# Middlefield Mirror

Winter 2018



# Middlefield Mirror

Winter Edition 2018

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## **Editorial**

# Welcome to the Winter edition of the Middlefield Mirror.

In this issue we have articles covering the Heathryfold Park regeneration, volunteering in the community and the local policing team.

We also have news from Middlefield Community Project and Youth Hub.

This edition also includes content from Heathryfold, including some interesting information about the Heathryfold/Middlefield greenspace development. We hope to continue to bring you the news from both areas. What do you think of the new, expanded magazine? Get in touch on the details below!

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** 









Are you part of a constituted group benefiting local people in Middlefield? Are you looking for funding for a community project? If so, Big Lottery Fund Funding Officer, David Lamont wants to hear from you...

David says: "The Big Lottery Fund awards National Lottery funding across Scotland to enable local groups to bring people together and to help their communities to thrive.

"Recently we set up a North East area team to help us get to know what is happening locally and then make more informed and better funding decisions.

"Aberdeen, unsurprisingly, is at the heart of the work of this new team. I am delighted to be the local funding officer. I've worked for the Big Lottery Fund for many years supporting projects across Scotland and always had an affinity for the Granite City. I'm approachable and I hope being more visible means local groups will get in touch to talk about how they can access our National Lottery funding."

#### So, what can you apply for?

Most community groups will be interested in our National Lottery Awards for All programme which provides small grants of up to £10k. Small groups with low turnover are particularly welcome to apply.

We want to support applications that come from communities themselves, so groups need to make sure local people are involved in the development, design and delivery of your activity. We call this our 'People Led' approach.

We are keen to encourage applications in Aberdeen to our Community Led programme. This is a flexible fund available to support local groups with open membership and offers a minimum of three years' funding, from £50k to £150k to support development of groups and the services they offer to improve the wellbeing of their community.

You'll find information on all funding for community groups on our website: **www.biglotteryfund.org.uk/funding.** 

If you want to know more please get in touch, we're always happy to have an informal chat if you need more information. You can call us on 0300 123 7110 or email advicescotland@biglotteryfund.org.uk

Here's just a taste of the projects we have funded in Aberdeen:

In the Woodside area of Aberdeen, the Fersands and Fountain Community Project received a National Lottery Awards for All grant of £9,764 to run a school holiday programme for young people aged 12 to 18. These young people will go on to plan and deliver their own mini gala events for the wider community.

Create Aberdeen received a National Lottery Awards for All grant of £4,236 to expand their Rebound Therapy pilot project for adults with additional support needs from across Aberdeen. The project uses trampoline activities to improve peoples' health, wellbeing and skills.

# Middlefield Community Project



#### **Messy Play at The Hub**

Middlefield Community Project started open messy play sessions at The Hub with Lori. These sessions are for the general public at a cost of £2 a session. During these sessions the children will be able to explore different materials to show their creativity. All the materials used are edible and none are toxic so are perfect for little ones. Some of the activities include yogurt painting, coloured rice and pasta, various cereals, lentils, split peas and jelly. The children will be able to explore different textures, search for hidden objects, use their imagination and express their artistic abilities. Why not come along and meet other parents/ carers in the area and have a little fun? Please ensure you put your child in old clothing because it will get messy. Our next sessions will be on the 5th December 2018. New dates will be arranged for 2019. Please see our Facebook page or pop along to the Hub for a flyer.

Along with our open messy play sessions, our nursery classes will all have the opportunity to come along to our messy play sessions at regular intervals.





#### **Parent and Toddler Group**

We have been very busy with our parent and toddler group. We have a lot of new members who attend regularly and others who just come by now and again. Since we started back up after the summer holidays we have had lots of fun making a parent-toddler tree which is displayed in our café area of The Hub. The children enjoy a variety of toys, arts and crafts and have a snack with their friends. Why not come along on Mondays (9:30-11:30) Tuesday (12:30-2:30) or Friday (9:30-11:30). There is a small fee of 50p per child.

#### **Sewing Group**

At the end of September Middlefield Community
Project started a sewing group for beginners. Joan,
one of the local residents and service user, has
many talents and offered her services to help people
learn how to use a sewing machine. The group runs
on a Monday morning from 9:30-11:30am during
our school term time and there is a minimal fee. We
currently have five members attending weekly. If
you would be interested in joining the sewing group,
please contact Lori on 01224 697000.

