

# Middlefield Mirror

Summer 2021

NOW COVERING HEATHRYFOLD



## In this issue:

POST OFFICE CLOSURE

COVID VACCINE

LOCAL HISTORY

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)

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## Editorial

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

In this issue we have articles covering local community groups, Middlefield Community Project, the proposed closure of Byron Square's Post Office and the developments at Northfield Swimming Pool.

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 and Heathryfold.

If you live in the Middlefield or Heathryfold area and would like to come along to the editorial meetings or submit an article then get in touch with **Laura** at SHMU on **0752586312** 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.

Middlefield Mirror is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

Covid-19 has made many changes to our routines and life as we know it. Many of these changes have left us feeling negatively about the situation but there have been some positives from the lockdown Covid brought about. Whether it's getting to see more of your local area, reconnecting with family and old friends or having a slower pace we would love to hear from you about your positive experiences during the Covid-19 outbreak.



Supported by







WILMA COLLIE

# What is E Consult?

It's a phrase which has come into the public domain recently. This is something which is being promoted by a lot of health boards as THE way to access medical help. This is a service which a surgery can sign up to and as things continue to change on so many fronts this looks like the way forward.

So, what is it? If you have used it, have you liked it? It does of course need access to the Internet even if it's on a phone. I use it all the time and wouldn't want to go back to the old booking an appointment system. This is my experience. I needed some advice after being diagnosed with a health problem and I logged on to

my surgery's website. After security questions to establish my identity and to make sure I was a patient of that practice I then had a selection of topics to choose from. I clicked on the advice on an ongoing health problem section which then asked me for more details. This is a good bit as I can take my time and go over my answers and change anything I don't like. Seeing a doctor face to face it's not always easy to remember what you want to say. Then I was asked if I had done anything to help myself, taken any over the counter remedies for instance. I would then be asked what medical person I want help from. Sometimes a nurse will do at other

times a doctor is needed. You then get a chance to look over all your statements and change anything you need to. At the end you are told the information you have given will be passed to your surgery and you will be called the next day.

I have always been called the very next day and my problem has been resolved.

It may seem a strange way to access help for a medical problem but it is only one way and phoning the surgery is still an option but the E Consult is new and exciting and is worth a try.

# Post Office Closures Hit Community

**An announcement in June has revealed that Spar are planning to get rid of five Post Office counters in Aberdeen, including the Post Office counter based in their shop at Byron Square.**

Spar claim that this is one of the losses making counters in the city and by closing these counters it will help ensure stores can continue to operate.

However, community members are not happy about this decision and have called for a rethink.

Aberdeen North MP, Kirsty Blackman said: *"This is completely unacceptable. The lack of accountability and responsibility by Post Office is something worse than I've seen from any organisation, other than banks. The Post Office should be considered a vital public service. Again, like banks. We should not be seeing Post Office closures, particularly in some of the most deprived communities in Aberdeen."*

*A lot of these Post Offices in Spars were opened without any consultation. Some resulted in the closure of local stand alone Post Offices or loss of jobs in these places.*

*And now Spar and Post Office, having done this damage, are bailing out.*

*I support the communities who are seeking to retain these services in their communities."*

The counters will close later this year, however, Aberdeen South MP Stephen Flynn has been in talks with representatives from the Post Office to try and find new locations for some of the branches that are under threat of closure.

For residents of Middlefield and Heathryfold your other nearest Post Office counters are:

**MIDDLEFIELD POST OFFICE**  
832-827 Great Northern Road  
AB24 2BR

**CUMMINGS PARK POST OFFICE**  
29-31 Moir Crescent  
AB16 7DB

**JOHN: "I'm not happy with their decision as a lot of people depend on their local post office and they spend money in the shop at the same time so Spar might be sorry for their decision."**

**NICKY: "They closed Mastrick Post Office and now Byron? Utterly ridiculous. Many people rely on the post office for cashing their pension and benefits, not to mention parcels, postage and banking. People will suffer."**

**JACQUI: "I've spoken to local councillor and was told not sure what can be done. There has been no public consultation at all. It seems Northfield isn't the only area affected. Cummings Park, Middlefield and Heathryfold are all affected."**



**POST  
OFFICE**

**Gayle: “I’m disabled so unable to go a distance for a post office. This post office is always busy so I don’t agree with their decision at all.”**



# Middlefield Community Project

## Nursery

### End of term activities and trips

The staff and children enjoyed celebrating the children's achievements and their time here with a variety of happy last day activities. These help support the children in their transition and also support them to understand that endings can be happy and positive as well as a little sad too. In August many of the children will be leaving our setting to move on to start school. We would like to wish them all well and hope they come back to see us, to let us know how they are getting on.

