

# Middlefield Mirror

Winter 2020

NOW COVERING HEATHRYFOLD

## In this issue:

MIDDLEFIELD  
COMMUNITY PROJECT  
STREET SOCCER  
HEALTHY HOOSE

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





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## Editorial

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

In this issue we have articles covering Middlefield Community Project, how industry has changed in Aberdeen and the Greenferns Housing Development.

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.

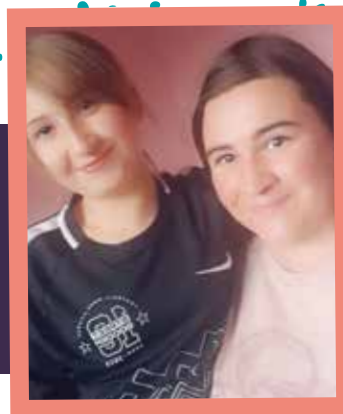


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# STREET SOCCER IN MIDDLEFIELD



My name is Peter Wood and I am the Programme Coordinator for Aberdeen Street Soccer Scotland. Our organisation delivers positive change for players, our main target groups are people who are disadvantaged or excluded for any reason such as mental health issues, rehab, homelessness, ex-offenders or internationals etc. Our programme at Middlefield Community Hub, develops 10-16 year olds, on communication, teamwork, motivation, all within the power of football.

The sessions we provide are a FREE football training session, developing life skills and enhancing football skills. It's a mixture of fitness, agility, and fun! We don't take ourselves too seriously, we want people to enjoy our sessions. We already have a mixture of abilities taking part and it's open to anyone in the community and surrounding area

To be able to take part, you come along and join in our session and then your parent/guardian can complete our disclaimer. All sessions are provided with hand sanitiser and your temperature is taken to follow Covid guidelines.

We have volunteers, a sessional youth worker and myself, so we're always in control and you know that whoever takes part feels safe and protected.

The sessions take place every Tuesday between 4 and 6pm.

Hayley is one of our new players and her mum wanted to share a story about her experience.

She said: "I saw the ad for the football near where we live. When I told Hayley about it, she was excited to join. She thought it would be great to do a sport activity she might enjoy. She always

complained of never getting passed the ball at school and now feels that with her sessions at Street Soccer Scotland she gets more opportunity to learn and be involved.

"Hayley benefits from the exercise, learning new skills with legs and feet and meeting new people. She finds her coach and helpers to be kind, amazing and talented. It's great as a parent to sit each session seeing Hayley progress and be able to do certain skills a lot better in such a short time. Peter has is really patient with the children and is very encouraging. We are grateful for this opportunity from Street Soccer."

**For more information call/text Peter on 07487603708 or email [peter@streetsoccerscotland.org](mailto:peter@streetsoccerscotland.org).**

# Middlefield Community Project

Over the lockdown, some of the staff came in and deep cleaned the project and then painted and freshened up the building. Our task then was to try and work out how we would be able to keep staff at a two-metre distance and we had to revamp the staff room to do this. We then realised that we would need risk assessments for everything. We ordered in hand sanitiser units, hand sanitiser, extra cleaning materials and masks for staff, while we waited for government advice.

## Nursery

The nursery staff who had been doing reports at home were also contacting parents and doing activities for them over the first three months. They worked on separating our big nursery into five nurseries, putting away all the wooden toys and looking for plastic toys that could be washed or steam cleaned. We then asked around to get some extra plastic kitchens and other toys, which people kindly donated.

There was also a lot of work done on the outside garden area. At the same time, we got agreement from Aberdeen City Council to open the nursery for a few children at the end of June which helped us sort out how this might work with the restrictions. We then prepared for the children coming back in August. We have 53 children currently and gradually getting some more coming in. Currently children are in small bubbles with certain staff and have access to a small part of the garden and timed access to the bigger garden. They go for walks and play in the park. The parent come in and out of different entrances. All parents were happy with the smaller nurseries procedures and glad children getting back to nursery and into the routine. Read on for more information on the nurseries.