# Middlefield Community Project Nurseries

#### Settling In

The new term started well in August with all of our new children and families settling in well. We would like to thank all of our parents and carers for working in partnership with us in order to help get their children settled into nursery. Settling your child can often take time, as each child is an individual and responds differently. It takes time, but all the hard work and persistence always pays off in the end.

We have received a few of the settling questionnaire back which we give out to get parents feedback and suggestions. All were positive with comments such as:

"staff helped give my child confidence and support".

# "The staff were so caring and loving to be with"

Feedback from parents/carers is always important as it lets us know their views and any ideas they may have as to how we can develop things or make improvements to the service we provide.

## The old nursery being demolished

It was the end of an era for many of our staff, families and some of our children who currently attend nursery, as the old nursery building in Logie Place was finally demolished. The demolition company

were very helpful in keeping us updated and managed to provide us with the exact day and time when it would be demolished. This meant that the staff could take the nursery children down to watch. They certainly all enjoyed watching the diggers. We even managed to save our old Project sign and a sink for the nursery children to use in the mud kitchen which they would be developing in the garden. Several people linked with the Project, both past and present, came to mark the event and share memories of their time at The Project.

#### **New Nursery names**

We are no longer taking new applications to provide early learning and childcare for children under the age of two years old. We have decided to give both nurseries new names as it doesn't seem appropriate to call the younger children's nursery the 0-3s anymore.

The 0-3s new name is the Little Explorers Nursery and the 3-5s new name is the Big Adventurers Nursery.

#### **Outdoor clothing**

Earlier on in the year we were very lucky in receiving £2000 from the STV Children's Appeal. This money has now been used to purchase fleece lined all in one outdoor suits for the nursery children. This means as the weather is now turning wetter and colder they can still benefit from using the outdoor learning space on a daily basis, no matter what the weather is. As the saying goes... 'There is no such thing as inappropriate weather just inappropriate clothing.' The Care Inspectorate who regulate



and monitor all early learning and childcare settings expect children to have regular daily learning opportunities throughout the year. This is why we will still be outside in the garden when it is wet, cold and/or snow and will not keep children in if they choose to go outside. Nursery Staff also now have new outdoor jackets which they have chosen and had our Project logo printed on.

# Dance and messy play sessions

The Big Explorers nursery has recently restarted its dance and acrobatic sessions. The nursery staff will again be working in partnership with Flashdance School instructor Laura Buchanan to help provide the children with a variety of different skills such as forward rolls, handstands, cartwheels, increasing confidence, strength, fitness and flexibility and most importantly having fun.

#### **Festive plans**

In December the children are looking forward to participating in some fun festive activities for Christmas. The children in both nurseries will be also be going on a trip with their parents and nursery staff to BA Stores to see Santa.









In summer 2017 Middlefield Community Project applied for funding through The Health Improvement Fund to buy cooking equipment to start running Confidence to Cook classes and were successful.

Confidence to Cook is a NHS Grampian resource (including training) designed to equip those working in a community setting with the skills, knowledge and confidence to help others start to cook. The course aims to increase participant's knowledge on food and health and to help others develop their cooking skills.

Our Confidence to Cook classes are held each school term for six weeks. Initially one member of staff and a volunteer attended the Confidence to Cook Training for Trainers course as well as the food hygiene course. To date Middlefield Community Project now has four volunteers who have attended the Training for Trainers

course and a new member of staff attended the training in November 2018.

Middlefield Community Project is equipped with a cooker and space to comfortably have 6 members and two trainers attending the course, in our youth hub. One of our groups enjoyed the cooking classes so much that they continued to use the youth hub and formed their own cooking group which was held on a Friday morning. We hope to continue Confidence to Cook for many years.

Some quotes from participants:

I really enjoyed the six weeks and learned a lot about cooking with less fat and sugar.

My child enjoyed the food I made and this has encouraged me to start cooking from scratch at home.

I liked being part of the group and getting to know people and then sitting down to share the food.

I liked the course so much that I have signed up to go on the volunteer's C2C course. It will help when I visit the Career's Office. The Aberdeen City Health Improvement Fund is available to kickstart local initiatives to improve health and wellbeing in Aberdeen and up to £2,500 is available per project. Anyone living or working in Aberdeen can apply to the fund - members of the public, community groups (including informal groups), staff, voluntary or non profit organisations - as long as the work takes place in Aberdeen. The closing date for applications is Thursday 22nd November.

