

Middlefield **Mirror**

Winter 2019

NOW COVERING HEATHRYFOLD

In this issue:

WAR TIME MEMORIES
FAMILY LEARNING
NEW MEDICAL CENTRE

www.shmu.org.uk/press



Middlefield *Mirror*

Summer Edition 2019

Contents

3	John Muir Award
4	Health Centre
5	Who is the Carer?
6	Remember
7	Exercise Classes
8	Youth Hub
10	Middlefield Community Project
12	Northfield Library
13	Councillors Comments
14	shmu
15	Vit D

Editorial

Welcome to the Winter edition of the Middlefield Mirror.

In this issue we have articles covering the new medical centre for the area, Northfield library and a new exercise class available at Middlefield 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



John Muir Award

Family Learning and Middlefield Community Ranger



Family Learning Development Workers Helen, Louise and Megan and Middlefield Community Ranger Adaica Rodriguez have been working with families from Bramble Brae, Manor Park, West Park and Quarryhill schools to complete the Family John Muir Award over the last few months.

The John Muir Award is an environment award scheme where each participant must meet four challenges: discover, explore, conserve and share with increasing responsibility and ownership over the four days.

The first activity that we did with the families introduced them to the John Muir Award. We enjoyed a scavenger hunt at Auchmill Woods, then putting at the golf club and a picnic in the park.

Our second activity took place at the Hilton Woods and we made moth traps, completed a walk round the woods looking for moths, bats and other nocturnal animals then finished with roasting marshmallows round the fire and enjoying hot chocolate.

Our third activity was at Howes Road where we did some bird spotting with binoculars, went pond dipping, did some litter picking and made doggy poo bag holders. Families also enjoyed making seed bombs and leaf printing.

Our final activity was at Manor Park Community Centre. Families enjoyed a hunt around the area looking for minibeasts, painting pebbles and the children then loved seeing the inside of the police car with the local police officer. We finished our session with a celebration lunch

and 12 families received their John Muir Award certificates.

Families all enjoyed learning new skills and finding new parts of their community that they can enjoy in the future as well as building relationships with families from different schools. One family said, "the whole experience has been great" while another commented "favourite was pond dipping. I enjoyed being outdoors with the John Muir award and have enjoyed every activity and would like to do more". Another families favourite was "sharpening the sticks for smores and sitting together around the fire".

We all had a great time completing the challenges along with the families and look forward to working with more families in the future to complete their award.





Health and care centre on track for 2021 opening

Plans are well under way to create improved health and care facilities for the Denburn, Northfield and Mastrick communities by spring 2021.

Aberdeen City Health & Social Care Partnership (ACHSCP) and NHS Grampian (NHSG) are working to deliver a new, purpose-built integrated health and care facility, which will replace ageing facilities at Denburn Practice, Northfield Clinic and Mastrick Surgery.

It will be located near the

Orchard Brae and Heathryburn schools next to Northfield and Mastrick. City-centre patients who don't wish to travel to the new facilities will be able to access services provided by the practice from the Health & Care Village on Frederick Street.

Patients at the new facility will be able to access services which will include GPs; nursing and a range of other health and care professionals.

After a public vote, it was decided that this facility will be

called "The Greenferns Health and Care Centre".

Construction is on track to begin in spring 2020 and the project team are working on delivering a smooth transition for patients.

Patients do not need to do anything at this time and will receive a letter nearer the opening time to give them further information on what to do next. In the meantime, patients can get in touch with the project team at **ACHSCP.Capital@nhs.net** to answer any questions.



Who is a carer?

We care for people, our children, our parents and if that person can't function without your care you are a carer.

I recently attended a Carer's Parliament in Edinburgh. It's run by CareScotland and allows carers to take part in discussions and identify the issues which concern all carers. It's also responsible for getting carer's rights recognised and the Carers Charter was drawn up by the people who take part.

As a carer of over 49 years I will be attending to draw attention to what happens when people are no longer carers. Part of the registration process required me to fill in an online form. After the initial name etc, I was asked if I was a carer or a former carer.

Technically I am a former carer as my son is now looked after in a care facility and this question made me think.

Having looked after our son from birth we reached a point a few years ago when it became clear we needed to look at the future for him. He has learning difficulties and autism and quite severe behavioural challenges. We were very lucky in finding a great facility for him and he has adjusted well to the change in his life.