## Café

After contacting environmental health and getting advice on whether we needed any more measures than we already planned. They were happy with the risk assessments and the precautions and we were able to open for take away meals. One member of staff and a volunteer did this. We applied for funding so we could give out tokens for meals to people and we began to get CFINE (Community Food Initiative North East) Fareshare products back and were handing these out to those who needed them.

Then we prepared for the café to open for people to sit in, but the Aberdeen lockdown meant this was stopped for three more weeks. However, with the restrictions going down to one metre inside and putting a one-way system in place and trace and track information meant we were ready to open. Gradually our café is getting busier but not up to the same extent as before lock down. We will be opening on Saturday from 10am till 2pm after the October holidays.

## Youth Hub

Two staff came back in May. They did the painting and the groundwork, sorting out the procedures for risk assessments. They then started going out in the area and catching up with the young people, some had been really struggling and missed the level of support they had from the Youth Hub. We got agreement from the council to be able to work with a few young people indoors. The staff then sent out letter to parents asking if they were okay for their young person to come into The Hub for one session per week.

When this was happening, the young people had an induction on the new Covid-19 measures in place. Gradually this has built up as staff have come back and we now have 3-4 young people attending per session and we are working with about 30 young people. We are still doing the outreach work which has worked well for some young people. They enjoy the small groups, and that they can do projects and get more quality time with staff. For other young people they miss not being able to come each day and night.

We also applied for funding from ACVO, shmu and Lord Provost Trust for activity packs, books, CDs, and lunch vouchers to help during lock down. We were able to get some young people new laptops through the digital inclusion programme and this was a great help to them with their schoolwork.

We had four small playscheme groups over a four-week period with family groups coming together and no more than eight children with a staff member and a few volunteers helping. They had a great time.

Under 11's groups started up in September and is limited to 8 children at a time in small groups and linking into different schools on different days where possible.

The parent and toddlers in very small bubbles will be back after the October holidays.

## Adult Learning

Our usual Adult learning classes and groups have not started up again yet due to the restrictions, but we hope to run them again as soon as possible.

Ron has been looking to support elderly people in the community by applying for laptops for them. He has been working with shmu staff to help support them to use their laptops and become better digitally connected. This has given some elderly folk a more information on The Hub and a few have come over with lunch tokens and enjoyed the company. We have a worker from shmu working with them over the next few weeks.

## Healthy Hoose

The Healthy Hoose closed and was used as an immunisation centre. This is still happening for three days a week. However, when the project started up again, we had many people asking about the Healthy Hoose, so we wrote to managers to say that the local community wanted this service back. They are now back twice a week, but the project would like this getting back to Monday to Friday as this has always been a high-quality service for the local community.

We hope everybody is well and keeping safe and please visit the cafe for a catch up or a coffee.





## CHANGES TO THE NURSERIES AS A RESULT OF COVID

After the nationwide lockdown lots of planning and changes were put in place in order to support the safe return back to nursery for the children, families and staff. Four smaller nursery groups were created and the children were helped to settle back in with shorter nursery sessions. The smaller groups support the children and staff in having limited contacts in order to adhere to necessary Covid guidance. This also helps to support children's individual needs. The impact for the children and staff is that there is more focussed time for staff to support the children with their understanding and carrying out all the new routines. This can be seen through observations of how well the children can now follow all of the new routines. Since returning to nursery children have been supported to understand the need for the changes to their childcare experience. This has been through individual and/or small group discussions and staff modelling new routines and visual aids, for example increased handwashing, tissue stations, smaller groups, increased cleaning, less resources, having their own locker and water bottles, not putting things in our mouth etc.

In the smaller groups staff can take time to discuss changes and respond to the children's questions, worries and/or needs. Because of this staff can also support the children to become confident and independent carrying out the new routines themselves, for example support with how to effectively wash hands. Pictures are at every sink to also provide reminders and visual cues. Also, there are pictures at tissue stations reminding children about catching their sneeze.

