose in the studio and even got to record our own show, which was then broadcast. If you do ever get the chance to do the training I would definitely recommend it. I enjoyed the part when we were recording. It was good fun to pick our own music.*

*Susan: As our adult learning art group was coming to an end we were asked if we would like to do some training at shmu. We were shown how the radio side works and then asked if we would like to do a show of our own regarding the Middlefield area. We all got tasks to do and put it all together and recorded our show. We were all nervous but once we started it all fell into place and you soon forget you are being recorded. I enjoyed the research and if other people would like to learn about working on radio I would recommend shmu as the staff are really friendly. Thank you Laura and Denise for putting up with us.*



If all goes to plan we hope the girls will be taking over the Middlefield Matters radio show after the summer holidays. The show is broadcast every Thursday at 1pm. You may have heard Simon and Max on the airwaves over the last few months as they have been covering for our usual presenter, Gail, who sadly had to move out of the area recently. We would like to thank Gail for all her hard work presenting the show and wish her all the best for the future.



**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.**

# Keeping Middlefield Safe

## Insp Andy Barclay

I have recently replaced Kevin Wallace as the new Northfield Community Policing Inspector. I am fully aware of the hard work and dedication that Kevin put into the role and I will look to maintain this momentum and emulate his successes. Over the coming weeks and months, I am keen to meet you and understand the issues that cause you concern, so together we can set about addressing them.

I would like to reassure you that we are committed to supporting your community with the focus on 'Keeping People Safe'.

In recent weeks we have carried out patrols as part of Operation Maple; that is in place to address the local priority of the misuse and supply of controlled drugs and antisocial behaviour. This phase was carried out over the course of four days by officers from the Community Policing Team (CPT), supported by the Criminal Investigation Department (CID) and other specialist departments.

All of this work has been in response to concerns you have raised and was based on information you gave us.

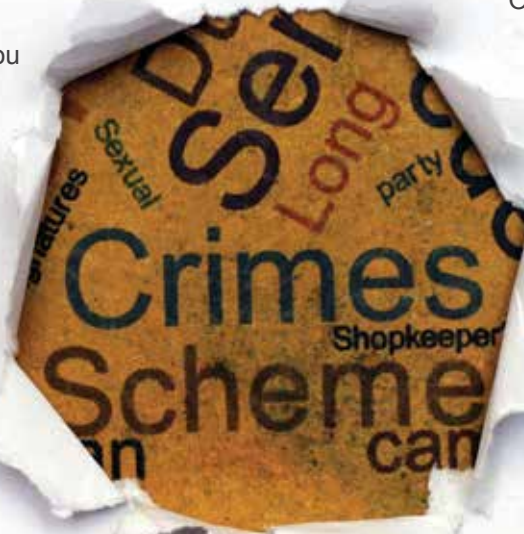
Now that the light nights are upon us, I would like to encourage the young people in our community to enjoy the longer evenings but to be considerate and mindful of your neighbours.

Over the summer, officers will continue to patrol areas affected by antisocial behaviour and will engage with any groups of young people found "hanging around". This interaction offers the chance to build good relations between local Police Officers and young people across the CPT. If there are instances of antisocial behaviour found, officers will take action when necessary.

Our work will continue, so when you're out and about, and see us, please take a few minutes to speak to us and tell us what's happening in our community.

**In an emergency always call 999.**

If your call is not urgent you can call **101** or email **NorthfieldCPT@scotland.pnn.police.uk**



## Police Goodbye

This will be my last article as the Northfield Community Policing Team Inspector and curiously PC Kevin Lynch, the Northfield Academy School Based Officer will also be moving on, following his four year attachment. Kevin will become a Sergeant in the City's Community Safety Hub, while I will be Aberdeen Division's Partnership Chief Inspector. With city wide remits to work with others, our thoughts will never be far from Middlefield and the real issues which you face.

Working together, specifically through the Academy and the wider community allowed us to develop projects with you and our partners to make the area safer, increasing opportunities, especially for our young people. The Northfield Youth Action Group, Project Fit, Street Sport sessions, NPS Awareness, Police Scotland Youth Volunteers and IMPACT, just some which will continue to make a difference, while much of Kevin's school based work will last lifetimes. It remains an exciting time to be here.

We are disappointed to be leaving but know our replacements – Inspector Andy Barclay and PC Sorcha Burns will continue our efforts to keep you all safe. Please give them the same welcome and support which we received from you.

*Thank you, Kevin Wallace & Kevin Lynch*

# 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 Helpline **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

Aberdeen Community  
Health Care Village **0845 337 9900**

## 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 765 220**  
Emergency Out-Of-Hours **01224 693 936**

## Young Carers

Support & Information Service **01224 625 009**

## Water

Scottish Water Emergency **0845 600 8855**

Middlefield Community Project **01224 697000**

Manor Park School **01224 812060**

CFINE **01224 596156**

Healthy Hoose **01224 661500**

Pathways **01224 682939**

Cash In Your Pocket **01224 200221**

### **Include 01224 Dialling Code When Calling from a Landline.**

Since 1 October 2014, people have had to include the area code whenever they dial an Aberdeen number from a landline – in the same way people currently do when calling from mobile phones.