We however haven't coped so well. Never having been through this before we did not know how we would feel. What came as a surprise was how much we missed our son's presence in the family home. That was the hardest thing to come to terms with, but emotion was quickly overtaken by the realisation that although he was no longer in our daily lives, we never stopped caring, indeed the facility he lives in welcomes our input. We just

have to be careful not to become too involved.

This set me thinking, we are still our son's carers and always will be until we die. This means we will never be "former carers." All carers will have their lives altered in ways that go deep and someone caring for an elderly parent or sibling will feel their loss when they die but they will still care. They will care for the memory of that person and as so often happens, the carers health may have been neglected and long-term issues can arise.

I would like the term "former carer" to be abolished. Caring for someone can change lives in ways which are not easily left behind but should be recognised and addressed. We are in a better place now than when our son went into care four years ago but it's been a long hard road.

No one prepared us for the journey and the term "transition" which is used to describe someone moving into care is a simple word loaded with emotions which are hard to deal with.

We sometimes felt that our 49 years of caring were just brushed away but luckily, I have been able to recognize what was happening and deal with it, not everyone does. I would like this to be dealt with and a kinder more informed way of going through this process identified I've written an extensive account of our caring journey. Writing brings me comfort but I wish I'd had something similar to read when this process started. It might have helped

Northfield Community Policing Team

A new Inspector has started at Northfield Community Policing Team. After two and a half years of working in the area, Inspector Karen Main is moving on to a new post in Bucksburn.

The new Inspector for the area will be Inspector Simon Lewis-Dalby

You can get in touch with your local community policing team in exactly the same way as before – pop into the station next to Manor Park School, phone 101 in a non-emergency situation or email NorthfieldCPT@Scotland.pnn.police.uk.

St Machar Credit Union

We are at the Middlefield Hub twice a week. You can catch us on Mondays between 6.30pm and 7.15pm and Tuesdays between 11.30 am and 12.30 lunchtime (not on bank holidays).

Open an account, pay into your account, complete all paperwork for your savings and enquire about low cost loans at our weekly collection point.

You can also pop in and see us at our building at 433 Great Northern Road, Woodside, Aberdeen.

Phone us on 01224 276994 or look us up on Facebook by searching 'St Machar Credit Union.'

REMEMBER, REMEMBER

Watching the news one night I saw a WWII veteran doing a parachute jump to honour the colleagues he fought alongside during WW2. It got me thinking about my own father's part in the war and the fact that I knew very little about it. The only member of my family who would know is my sister and she told me this story. My father was in the Royal Artillery during the war and he was involved in the Dunkirk landings. He parachuted into Arnhem and he managed to survive when many of his fellow soldiers were killed. He then went on to take part in the D-day landings. When he was asked if he had any medals his reply was that he needed no awards for doing his duty to save his country. I never knew any of this and my father would not say any more about the subject.

This is something he had in common with many others who served in this conflict.

My father in law was a prisoner of war for five years and was

marched at gunpoint throughout Europe having been captured early on in the war. He managed to keep a diary detailing the fight they had every day for food and care. He said once that if someone fell down they were left where they lay. The soldiers would shoot anyone who tried to help their fellow comrades. The last page in my father in laws' diary has the following in large writing, WAR IS OVER!! GOING HOME!!! All these men had one thing in common, they would not talk about what happened to them in the war and now most of them have passed and their story died with them and that's a shame.

Why don't you ask the question of your family members who could remember war? Everyone has a story I'm sure and if we ever wonder why any of this is important then think of the men who were asked to give up their lives so that we can have the freedom we now enjoy and take for granted.

No one thinks war is right and in some parts of the world they have never known peace.

Take a minute to think on the sacrifice of so many.

A personal family story might help to bring all this to life.

My father in law had a girlfriend who wrote to him through the Red Cross. A story in the local paper reported that almost all his regiment had been killed and no one could find out if this was indeed true. When she was notified at the end of the war that he was alive and was coming home she ran from her house in Woodside all the way to the railway station to meet him! Can you imagine how this young woman must have felt?

They then went on to have two children, one of whom is my husband so I'm really glad that soldier came home from the war.



EXERCISE CLASS IN MIDDLEFIELD

I run a Gentle Exercise Class at Middlefield Hub on Wednesdays at 2pm. It is open to people of all ages. Originally it was entirely chair based and aimed at those in sheltered housing, but the clients are progressing and strengthening so well that now some of them like to do their circuit out of the chair.