The nursery children and staff enjoyed their end of term celebration activities and summer trips. Both nurseries enjoyed going to Dizzy Rascals with the nursery staff. Great fun was had by all. The younger children in the orange nursery enjoyed going to Wynford farm.

### New nursery names for August

The nursery staff and children helped to decide some new more permanent names for the two nurseries as of August 2021. We wanted names on the theme of traditional Scottish wildlife as we felt that many children are very aware of other animals such as lions, tigers and

elephants etc, however, they are maybe not aware of our own local native species so much.

***The orange nursery will become 'The Wee Heilan Coos'***

***The Purple nursery will become 'The Wee Helpful Hedgehogs'***

***The nurseries will also have new picture logos to match their names.***

### A big thank you to Farrans and Bridge of Don Men's Shed

We would like to say a big thank you to Angela Newlands who works for Farrans as they very kindly donated a total of £500 to our two nurseries to buy some new garden planters, to help develop the children's interest in growing and planting. We were then put in touch with another local charity, Bridge of Don Men's shed that have volunteers who use local, sustainable materials to create a wide variety of fantastic garden resources. It is always great to support other local initiatives so we will be investing our donation of £500 for them to build the planters and other garden resources which the nursery staff have chosen. So a big thank you to the Bridge of Don Men's Shed for agreeing to make all of our chosen resources. We look forward to when they are ready and finished later on in the year.





## ADP funding

We are delighted to announce that we have been awarded funding to support members of the community either directly or indirectly affected by drug and alcohol misuse. As members of our community we are all affected in one way or another, so our project is offered to all community members. Our grateful thanks to Health in Focus, Alcohol and Drugs Partnership, Locality planning and the folk of Aberdeen for voting for this.

There's no one answer to the complicated issue of substance misuse. Which is why we have submitted Breaking the Cycle, a funding bid with five different strands.

The first Mind U is a fully evaluated project that has been running successfully for over a year, it was originally funded by the Harbour Board and the student RAG. It is a mental health recovery programme for 12-25 year olds, delivered by our very experienced mental health recovery practitioner.

For the second part we would like to employ a dedicated alcohol and drugs youth worker, who will focus on working with young people and/or their parents to raise awareness, address issues and offer support. The worker will also organise training and maintain up to date information for our youth workers.

Thirdly, we have an ongoing arts project which will offer a series of workshops with folk in the community and young people to create sculptures and murals to install at various points around the Woodland and Wellbeing Walk. This, we hope, will have the dual positive effect on participants and, once installed, members of the community generally. There is considerable evidence of the therapeutic effects of creating and viewing art. And, if it survives, a legacy for future generations!

Circle of Security ([www.circleofsecurityinternational.com/](http://www.circleofsecurityinternational.com/)) – our fourth strand – is an eight-week parenting intervention programme that demystifies and makes accessible the language and theory of

attachment. We have several staff who are qualified to deliver the programme. The Circle of Security helps identify the source of childhood trauma and offers support so that the same issues are not passed to their children. We would also like to use parts of the programme with teens, as we appreciate that they will be the next generation of parents.

Finally, our fifth strand is a proposal to use techniques from Branching Out (a mental health recovery programme delivered by Scottish Forestry - [forestry.gov.scot/forests-people/health-strategy/branching-out](http://forestry.gov.scot/forests-people/health-strategy/branching-out)) with community members and young people. We will take groups out to the forest – with a fully qualified Branching Out leader and invite them to take part in forest activities for example, shelter building, primitive fire-lighting, tree, bird and plant ID, tracking, conservation work, ecotherapy, green woodworking, whittling and mindfulness. It would form the basis for completing the John Muir Discovery Award. The forest is a natural medicine with no side effects.

We hope to be offering these sessions over the coming weeks, Covid permitting. If you or anyone you know would be interested in taking part in any of the project please get in touch leaving your name, contact details and what part you are interested in. We're looking forward to hearing from you.