The pandemic has been a challenging time for everyone and can result in the children needing some extra support to understand the emotions and anxieties being felt by them and other family members. The nurseries have created emotions boards to help support the children to recognise, name and acknowledge different emotions and understand that it is ok to have different feelings and these can come and go. When outside in

the smaller garden one girl asked when we will be free again? We discussed how while the Covid germs are still around and there is no medicine to help make us better, then that is why we needed to stay in our new smaller nursery groups and garden. We discussed how we knew this was hard and that it can be sad not getting to play with all of our friends, but we can still wave, talk to and see our other friends when they are outside in their garden space.

Nursery session times are staggered and the rooms have different entrances. This ensures that parents are arriving at different times and at different places to pick up and drop off their children. Each room also has its own segregated garden space which is easily accessible from indoors. A rota was planned for the groups to take turns to use the larger garden space. Unfortunately, parents are not allowed into any of the nursery rooms unless it is a necessity. Staff have been developing other effective ways to communicate and share updates with parents about their child's progress. These include, sharing of photos, emails, texts, Whatsapp, Middlefield Community Project Facebook page and telephone calls. Parents were also emailed lots of information before the children returned through our nursery newsletter with information and photos of the children's new room, entrance and exits and how to get there, photos of their teachers and children in their group. Parents were also given the opportunity to read over our settings development plan and information about how we will respond to different Covid scenarios which gave clear and consistent information to help them know what to do and also what we will do and expect.





Before nursery returned each staff member was given a copy of the updated cleaning procedures. Staff also had lots of other key reading and guidance on infection prevention and control and updated policies and procedures that adheres to Covid, in order to ensure everyone was working consistently to keep everybody safe. PPE is used appropriately and staff have been supported to understand best practice when wearing face coverings and when to wear face coverings.

### **Garden Developments**

Over lockdown the garden had lots of new developments carried out for the children to now enjoy, explore and benefit from. These include a slide, steps up the hill, climbing walls, ropes and ladders on the hill. All of these support the children to develop their gross motor physical skills and coordination to help them find different ways of getting up and down the steep hill. Also a digging area was created in the mud kitchen to support them in having fun exploring with mud and creating mud pies, potions and other fabulous concoctions. A new wooden playhouse has also been purchased to support role play outside.

Groups have been making use of the great local outdoor facilities on their doorstep. The nursery groups have been going out for more walks. The children have enjoyed and particularly benefited from visiting the local Auchmill Woods. Here they have seen deer, lots of birds and insects and blackberries. After the October holidays we plan to resume our weekly minibus outings to other fantastic outdoor locations such as the beach and Tyrebagger Forest to name a few.



# Gone Before

**WILMA COLLIE**

There's no doubt these are worrying times and one of the most worrying is surely employment and the changing jobs market.

Oil seems to be the main employer and the fact it's going through a downturn is a problem for many people. In the past, before oil, who were the main employers in Aberdeen?

I left school in 1963 aged 15 with only a general leaving certificate which didn't qualify me for much but even that didn't stop me being able to take my pick of jobs and by the time I married in 1967 I'd worked in almost every factory in the city

Thinking about that made me try to remember what was made in Aberdeen in the past. My memory may not be reliable, but I'll have a go at listing what I can recall.

Starting with clothing, there were at least three knitwear factories. Glen Gordon, Harrots, and Kilgore and Walker are the three I worked in during the early 60s. These factories supplied local shops with all knitted goods and even had a good export market.

Willerby Tailoring came to the city in the 60s too and made men's suits and coats. I had been trained as a cutter in the knitwear factories and went to Willerby Tailoring for a job. I got the job, but the factory was very high tech, with electric cutters which I didn't like the look of so I didn't take the job

I then got a job cutting out material for mattresses. This was in a little factory called Cothill Mills, just off Union Street. I loved that job, the cloth we used was very luxurious.

I also worked in Strathdee the Baker factory which was in Northfield. That was a very early start and my first job was to coat the hot doughrings in sugar. Quite a few never made it to the packing!

After I got married, I carried on working for a while on a part time basis. I worked for the Donald family who owned quite a few businesses in the town. Their ice cream factory was in Mount Street and I also worked in the local bingo hall, selling the ice cream!