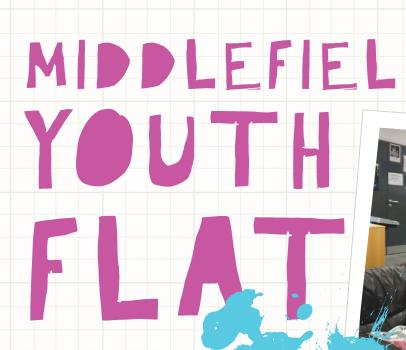
For further information, including examples of previously funded projects, please visit the website www.neighbourhoodhealth.org.uk

You can also find us on Facebook (search for 'Health Improvement Fund) and Twitter (@IFforHealth).











# Girls Musical

Young people at Middlefield
Youth Flat have been working with
Shazam Theatre Group to produce a
musical based on something they feel
very passionate about – an
anti-bullying message.

They have been working on the project since June and have written their own script through improvisation sessions with staff at Shazam.

The group have also rewritten the words to popular songs to fit the theme of their play.

Ashlin told us: "The message is be yourself, don't act like someone you're not just to be popular."

Cast and characters:

Ashlin plays Gemma. She's new at this school and initially becomes friends with the 'Freaks' social group before joining the 'Barbies.' She soon realises that some people are not her genuine friends...

Zoe plays Mrs D, a friendly teacher helping Ashlin along the way

Chelsea plays Rebecca. She's a part of the 'Freaks' who take Gemma in and end up being bullied by her.

Tiegan plays Jordan. She's a member of the 'Freaks' who stands up for Rebecca when Gemma bullies her.

Drew plays Britney. She's part of a flashback scene where you see Gemma didn't have it so easy at her last school.

Kiera plays Courtney, another bully in the flashback scene.

Chloe plays Georgia in the flashback and is also Demi, the main 'Barbie.'

Karis plays Emma, a member of the 'Barbies' who use Gemma for their own gains

Keisha plays Leah, another 'Barbie.'

The project ends in December and will be performed in local schools. The group are also performing the play at the Belmont Filmhouse on Saturday the 1st of December at 11am.





# Heathryfold and Middlefield Greenspace Group.

#### **Update**

Since we last reported in the magazine, there's been a lot happening in the area. Down the side of Sunnybank Football Club the hedging and bushes have been trimmed back, dead trees cut down and the ground levelled in preparation for the erection of a fence. This will create a new dog run which has been eagerly anticipated by many dog owners in the area. It will provide a nice large, safe space for dogs to run free, play and sniff! We had a lovely walk around the grounds as you can see with the photographs of Bill and Rita from the steering group.

You may have noticed some new temporary fences have been erected. This is to protect areas until new plants become established. After our successful litter pick the ground was prepared, plants dug in and grass planted.

Paths are well on their way to completion and may be ready by the time you read this. We'll just have to wait until the plants and grass grows and we'll have a wonderful green park to walk through!

#### **Playpark Consultation**

Recently Aberdeen City Council staff worked with local children, parents,

adults and the steering group to help decide on the plan for a fantastic new play area to replace the aging equipment currently used at the park. Five possible plans were presented to two classes at Heathryburn School, visitors and youth groups at the Hub plus the steering group and they said which plan they liked best. All the plans were exciting and will mainly be built of wood, sensitive to the natural environment of the park. The area will have something for children (and adults of course) of all ages and we can't wait till it's built. It should be ready for play around Easter 2019 if all goes to plan.

#### **Hub Open Day**

The Steering Group took part in the Hub Open Day on the 26th August and was well attended by the local community. A display of the plans for the park was available for viewing, plus local historians Mike Melvin and Councillor Gordon Graham prepared a really informative display of photographs past and present of Heathryfold, plus discussed the history of the area and answered questions from young and old. The steering group would like to thank them for their input and the Hub staff for putting on such a great day.

#### **Community Ranger**

Following the departure of Vicky the Community Ranger, it's taken a while to find a replacement. However, the recruitment of a new Community Ranger is almost complete and it's hoped they will be in place very soon, bringing exciting new ideas and support to the area.

#### **Bulb Planting**

The Steering Group recently ordered 2000 Yellow Crocus and Miscari bulbs to plant in the area. Once delivered we'll hold planting sessions so please look out for advertised dates as we will welcome any help we can get. It'll be fun and result in a lovely colourful park.