**Get in touch by calling 01224 697000**

# Covid Mythbuster

**As the vaccine rollout continues we have become aware that there are certain myths spreading about the vaccine and we wanted to help dispel them.**

We spoke to Jillian Evans, Head of Health Intelligence at NHS Grampian about the truth behind some of the myths connected to the vaccine.

**1)** Even if you're young and healthy you need to be protected against Covid. It's a nasty disease that can affect your heart, your lungs, your brain, so you need to get the vaccine to protect yourself from getting seriously ill and having something like long covid and it's also really important to protect those around you and make sure you're vaccinated to protect society, not just yourself.

**2)** You can have the vaccine if you have allergies. The main thing to do is to ask the person who is vaccinating you about your allergies and if they're worried about it, they'll refer you to an allergy specialist.

**3)** You won't catch Covid from the vaccine. What the vaccine does is that it helps your body mount a defense against Coronavirus so it won't give you the virus and the vaccine will disperse in your body very quickly. What you might have is a few mild symptoms after having the vaccination, a bit like having flu but that won't last long.

**4)** The vaccine went through the same safety precautions and the same rigorous research processes as any other clinical trial. The difference with this is the sheer interest

in having a vaccination developed so quickly meant lots of money was given to vaccine trials and lots of people came forward to take part in those trials. These are two hurdles that normally take years and years to do in normal research circumstances, so it helped us get the vaccine quickly which was necessary. It didn't bypass any of the important safety regulations and processes and if it weren't for all of those processes it wouldn't have been subject to the UK regulation and licensing so it's the MRHA which is the UK regulator has said it's safe and effective to use in humans.

**5)** There are likely to be other variants and strains of the virus until we have the world vaccinated against Covid. Right now we know that the vaccine protects against the two main strains of the virus that are circulating, so we have a lot of confidence that the vaccines we have for use now will protect you against new variants.

**6)** No vaccine is 100% effective but this vaccine is estimated to be around 80% effective, so it gives you a significant amount of protection against serious illness and disease.

**7)** Worried about getting ill after the vaccine? Well, it's possible that you may have a sore arm, or you may have very mild flu like symptoms. The best thing you can do is take a paracetamol or other mild painkiller. You're very likely to have no symptoms after 24 or 48 hours so any you do have shouldn't be long lasting.

**8)** Many, many millions of people have been vaccinated with the Astra Zenica vaccine and have been vaccinated very safely. The blood clots are a very rare event, and it has to be seen in the context of the millions of people who have been successfully vaccinated safely.

**9)** You can't choose the vaccine that you get. There are three vaccinations now but if you are under 40 you will be offered either Moderna or Pfizer. For everyone over 40 it could be any one of those three (including Astra Zenica) simply because of supply and logistics. All of the vaccinations are shown to be highly effective.

**10)** If you've missed your original appointment or if you got the time wrong then call the national helpline. The number will be on your letter so give them a call and have a new appointment time offered to you. It's possible that there may be walk in or drop-in centres that might be an option for you at some stage but definitely reschedule it as we just want you to be vaccinated.

**11)** The vaccine does not affect fertility, will not alter your DNA and does not contain pork or any other animal derivatives. The vaccine also does not have a micro-chip tracking device in it.

There are community vaccination clinics happening throughout Aberdeen city with new dates and locations being added regularly. For more information visit [www.nhsgrampian.org/COVID-19-vaccination-clinics](http://www.nhsgrampian.org/COVID-19-vaccination-clinics)





NOVEL CORONAVIRUS  
DISEASE 2019 VACCINE  
20MG/ML

FOR SINGLE PATIENT USE ONLY  
STORE WELL. INJECTION ONLY.

**COVID-19**  
NOVEL CORONAVIRUS  
DISEASE 2019 VACCINE  
20MG/ML

FOR SINGLE PATIENT USE ONLY  
STORE WELL. INJECTION ONLY.

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STORE WELL. INJECTION ONLY.

**COVID-19**  
NOVEL CORONAVIRUS  
DISEASE 2019 VACCINE  
20MG/ML

*How are you  
right now?*

WILMA COLLIE

**I saw a headline the other day asking 'how are you right now?' It got me thinking about how having a conversation with someone can lift the mood.**

It doesn't have to be a long conversation but just asking how someone is at that moment could really make a difference. Ok there will be times when you wished you had never asked, but that shouldn't stop us asking the question should it? Even the most upbeat person can feel down at times. Perhaps an innocent remark hit a nerve and brought on a feeling of sadness and a little bit of feeling sorry for oneself but that mood could be lifted by a friendly remark.