The class caters to the individuals within it so that they all get a safe and effective workout suitable to their needs and abilities. It builds functional strength for everyday life so

that daily tasks are easier. It promotes independent living and helps to prevent injuries and falls. Any age is welcome. One client is much younger but has fibromyalgia and since starting the class she reports considerable improvements with her pain management. She feels far better and stronger now and it has spurred her on to also start swimming and zumba classes.

"I was diagnosed with fibromyalgia two years ago. Since beginning classes, a couple of months ago it has

really helped with my pain! I feel so much better and so have now started swimming too! My physio is really pleased with my progress. Leanne and Alison (zumba instructor) are good motivators and you are able to work at your own level"

For more information about coming along to Leanne's class email crusadefitness@outlook.com or look up Crusade Fitness and Nutrition on Facebook or phone 07904860992.



One of the most important jobs we do as youth workers is to support young people through the process of change. Teen years are completely dominated by change, with their own bodies, psychologically, new school, in their relationships with friends and family and most significantly, relationships with parents, carers or those closest will become more difficult. The move from the youth flat in Manor Avenue, signalled significant change also.

It has been a difficult process for workers and young folk to adjust to the move, which meant that a space that had been completely their own for 12 years is now a shared space used by different groups, a shared entrance and a single large room. Notwithstanding this the youth workers have managed to continue to deliver 40 hours a week of quality youth work. Accommodating this is a long process, for the young folk, staff, volunteers and community members who have known and loved the youth flat for years. As we know, words carry much significance and are loaded with meaning, so we are making a positive step in this direction by asking everyone to now refer to the facility as the Youth Hub. It is hoped

at a time in the near future we can consult with the young people to get their suggestions for a new name.

Also the area will be changing significantly with the new houses that have already been built on Manor Walk and the major new developments in the 'Haudagain Triangle'. The development will herald further changes at the Hub, in respect of services offered, the changing needs of the community and the way the Hub is financed. In response to these challenges we have already started some complimentary but significant new developments. We have applied and had a little success in applying for and securing some funding for focussed work on mental health, music, drama and art. These do not take the place of the excellent day to day youth work we provide but run alongside it. Within these areas of work there is also the standard elements of youth also, building confidence, self-esteem, capacity building, social awareness, problem solving and coping strategies to deal with, influence and embrace change.

The start of the year saw the end of our amazing drama project, a musical about bullying, with a tour of

local schools. Written and performed by Youth Hub members supported by a professional theatre company. Negotiations were underway to create a video based on the play, but lost momentum when support workers were unable to coincide their availability. Then the summer holidays intervened, so we were unable create the video. We have had two very successful music collaborations, one with the school youth work team and the other with Sound Collective and Tinderbox. We are midway through a second collaboration with Sound Collective which will culminate in 3 full days of learning and performance at shmu, which is also ably supported by one of our youth work team, who is a skilled musician.

We are in the early stages of starting an arts project based around the idea of Nuart. We will identify a number of locations in the area (eg the Hydro Box at Alan Douglas Park, the building at the sstro turf park, the garage and outside walls of the Hub) and make a number of art installations and sculptures to create a wellness and wellbeing walk to and through the community forest.

HOW

We have been fortunate to receive funding from Raising and Giving and the Harbour Trust to fund a mental health project for young people.

We have recruited a trained mental health recovery practitioner, who is developing a programme to support the recovery of some of our young people who are finding it difficult to remain grounded and safe. The project is called 'Mind U'.

There are a couple of members who are interested in starting a community rock choir, although a youth initiative we are attempting to make it as inclusive as possible, so it will be open to the wider community. Our policy of inclusivity means that we would attempt to support anyone who would like to participate. And that includes the likes of me, whose voice is best kept private! Many of us have been victims of the 'Don't give up your day job' brigade, who are happiest when denying folk the opportunity of discovering their voice!

Mind U

A new wellbeing support service for young people. With a growing number of young people experiencing a variety of mental health issues the need for support is an ever present issue within our community. At Middlefield Community Project we have recognized a need for 1 to 1 support for young people who use our facilities in order to discuss and address mental health issues and improve wellbeing. Mind U is a new service aimed at tackling these issues and providing youths with information and techniques to help understand and manage their own emotions, behavior and wellbeing.