#### Join Us!

The steering group meet regularly, usually on a Wednesday lunch time in The Hub. Please feel free to contact us at the details below and come visit to find out what's happening with the Greenspace and help shape how it develops.

HeathryfoldPark@aberdeencity. gov.uk

Manor Park Learning Centre 01224 812973 www.facebook.com/ Heathryfoldgreenspacemakeover













"My mentor tells me that I am good enough. She makes me believe in myself as well. That alone makes me feel more confident. I haven't had a lot of times where someone tells me that I'm good enough or 'you can do it'," Shannon, MCR mentored young person.

At MCR Pathways, we know that all young people are brilliant and talented. However, Aberdeen City Councils care-experienced and disadvantaged young people face challenges beyond their control that make it more difficult for them to succeed. These young people are in our community but we don't always see their struggles.

Our vision is that every young person in Aberdeen City Council gets the same education outcomes, career opportunities and life chances as every other young person, no matter their home circumstances.

And we need your help to make this happen.

We recruit and train volunteer mentors who are matched with a young person based on personality, interests and career aspirations. Mentors meet with their young person at their school for just one hour a week and provide a compassionate, listening ear. Our mentors come from all walks of life but what they share in common is their desire to help Aberdeen City Council's young people.

One of our mentors, John Hetherington, said, "I have a young family and I felt mentoring would help me understand some of the things they may encounter. It has opened my eyes and will definitely help me to relate to my own children better.

Through meeting each week, mentors and young people create a supportive relationship. It's this relationship that makes the difference.

Our most vulnerable young people need our help. When they fall, their mentor is the hand up. When they succeed, their mentor is the loudest clap, and years from now when they look back, their mentor is the face that shines bright.

Can you #GiveAnHour and mentor a young person? Sign up today at mcrpathways. org/get-involved/ or contact Roxanne Card at roxanne.card@mcrpathways.org or 01224 492855.

# Give Your Family a Healthy Start!

Healthy Start is a UK wide scheme that provides pregnant women and children under 4 in low income families who receive certain benefits an opportunity to access vitamins\* and vouchers that assist to buy cow's milk, fresh or frozen fruit and vegetables, and first stage infant formula.

NHS Grampian Health
Improvement Team are
currently working hard to
increase the uptake of the
Healthy Start Voucher Scheme.
Public Health are working
hard with midwives, health
visitors and any other person
or establishment that work with
pregnant mothers or families
with children under the age of
four years to encourage them
to claim for Healthy Start.

To qualify for Healthy Start you must be pregnant or have children under 4 years of age and in receipt of the following benefits:

Income support OR Income-based Jobseeker's allowance OR Income related Employment and Support Allowance OR Child Tax Credit (with a family income of £16,190 or less per year)

Universal Credit (with a family take home pay of £408 or less per month)

If you are under 18 and pregnant, even if you do not receive the above benefits, you qualify for Healthy Start.

You can pick up your Healthy Start forms from your local GP surgery, the Department for Work and Pension, or you can down load and print the form from www.nhsgrampian.org/ healthy-start and send to the freepost address advertised on the NHSG page. Your form must be countersigned by a midwife or health visitor or practice nurse prior to sending. For more information and to check whether you qualify for Healthy Start please visit our local Healthy Start page at www.nhsgrampian.org/ healthy-start

\*every pregnant mum in Grampian is entitled to free vitamins throughout their pregnancy



#### Boogie in the Bar

Boogie in the Bar takes place in Sunnybank F.C. Social Club on the first Friday of every month from 12.30 to 3.30pm.

Boogies are fun daytime discos for those who love to dance, sing along or just listen to music and are dementia friendly. They are free and a light lunch is provided. The bar is open for participants to purchase both alcoholic and non-alcoholic drinks.

Around 50 people from the nearby care homes and local residents regularly attend and enjoy music from Jimmy Shand, Elvis, The Beatles to Status Quo. Requests are very welcome.

Why not come along and relive your youth to your favourite sounds.

Dates of the next few are events: Friday 7th December.

Quote from a participant at the last Boogie - "Thanks for inviting us. We never get invited anywhere. I've had the best day ever."

To ensure there are many more Boogies we need volunteers to help serve the food and generally ensure the participants have a great time.