We have all been subjected to levels of stress not known in modern times and we have all realised how much family and friends are needed but sometimes things can overwhelm and lead to feelings of not being important in the mainstream of life but a chat with someone can help to reconnect and lift spirits. I love technology and I am always doing something on my computer so I thought when lockdown started I would just go online to chat

with family and friends and even groups I'm involved with but I quickly found out that I just didn't like speaking to people that way. We miss so much when looking at someone on a computer monitor. The little pauses in conversations which we deal with without even being aware of are not so easy to deal with online. A pause seems like the others have left the conversation and stops the natural flow of a conversation. Meeting face to face lets you judge a person's mood in a way computers cannot.

In the same way judging a person's mood can really only be done face to face. A friendly 'how are things' can make a huge difference to someone feeling a bit low so asking the question, and taking the time to listen to the answer can make a difference. You could make someone's day and let's face it that's a good feeling isn't it?

## Poem Corner

*I wish that I could slow  
down time*

*And stop it going so fast*

*I want to grab a memory*

*And try to make it last*

*If only I could reach out*

*And catch it in my fingers*

*I'd hold on to that memory*

*And try to make it linger*

*But it trickles into nothing*

*And just like holding sand*

*The moment slips right through  
my fingers*

*Even though I close my hand*

*Time may take my moments*

*And filter them away*

*But my memories will be  
with me*

*To welcome another day*

*The comfort they will give me*

*Will dry up any tears*

*And surely bring a smile*

*To give me lots of cheer*

*So if you catch me thoughtful*

*Do not worry do not or be  
concerned*

*I'm cheating time and  
remembering*

*A memory deep in my soul*



# Elected Officials

## Jackie Dunbar

It has been a privilege to represent Middlefield, the area where I have lived and raised a family over the last 30+ years, as Councillor for Northfield / Mastrick North ward and it was the honour of my life to be elected the MSP for Aberdeen Donside at the Scottish Parliament election in May. I would like to take this opportunity to thank everyone who voted for me and highlight to those who did not that I am here to help all of my constituents in any way I can moving forward.

I would also like to let you know that while I continue as both

your Councillor and MSP for the next year, I will be donating my Councillor salary to local charities every month – so far I have donated to various foodbanks, Mastrick Community Centre and my next few salaries will be going to Middlefield's @thehub for a new fence that they needed to divide space between parent and toddler group and under 11s.

If any other community groups could do with a little funding, please do get in touch with the details of how you would use the funding and who would benefit.

I am now in the process of putting a team together, and renting a local office, so I can be accessible to you. If you need some assistance with an issue or you feel there is a matter needing raised in the Scottish Parliament I will be there to assist you when needed. If you are needing to get in touch in the meantime, the best way to do so is by email: **Jackie.dunbar.msp@parliament.scot** as I do not currently have an office phone line set up yet.

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## Gordon Graham

Hi Folks,

### Northfield Swimming Pool and Fitness Centre

Funding of over £4m was approved at the last meeting. Tendering for contracts is out and I am expecting this to be awarded soon with works commencing soon after.

### Heathryfold Park

I have joined the Friends of Heathryfold Park and Auchmill Community Woodland and the group are looking for more members. This will be advertised when Covid restrictions ease.

### Community paths within Auchmill Community Woodland

It is still anticipated that the delivery plan for these paths that would see a start to work by the 19th July 2021 with completion by the 18th January 2022.

The Arts Group at Middlefield Community Project have built some super mushrooms out of logs and I am looking forward to them going around Heathryfold Park and Auchmill Community Woodland.

### Auchmill Golf Club

As most of you know I am Captain of Auchmill Golf Club. The club is doing extremely well despite COVID restrictions, and we are looking to get the junior section up and running.

### Stay safe

### Gordon Graham

**ggraham@aberdeencity.gov.uk**  
**tel 07736329751**

# Auchmill Woodland Walks

WILMA COLLIE

At a meeting of interested residents Councillor Gordon Graham told of the plans to maintain existing paths and new paths planned.

A proposal to form a 'Friends of Heathryfold' Park group has been discussed. This would enable funding to be sourced for any projects identified by the community.