Currently in a pilot stage, Mind U aims to offer 1 to 1 support with a trained Recovery Practitioner/Youth Worker in order to build confidence, identify goals, problem solve, develop coping skills, make personal development plans and improve mental health for the young people in the area. The support will take place at a pace the young person is comfortable with during 1 hour appointments and will be tailored to the needs of the individual as much as possible. A variety of toolkits, plans and resources can be used where appropriate in order to help direct support and increase the ability of the young person to be part of their wellbeing management.

In future we aim to offer group support by holding workshops on particular aspects of mental health and wellbeing in order to help young people develop a shared knowledge of coping skills, information, practices and understanding. Referrals to the service are welcome from parents, guardians, carers, support workers, teachers and youths themselves by calling the Middlefield Community Project office on 01224 697000 and asking for Kane, Helen, Ron, Lori or emailing kane@middlefield.org.uk.

Middlefield Community Project



NURSERIES Children settling

In August we had some new children and families start attending our nurseries. 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 in a new setting can often take time, as each child is an individual and responds differently. It can sometimes be a difficult time for parents if they see their child getting upset so we appreciate your support in the different settling strategies that we use. It takes time, but all the hard work and persistence always pays off in the end.

We would also like to thank those parents/carers for working in partnership with us in order to support their child in getting used to the new routine of staying for lunch and being in nursery for the longer extended sessions. Similarly, this can take time as every child is an individual and manages and responds to changes differently.

The children and staff are settling into and getting used to the layout of the new nursery room and also getting used to the longer sessions. In regard to the trial of the extended nursery hours we have received lots of positive feedback from parents. Such comments include, "the extra funded nursery hours have enabled me to have career opportunities that I wouldn't have been able to previously have." "Financially, this is life changing as I am not having to pay so much for my childcare now." "This

has a great positive impact for me and my family." "Having lunch in nursery is helping my child to become more confident to try and eat more varied foods." "I like the fact the nursery has been flexible, and my child can attend during the holidays so that they have consistent routines." "It's great as I get more time to get things done."

Staff feel that children are now starting to become more familiar with the daily routines, for example lunch. The children are certainly enjoying the new learning zones and developing their independence in choosing the resources and learning experiences that they would like to engage in. The staff are continually developing the zones to enhance the children's learning experiences and follow their individual interests. Recent additions include some hanging flower garlands and also planets hanging from the ceiling in the small world zone which has inspired much interest and conversations from the children about planets, the solar system and rockets. Also, a globe and a wall atlas to encourage and develop children's interests in the world they live in.



Continuing with weekly outings on minibus

We have restarted our weekly outings where we take small groups of the nursery children out on the minibus on focussed visits to a variety of different places. The aim of these visits is to enable children to experience different natural outdoor environments, for example Aberdeen beach, forest and gardens. Trips so far have included Tyrebagger Forest and Duthie Park Winter Gardens. The children really benefit from being part of a smaller group as this helps enable the children to develop their confidence, language and let them explore different environments with more focused adult support. We go out throughout the different seasons as we have our fleece lined waterproof all in one suits for the children to wear. This also enables the children to experience seasonal changes and different weather conditions. Other benefits and learning opportunities include:

- Developing confidence in visiting familiar places.
- Experience a feeling of wildness in green/open spaces and experience a diverse range of habitats and features.
- Develop practical skills such as how to cross the road, manage dogs and encounters with wildlife.
- Learn how to care for public spaces.
- Develop stamina walking and being physically active.
- Build on and develop relationships with peers and staff within a small group scenario.
- Develop curiosity and a connection with nature.

Festive Plans

We have already planned and booked our festive activities as Christmas will be here before we know it. In December the children are looking forward to participating in some fun festive activities for Christmas. The nursery children will be going on a trip with their parents and nursery staff to BA Stores, near Dunecht to see Santa. This will be on the week beginning 9th December. The annual trip to this beautifully decorated festive wonderland has become a firm favourite with children, parents and staff. The children will be having a festive Christmas lunch provided by the café for them to enjoy on Wednesday 4th December.





Thank you Adiaca!