If you can help please come along to the next one or contact Wilma at Cummings Park Centre on 01224 694060 or Darren on 07584601073.

## Community Policing in Middlefield

Police Officers in Northfield are often faced with challenges of disruptive behaviours but continue to work together with local residents to bring about a positive change in the area.

As winter draws closer, bringing with it darker nights, it is vital to highlight the importance of having an awareness of personal safety.

Like many areas in Aberdeen, officers in Northfield continue to be challenged by opportunist offenders, breaking into people's property or stealing vehicles.

As a means of reducing the number of these offences, there are now several officers based in Northfield who are trained in providing specific Domestic Security Surveys, which can be carried out at the request of homeowners. As part of these surveys, homeowners can receive free and personalised advice as to how best to secure their property. This service has proved to be highly effective when rolled out in other communities around Aberdeen.

One of our local priorities is that of road safety and road crime. Throughout the summer, a number of officers were seconded to focus on dealing with the issue of off-road bikes causing a nuisance in the area. This is something which has been actioned successfully for a number of years now and has seen a downward trend in antisocial motorcycling.

Continuing to focus attentions on road safety, on the 6th and 7th of November, officers from the Northfield Police Office executed an operation aimed at educating drivers about the importance of road safety surrounding our schools. This was an issue which was identified by a number of local residents who highlighted concerns over motorists driving at excessive speeds and displaying bad motoring habits, such as parking in restricted areas.

Officers will work along-side specialist Roads Policing Officers, City Wardens and in partnership with local primary schools, the local council and the media. These agencies have come together to educate motorists about the dangers of their behaviours, thus tackling the root cause of the concerns raised by local residents. In the next edition of the magazine we will let you know how it went.

We will continue to challenge road users to try to enhance road safety in the local area.

Drugs can impact on everyone within the area, and it is important that you realise your role in addressing the dealing and misuse in our community. While we are continuing to tackle this directly during patrols and operations, the information received from you is crucial in directing the team where they can be most effective.

Our work will continue, so when you're out and about and you meet a member of the team, please stop and speak and tell us what's happening in our community.







## Haudagain

## Works

# Update

Delivery of the A90/A96 Haudagain Junction Improvement project got underway in the summer with work to prepare the site for construction which included the demolition of 31 buildings on the site. The demolition work is making steady progress and is expected to be completed by the end of the year in preparation for the main construction to get underway after the Aberdeen Western Peripheral Route opens to road users.

The Middlefield Mirror team will keep you updated with any developments over the next few months.

Got views you would like to share on the subject? Get in touch with the team on 01224 515013, email laura.young@shmu. org.uk or pop us a message on Facebook.

# Preferred bidder selected for regeneration area

Dandara has been selected as the preferred bidder to redevelop the Middlefield Triangle following a decision by the Aberdeen City Council's City Growth and Resources Committee.

The Triangle will be created when a connecting road is built between North Anderson Drive and Auchmill Road to ease traffic flow on the Haudagain roundabout.

Housing enclosed by the roads is of poor quality and is being demolished.

Committee vice-convener Councillor Gordon Graham said: "I am delighted that a preferred bidder has been selected for the Middlefield Triangle and that we can look forward to seeing detailed regeneration plans.

"During the pre-application process the Council will work with Dandara to ensure that the community's views are taken into consideration."

Dandara director Neil Young said: "We are very pleased to have been selected as preferred bidder for this strategically important site, and look forward to helping to breathe new life into the area.

"A mixed-use development is envisaged for the 'Middlefield triangle', and proposals for the land will be unveiled in the coming months."

# **oshmu**

## Middlefield Matters on shmuFM

Did you know that shmuFM host a show dedicated to all things Middlefield every Thursday between 1 and 2pm?

We're always looking for information to share and people to come and be guests on the show! We also offer free radio training for anyone who would like to come and volunteer with us – it's a great way to share a positive message about your community as well as building on your confidence, learning new skills and meeting some great people along the way.

If you would like to know more email laura.young@shmu.org.uk or give her a call on 01224 515013.



# Upcoming Fundraising Events

As regular reads of the Middlefield Mirror will know the shmuCREW are currently fundraising for money to move back to our Woodside building.

At the time of print we had raised around £4,500 and have several fundraising events coming up.

A night of Soul Music with shmuFM's very own Whole lotta Soul hosts, Eddie and Acky on Saturday the 1st of December at shmu. Tickets cost £5 and include a raffle strip.