There is a core group in existence already but new members are required in order to get a wider opinion of what is needed to benefit the community.

Details of any future meetings of the group will be advertised when the group set up their own Facebook page. Meetings are currently held at the Auchmill Golf club and when allowed future meetings will be held at the hub. Please feel free to drop in to meet the group and find out more about the aims and hopes of the group.

If you walk around the area and think of something which is needed in the park or have an idea to improve and benefit the area then come along and tell us. We are a friendly group.

## Pathways in Middlefield

Pathways have been actively working in the Middlefield area for over 20 years now, helping people to find work and our Employability Keyworker, Claudia, helps local people to find suitable employment. At present we are helping people by telephone and email until such time that restrictions change and we can return to seeing our clients face to face.

Claudia has helped many people from the Middlefield area and one client came to see Claudia as she had recently voluntarily given up work due to trust issues with her employer, not being happy about how the company worked. As she left voluntarily she was not entitled to benefits for a number of weeks and her confidence had been severely knocked. Claudia worked with her on a weekly basis, creating a CV, coaching on interview techniques and how to complete online applications. Working with Claudia the client soon regained her confidence and was

able to begin to trust people again. This helped immensely when she gained interviews and she was then successful in gaining employment. She thanked Claudia by stating, "I am happy to be back in work and that without the help of Claudia and Pathways I would not have found a new job so quickly. I will be telling other people about the service so they too can get help".

Pathways help people from the age of 16 upwards and from all backgrounds and help to identify the job or training that is right for you. We also you to develop a plan to reach your job goal, help with CV's, assist in completing application forms and we also have access to funds to remove barriers to work e.g. clothing, bus fares or equipment needs. If you would like an appointment, **call Claudia by phone on 01224 682 939 or send her an email to [c.karl@pathways-online.org](mailto:c.karl@pathways-online.org)**

## Warmer Homes Scotland scheme gets funding boost to help green recovery

The Warmer Homes Scotland scheme is open and helping Scots who are struggling with energy bills. The Scottish Government has increased funding for the scheme to help support a 'green recovery' from the coronavirus pandemic and help tackle fuel poverty in Scotland.

Over 22,000 Scottish households have already benefitted since the scheme launched in 2015. They've had help to fund energy saving home improvements like new heating systems, wall and loft insulation,

draught-proofing and even home renewables. After support from Warmer Homes Scotland, homes are on average 20% more energy efficient, with households saving an average £300 per year on their energy bills.

**To find out more call Home Energy Scotland on 0808 808 2282. They're open Monday – Friday 8am –8pm and Saturday 9am –5pm. Or go online: [www.homeenergyscotland.org/warmer-winter](http://www.homeenergyscotland.org/warmer-winter)**





## A contract has been awarded for £4.8 million revamp at Northfield Swimming Pool

CHAP Group has been appointed by Aberdeen City Council (ACC) to carry out the £4.8 million refurbishment of Northfield Swimming Pool following a competitive tendering exercise. The work is being funded by ACC with significant support from Sport Aberdeen, which operates the city's leisure venues, as well as from Sport Scotland.

The pool closed due to equipment failures and as part of the contract significant elements of the mechanical and electrical plant will be replaced along with fixtures and fittings. In addition, the new facility will include:

- **A larger, fully accessible changing village;**
- **Group changing and family changing;**
- **40-station fitness suite;**
- **Multi-purpose studio;**
- **Dry changing facilities;**
- **Clinical suites for use by NHS Grampian;**
- **Additional car and cycle parking.**

The pool is expected to open in summer 2022. The site is next to a recently completed third generation 3G artificial turf pitch at Northfield Academy, and a sports centre comprising bowling greens and tennis courts. Part of the project will involve landscaping to connect these facilities.





## BFI FILM ACADEMY

Shmu are currently looking to recruit aspiring filmmakers from Aberdeen and Shire for the BFI Film Academy which will start after the summer. Each course offers a real hands-on experience and the opportunity to learn new skills in filmmaking ideal for anyone with an interest in potentially working in the film industry.

### BFI FILM ACADEMY

The 7th Aberdeen BFI Film Academy will launch in September. The course is open to any young person 16-19 years passionate about film or filmmaking, storytelling or even gaming and perhaps looking for a career in the film or creative industry.

BFI Film Academy offers students an opportunity to work in teams to write, produce and direct original short films in an industry focused environment. Students will attend masterclasses with guest professionals during the course to enhance their learning and gain an insight into the realities of working in film.