Adiaca Rodriguez, our lovely Park Ranger has left her post. Adiaca has been an inspiration during her short time with us and we all wish her well in her new job. Her energy and enthusiasm have been very infectious and countless school children have enjoyed her informative walks in the local area. The Heathryfold Park Group hosted a leaving celebration for Adiaca at the Sunnybank club on Saturday the 7th of September at 2.30pm after a week of celebration events to launch the green space.



NORTHFIELD LIBRARY

If you haven't visited Northfield Library yet, you'll find us next to the Community Centre on Byron Square. We've had a wee spruce up and some new signage so hopefully we'll be easier to find.

We have an excellent stock of books, talking books and DVDs available for loan, PC and Wi-Fi access and it's free to join (proof of identity is required). If you're not yet a library member, you are still welcome to attend events happening in the library.

Our Bookbug sessions take place on the fourth Monday of the month at 2.15pm and last for around 30 minutes. These are free, friendly and fun sessions of stories, songs

and rhymes for babies, toddlers, preschoolers and their families and carers to enjoy together. The next session is on 23 December.

We're also looking forward to hosting drop in sessions run by the SAFE (Support Advice Finance Education) Team at CFINE offering help with PCs and the Internet with a focus on benefits. These started on 28 October and continue every two weeks on a Monday from 3-5pm. Contact the library for more information.

**Northfield Library, Byron
Square, Aberdeen. AB16 7LL**

Tel. 01224 695104

**Email [northfieldlibrary@
aberdeencity.gov.uk](mailto:northfieldlibrary@aberdeencity.gov.uk)**

Councillors Comments

GORDON GRAHAM

My biggest priority has been to secure funding for the refurbishment of Northfield Swimming Pool, following closure for health and safety concerns. It became clear early on that we needed to transform the pool and provide additional facilities to enhance what it had on offer. To that end I am happy to report that substantial funding has been secured from both the City Council and Sport Aberdeen, not only to refurbish the pool but to provide additional facilities.

This will result in refurbishment to provide Northfield Pool with a up to 20-year serviceable lifespan. In addition, an extension will provide 60-station fitness suite, multipurpose studio, dry changing facilities, increased changing accommodation, including group changing and family changing which will be a boost to groups such as Middlefield Community Project.

I am also working with the Middlefield Greenspace Group to provide the facilities at Heathryfold Park such as the new playpark and dog play area and improve the pathways that surround Auchmill Community Woodland. This is a great piece of work and will be a great asset to the community.

Recently we have formed a group of people to develop a community arts project to provide murals and

sculptures in the area. This will be done with the community and include training classed in art and sculpture. This is making progress and a hope to provide further details in future editions of the magazine.

Bye for now

Gordon Graham

01224 523594

07736 329751

ggraham@aberdeencity.gov.uk

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Middlefield residents are also represented by Councillor Jackie Dunbar and Ciaran McRae who can be contacted in the following ways:

JACKIE DUNBAR:

01224 522522

jdunbar@aberdeencity.gov.uk

07733 300570

• • • • •

CIARAN MCRAE:

01224 346630

cimcrae@aberdeencity.gov.uk

07500 999617

Pathways in Middlefield

Pathways have been working in Middlefield area for over 20 years helping people to find work and our Employability Keyworker, Claudia, meets with people looking for help at the community centre at Manor Park School on Mondays from 12 to 4pm.

Claudia has helped many people from the area to find work across a number of industries and types of jobs. One client came to see Claudia having been unable to work for several years due to poor health. The client was unsure how they would cope in a working environment again. Claudia reassured them and helped create a CV, an email and Universal Jobmatch Account for them. After attending a training course at Aberdeen Foyer for those interested in the care sector, the client came away feeling confident in what they could do. They began volunteering for a local community centre and a few weeks later was successful in starting work in the care sector. The client said: "They were very happy to be in work again, earning money and gaining back their independence."

Pathways help people over the age of 16 and help to identify the job or training that is right for them. We help you to develop a plan to reach your job goal, help with CV's, assist in completing application forms and we have access to funds to remove barriers to work.

If you would like help to find work you can contact Claudia by phone on 01224 682 939 as she is often fully booked.



In Conversation With

shmu are launching a new project called In Conversation With. We are looking to recruit volunteers to go into nursing homes and sheltered accommodation, facilitating conversations with people which will be recorded. These recordings will be edited to go out on the relevant community shows on shmuFM. They can also be transcribed and put together as articles in the community magazine. We know that quite often older people are unable to make it along to shmuFM or to community magazine meetings to participate which is unfair

so we wanted to take away that barrier and have people go to them to ensure they can be included properly. The residents can decide the themes of the conversations so it could be general reminiscence or it could be about a local issue to get their perspectives on it and that would be up to them.