Christmas themed Rock 'n' Roll Bingo on Tuesday the 18th of December at shmu. Tickets cost £6.

All tickets are available from shmu (202 Ashgrove Road West) or by emailing Frieda on frieda. strachan@shmu.org.uk. They are also available online by visiting our BT My Donate page:

mydonate.bt.com/charities/shmu and clicking on the event you would like to attend.

We would love to see you along at any of these events. The money raised will go towards ensuring the best experience possible for our volunteers, programme participants and visitors to our studios. There is still a long way to go before our efforts are done!

Thank you so much to everyone who has helped us Pave the Way to Woodside by donating, attending events and organising their own! If you would like to hold your own fundraiser, or want to chat about a fundraising idea you have, get in touch with Frieda to get one of our fundraising starter packs! frieda.strachan@shmu.org.uk or 01224 515013 for more info!

# Councillor Comments

#### Kirsty Blackman MP for Aberdeen North

I was saddened to read the recent news about the increase in the number of food parcels being distributed by organisations throughout Aberdeen. This increasing reliance on foodbanks is something my office has seen first-hand and is able to help signpost those who need assistance.

At this time of year it is particularly upsetting to think that many people are struggling to put food on the table. To help with

the demand placed on local foodbanks, my office at 46 John Street will act as a collection point for non-perishable items throughout winter during office hours.

If you wish to donate to a food bank locally, the closest food bank to Middlefield is Instant Neighbour, 5 St Machar Drive (Mon-Fri 9.30am-4pm, Sat 9am-1pm). I have previously visited Instant Neighbour and met with staff and volunteers to hear more about the service they provide, including the provision of practical assistance to overcome financial difficulties. I would encourage anyone who is able to donate to a food bank to contribute, ensuring no one in our city goes hungry this holiday season.

Kirsty Blackman MP 46 John Street, Aberdeen, AB25 1LL Tel: 01224 633285, Text: 07464606650, Email: kirsty. blackman.mp@parliament.uk

#### Councillor Gordon Graham

Hi folks,

A lot of progress being made by the administration in the area and people are complimenting the administration on the improvements made such as:

- · New community hub;
- Improvements to play parks;
- Heathryfold park and flood prevention project;
- Environmental improvement projects;
- Active travel project

#### (NESTRANS);

Auchmill Community Woodlands
 It was great to see consultation
 being undertaken with regards
 to the playpark, Manor Park
 and Heathryburn as well as kids
 from the Hub.

With regards to the Haudagain Triangle I am pleased to say that families are now out of the housing. With regards to the development of the site I can advise that proposals for a mixed

development site and a developer have been approved by the administration and detailed plans will be submitted to the council by Dandara. The plans will include much needed retail development by a prominent company, a drive through which should provide much needed jobs and much needed houses.

Gordon Graham
Tel: 07736 329751
ggraham@aberdeencity.gov.uk

#### Councillor Gordon Graham

Northfield Community Council
Northfield Community Council
narrowly missed the target to be
able to form the new committee.
This is a loss to the community
and we are both keen to restart the
group for the benefit of the area.

Re-elections are due to take place early January, if you can give a few hours a month, please get in touch and we would be happy to put your name forward to the group.

Smithfield Drive Lighting

Several residents came forward to report that repairs on street lighting wasn't lasting more than a couple of days at a time. Due to the amount of communication between us and residents, officers managed to find that the fault was underground. This should now be sorted and the street lights fully operational again.

Street lights across the area
As you may have noticed, streets
lighting has now been upgraded to

the new LED style and this should help to brighten up areas that were dark. As this lighting is new, there may be minor issues. If you do spot anything, please report this via the council's websites 'report it' button or get in touch with us direct.

Jackie Dunbar 01224 522522 jdunbar@aberdeencity.gov.uk Ciaran McRae 01224 346630

# 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 He	ealth <b>0345 337 9900</b>
and Care Village	
Gas	
Gas Emergency	0800 111 999
Gas emergency with a m	eter <b>0845 606 6766</b>
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-Hour	<b>01224 693936</b>
Young Carers	01224 212021
Water	

0800 0778 778

Scottish Water Emergency

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@aberd	eencity.gov.uk
Middlefield Community Project at The Hub	01224 697000
Manor Park School	01224 812060
Healthy Hoose	01224 661500