One of the biggest employers was the fishing industry. The many fish factories and the haulage businesses which grew up round about them would have been Aberdeen's main employment for a long time.

When oil came it offered big wages which drew people from all over the world resulting in the growth of the city and its population. Someone said to me not long ago that as they weren't born in Aberdeen they were only aware of oil being the only major industry in town, and I can see why people might think that way, but at one time Aberdeen had many diverse industries. I decided to look at how the River Don supported a range of industries in the past and how they are now almost all gone.

The following list has been given to me by word of mouth and I'm sure there could be more which someone might know of so feel free to contact the magazine to add to it.

***The Rug Store (remnants of this can still be found in Woodside)***

***Grandholm Mill (famous for their Crombie cloth)***

***Esslemont and Macintosh (a storage facility only)***

***Persley Castle (a sawmill and wood store)***

***Donside Paper Mill***

***Aberdeen Milk Marketing Board***

***Abertay Paper Sacks***

***Mugiemoss Paper Mill***

***Stoneywood Paper Mill***

***Taits of Inverurie***

These places are all gone with the exception of Stoneywood and have been built over to such an extent that very little remains to be seen. There were one or two food manufacturers along the Don too and of course the world famous Grandholm Mills, producing cloth used in all the big fashion houses at one time.

The Milk Marketing Board was a government establishment and had a huge factory on Mugiemoss Road where milk from all the farms in the North East of Scotland was collected in tankers and delivered on site daily seven days a week all year round. Everything from bottled milk, butter, cheese, dried milk and anything which could be made from milk was made there and distributed across the globe.

Further along from the Twin Spires could be found Ross Chickens factory. As with the milk, chickens were collected from farms all over the north east to be processed there and distributed to all the various butchers, grocers, and food markets across the region. In the days before large supermarkets chicken were thought of as a luxury food. One chicken



was not enough for the large families of the time and so a chicken was usually reserved for Christmas. Apparently when a chicken was damaged in any way, a broken leg or something, it was discarded as only whole chickens were sold. Someone had the idea of selling these chickens to local chip shops and chicken and chips was born!

The workforce in most of these factories was so big that they had buses laid on to pick up workers and take them home. When the factories had extra orders to fill different shifts were put in place and again there were buses to pick up evening shift workers too. As with the various knitwear factories the workforce in all probability was in the tens of thousands and people would spend all of their working life in these places. Leaving school at fourteen or fifteen going straight from school to factory was the done thing and as a lot of these places were generational - it would not have been unusual to find several members from the same family working together.

A great social life was to be found there too and some places had their own social clubs with local singers and bands playing there. I know that quite a few romances started on the factory floor and ended in marriage. The phrase 'a job for life' really does not exist anymore but not that long ago going to work in one of these establishments meant just that.

**If you can add to this story, please do. Did you work in any of these places? Remember the places may have gone but their legacy has not so please feel free to contact the magazine to tell your story. Aberdeen and the north east had a rich history of industries and any little snippet is welcome. Email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) or call/text 07752586312.**







# MCR Pathways

MCR Pathways have joined forces with Aberdeen City Council to expand their Young Aberdeen Talent mentoring programme.

MCR Pathways have worked in St Machar Academy since August 2018 and this has now expanded to include Lochside, Dyce, Harlaw, Northfield and Hazlehead Academies.

Their programme involves volunteer mentors meeting the young person they are matched with for an hour each week in school and during term-time.

In S1 and S2 pupils meet weekly with the MCR Pathways Coordinator to take part in activities and learning and then in S3 pupils begin to meet weekly with their mentor to help them make positive plans for the future.

MCR Pathways is now looking for 150 volunteer mentors to get involved and help reach young people across the city and Aberdeen City Council will support their staff to mentor as part of their corporate parenting responsibility.

Graeme McEwan, MCR Pathways CEO said: "Our volunteers are from all walks of life; anyone can be a mentor,

you just need an hour a week and to care. We'd also love to hear from local employers who would like to support staff in becoming mentors. Mentors and their employers gain massively from the experience for relatively little time commitment."