Sessions will start off on a monthly basis but there is obviously room for this to grow as much as the volunteers and participants would like it too. Initially we will be focusing on nursing homes and sheltered accommodation in our target

communities of Woodside, Seaton, Tillydrone, Northfield, Middlefield, Cummings Park, Torry and Mastrick but we are looking for volunteers from all over to get involved and help. There is also room for this to expand depending on the interest we get from people!

If you can spare some time to be involved with sessions, edit or transcribe audio then please get in touch with Laura. We would love to hear from you!

Email: laura.young@shmu.org.uk

Phone: 01224 515013

Speak Out in Northfield

Speak Out is a programme of work that shmu have been doing in partnership with Bramble Brae Primary School. The project consists of six sessions working towards presenting a live radio show. This consists of working on interviews, scripting and preparing to present their live radio show.

Listeners can look forward to two live shows which will cover the Primary 7 school show and going into lots of detail about what happens behind the scenes at a show.

Both the Primary 6 and Primary 7 classes have presented two live shows already this term,

one focusing on American and the other about Europe.

You can tune in to shmu 99.8FM on a regular radio or listen online at www.shmu.org.uk/fm/ listen. Tune in to hear your local school!

Let's Talk about Vitamin D

Why should we take extra Vitamin D in winter?

Vitamin D helps to keep our bones and muscles healthy. For adults this means reducing the risk of soft bones that are easily broken and in children Vitamin D reduces the risk of weak or badly formed bones.

How do we get Vitamin D?

Most of our Vitamin D comes from sunlight but it can also be found in:

- fresh or tinned oily or fatty fish such as mackerel and salmon
- eggs and meat
- some breakfast cereals and dairy products that have added Vitamin D

Who should take Vitamin D?

It is recommended that everyone from the age of 1 take 10

micrograms of Vitamin D daily, especially from October to March, when there is very little sunlight.

However, it is particularly important that the following groups take a Vitamin D supplement all year round:

- Pregnant and breastfeeding mothers
- Infants from birth to 1 year (if they are exclusively breastfed or are having less than 500ml of infant formula per day)
- Children under the age of 5
- People who are housebound or stay inside for long periods
- People who cover their skin for cultural or religious reasons
- Minority ethnic groups with dark skin

Where can you get Vitamin D supplements?

Healthy Start vitamins for mothers and eligible children, from birth to age 4, contain Vitamin D. For more information speak to your Health Visitor or visit:

[Nhsgrampian.org/healthy-start](https://www.nhs.uk/grampian.org/healthy-start)

Alternatively, vitamin supplements can be bought from pharmacies, health food shops and most supermarkets.

For more information about Vitamin D please visit: www.nhsinform.org and search for Vitamin D



Community Contacts

Alcohol

Alcoholics Anonymous 0800 9177 650
Drinkline 0300 123 1110

Crime

Crimestoppers 0800 555 111

Drugs

Alcohol and Drugs Action Helpline 01224 594700
Aberdeen in Recovery 07936 008808
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

Aberdeen Community Health and Care Village 0345 337 9900
Family Information Service 01224 346034

Samaritans

Need to talk 01224 574 488 or 116 123

Social Work

Social Work Duty Team 0800 7315520
and Emergency Out of Hours

Young Carers

VSA 01224 212021

Financial

CFINE 01224 596156
Pathways 01224 682 939
Financial Advice at CFINE 0800 953 4330
Citizens Advice 0808 800 9060
LGBT Youth Scotland ehepburn@aberdeencity.gov.uk

Financial

SAFE 01224 531386
St Machar Credit Union 01224 276994
Financial Inclusion Team 01224 522709

General Support

Scarf 01224 213005
CFINE 01224 596156
Pathways 01224 682939
Citizens Advice 0808 800 9060

Community

Manor Park School 01224 812060
Northfield Academy 01224 699715
Northfield Dental Practice 01224 699900
Northfield Medical Practice 0345 013 0740
Middlefield Community Project 01224 697000
at The Hub
Healthy Hoose 01224 661500
Lovebridge Community Church 01224 049184