If you have a passion for film, this high-quality course will develop your understanding of key craft areas such

screenwriting, directing, cinematography, editing and sound. Participants will be supported through the process of developing and producing a short film which will be screened to an invited audience at the Belmont Filmhouse at the end of the project.

Films from previous years have been shown at Film Festivals all over the world with Metropolitan Spaghetti (2018) winning the Audience Award at the FANS Film Festival in Glasgow, and Life's A Drag (2019) screening at the prestigious Edinburgh International Film Festival.

In addition to the practical experience on the course, participants will also secure an NPA in Film and Media at NCQF Level 5 and will become part of a BFI Alumni group which opens up a range of additional opportunities for the young person following the course.

We are dedicated to making our courses inclusive and accessible to all and welcome applications from all backgrounds and levels of experience.

For more details email: [bfi@shmu.org.uk](mailto:bfi@shmu.org.uk)



# ALLAN'S PUBLIC SUPPLY STORES

ALAN JOHNSTONE

## The Aberdeen Daily Journal of 2nd June 1905 looks forward to the opening of an American-style department store in George Street.

"The premises at 286 George Street, Aberdeen, have undergone extensive structural alterations, and are to be opened to-morrow as a branch of Allan's Public Supply Stores - one the largest, most up-to-date, and best equipped establishments of its kind in the city. It will constitute an entirely new departure in its way, being as near as possible an imitation of the American departmental store, and some conception of the dimensions of the premises will be gathered from the fact that there is about 3000 feet of floor space. The store has been so constructed that each department is practically by itself. The front shop, which is situated directly opposite Craigie Street, will be set apart principally for the sale of groceries, provisions, fruit, confectionery, and stationery. To the rear is the saloon - reached by a short stair - where a great variety of goods is displayed for sale. There is a fine collection of stags' heads, a beautiful assortment of china, from the commonest Staffordshire china to Kaga china from Japan, and the Satsuma varieties, besides royal blue porcelain in antique shapes.

Another large apartment has been fitted as a model kitchen, with

scullery, containing every requisite from the latest in gas cookers to furniture. Adjoining is a model parlour, furnished with a splendid suite, and decorated with general bric-a-brac. Then there is a model bedroom, completely furnished, and the speciality of the furniture is that it is of local manufacture. There is also a large room for accommodating reserve stock, and another - the same size as the spacious saloon - for household requisites and ironmongery. Facing the stairs is a stand specially constructed for the display of tea, dinner, and toilet ware, and there is also a fine assortment of china, earthenware, and glass of every conceivable size, shape, and colour. Everything in the premises is clean, new, and up-to-date, and a visit to the unique and handsome store will be amply repaid.

As a speciality in connection with the opening, Mr Allan, with his customary enterprise, has arranged to give away two full dinner services of 61 pieces, and three tea services of 40 pieces, besides half-pounds of tea weekly for three months, a supply of tobacco, and sausages weekly for the same period. These handsome gifts will be given on the principle of every fiftieth customer receiving one, so that all have an equal chance. The establishment is now in working order and there is certain to be a rush of the public tomorrow, the opening day.

**SATURDAY FIRST,**  
JUNE 3, AT 4 P.M.

**LADIES!**  
One of the ladies who attend the opening will receive a Teapot, and be entitled to  
**HALF-A-POUND OF TEA**  
every week.  
**FOR THREE MONTHS**  
**FREE! FREE! FREE!**  
It may be you!

With the assistance of his Friends and Customers on Saturday first, Allan will make this  
**A RED LETTER DAY.**  
Will you help him in this? Encouraged by the phenomenal success which attended the opening of his New Branch a fortnight ago, Allan intends to go one better for the opening of  
**286 GEORGE STREET**  
(Opposite Craigie Street),  
**SATURDAY AFTERNOON, at 4 o'clock.**

**GENTLEMEN!**  
Are you to be the fortunate gentleman who will receive  
**A SUPPLY OF TOBACCO**  
at the opening on Saturday, which will be repeated every week,  
**ABSOLUTELY FREE,**  
**FOR THREE MONTHS!**  
(i.e., Thirteen Weeks.)  
**ALL HAVE AN EQUAL CHANCE.**

**OPENING OF 286 GEORGE ST.**  
(Opposite Craigie Street),  
**SATURDAY AFTERNOON, at 4 p.m.**  
The premises have undergone extensive structural alterations, are Redecorated and Fitted with the Latest in Appliances,  
**EVERYTHING CLEAN,**  
**EVERYTHING NEW,**  
**EVERYTHING UP-TO-DATE.**

**YOUNG LADIES!**  
In addition to the above there are a host of Handsome Gifts, comprising  
Tea and Dinner Sets, Vases, Work Stands, Work Baskets, Flower Stands, etc.  
You could do with one of these!

ALLAN, conscious that in this he has the Largest, Most Up-to-Date, and Best Equipped Establishment of this description in the city, is determined that it shall be the Favourite Resort of  
**SHREW'D CASH-BUYERS,**  
Backed by his famous combination,  
**VALUE, PRICE, and SERVICE,**  
it is bound to be so.

**JUNE**, the month of Broom and Marriages, 2 Dinner Sets, 61 pieces; 3 Tea Sets, 40 pieces, are to be given away Absolutely Free. No Income Conditions.

Are you about to be married?  
This should interest you.

Be there when the door is opened. It may mean that you get One Pound of Allan's Aberdeen Sausages every week for 3 Months.

**ALLAN'S PUBLIC SUPPLY STORES,**  
**286 GEORGE STREET,**  
(Opposite Craigie Street),  
**SATURDAY FIRST, at 4 p.m.**

# Community Contacts

**Aberdeen City Council Helpline** - 0800 0304 713

## **ALCOHOL**

**Alcoholics Anonymous** - 0800 9177 650

**Drinkline** - 0300 123 1110

## **CRIME**

**Crimestoppers** - 0800 555 111

## **DRUGS**

**Alcohol and Drugs Action Helpline**

01224 594700 or 07927192706

**Narcotics Anonymous**

0300 999 1212

## **DENTIST**

**Emergency - G-Dens** - 111

## **DOCTORS**

**NHS 24 Emergency** - 111

## **POLICE**

**Non-Emergency** - 101

## **ELECTRICITY**

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

## **GAS**

**Gas Emergency** - 0800 111 999

## **WATER**

**Scottish Water Emergency** - 0800 0778 778

## **HOUSING**

**Emergency Repairs** - 03000 200 292

**Family Planning** - 0345 337 9900

**Mental Health Aberdeen** - 01224 573892

**Breathing Space** - 0800 838 587

**Samaritans - Need to talk**

01224 574 488 or 116 123

## **SOCIAL WORK**

**Adult Protection** - 0800 731 5520

**Joint Child Protection Team**

01224 306877 or 0800 731 5520

**Aberdeen City Carers Service**- 01224 914036

**Age Scotland** - 0800 1244 222

**CFINE** 01224 596156

**Financial Advice at CFINE** 01224 531386

**Pathways** 01224 682 939

**Citizens Advice** 01224 586255

**St Machar Credit Union** 01224 276994

**Northfield Medical Practice** 0345 013 0740

**Woodside Medical Group** 01224 492828

## **OUR LOCAL ELECTED OFFICIALS ARE: LOCAL COUNCILLORS**

**Councillor Ciaran McRae** 01224 346630

[cimcrae@aberdeencity.gov.uk](mailto:cimcrae@aberdeencity.gov.uk)

**Councillor Gordon Graham** 01224 523594

[ggraham@aberdeencity.gov.uk](mailto:ggraham@aberdeencity.gov.uk)

## **Area MSP**

**Jackie Dunbar**

– MSP for Aberdeen Donside

**Aberdeen office:** 0131 34 85067

[Jackie.Dunbar.msp@parliament.scot](mailto:Jackie.Dunbar.msp@parliament.scot)

## **Area MP**

**Kirsty Blackman**

– MP for Aberdeen North

**Aberdeen office:** 01224 633285

[kirsty.blackman.mp@parliament.](mailto:kirsty.blackman.mp@parliament.)

## **DOMESTIC ABUSE SUPPORT**

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

## **Help and support**

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

## **Police Scotland**

If you are in danger and it is an emergency, call 999. For non-emergencies call 101

**National Domestic Abuse Helpline Free** and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: [sdafmh.org.uk](http://sdafmh.org.uk)

## **Grampian Women's Aid**

Telephone: 01224 593381. Website: [grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932. Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)