**For more information or to register your interest visit [www.mcrpathways.org/aberdeen](http://www.mcrpathways.org/aberdeen). There is an information session available online and you can email [mentor.services@mcrpathways.org](mailto:mentor.services@mcrpathways.org) for any enquiries.**



## 16 Days of Action

### Domestic Abuse

An international campaign which calls for the elimination of violence against women and children is supported with a series of events in Aberdeen which span over 2 weeks in November and December.

The 16 Days of Action campaign runs from November 25 (International Day against Violence against Women) through to December 10 (International Human Rights Day) with the aim of highlighting the connection between human rights and domestic violence.

The campaign is about increasing women's safety, highlighting the nature and prevalence of violence against women, raising awareness of violence against women as a human rights issue, showing solidarity among women around the world, promoting women's leadership, lobbying government, and strengthening local work to tackle violence against women.

DI Karen Main, from the Public Protection Unit, said: "16 Days of Action is an International campaign with an important message; however, Domestic Violence occurs every day of the year. Often victims of domestic abuse don't want their family to be torn apart, they want to stay with their partners and live safely with them. Our experience tells us that people will suffer in silence but it's never too late to speak out or seek help. I urge people to come forward, whether it is to the Police, work colleagues, neighbours, Partner Agencies, such as Rape Crisis Grampian, Aberdeen Cyrenians or Grampian Women's Aid. We are here to provide help and support to those who are suffering the effects of domestic violence. We all have the right to live a life free from violence.'

This year's events will be different from past events due to Covid-19. Unlike previous years we are unable to hold any in-person events, however, we anticipate there will still be opportunities to attend online events for 16 Days. Domestic Abuse organisations will be promoting their events in the coming weeks via social media and press releases – watch out for these!

Violence against women includes but is not limited to physical, sexual and psychological violence occurring in the family, general community or in institutions, sexual harassment and intimidation at work and in the public sphere, sexual exploitation, dowry-related violence, female genital mutilation, forced and child marriages, and honour crimes. These different forms of violence against women have their roots in gender inequality and are therefore understood as gender-based violence.

If you or someone you know is experiencing domestic abuse, help and support is available nationally and locally:

### Police Scotland

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

## Announcement from Healthy Hoose

The Healthy Hoose are delighted to announce that they re-opened on Monday 5th October. They are initially open two days a week on a Monday and Friday.

Due to Covid-19 we are unable to offer walk in appointments. All appointment requests will be made by phone, we will offer video or face to face appointments where needed.

All necessary infection control measures will be in place, with well-marked entry and exit points and hand hygiene stations. Staff will be wearing appropriate PPE and all patients over 5 years old are requested to wear a face covering when attending. Opening hours will be 8.30am-12.30pm & 1-4.30pm. Please telephone 01224 558928 to speak to our receptionist, the receptionist will ask a reason for your call.

**Please do not attend if you have Covid 19 symptoms. For further information regarding Covid 19 please check the following website [www.nhsinform.scot](http://www.nhsinform.scot) or contact NHS24 on 111.**

## New Active Schools Coordinator in Northfield

Jo Bell is the new Active Schools Coordinator for the Northfield area.

She works with the following schools:

Northfield Academy, Bramble Brae Primary, Heathryburn Primary, Holy Family Primary, Manor Park Primary, Muirfield Primary, Quarryhill Primary, Westpark Primark

Jo says the highlight of her job is seeing all the kids getting more active more often and getting to interact with so many different people every day.

**For more information about Active Schools contact Jo on 07825228129 or email [jbelle@sportaberdeen.co.uk](mailto:jbelle@sportaberdeen.co.uk). You can also look up Active Schools Northfield on Facebook.**



# GREENFERNS

**For the last ten years, there have been proposals to build over 1,000 houses on the Greenferns area behind Northfield, Sheddocksley, Kingswells and Bucksburn.**

Northfield resident, Susie Robertson, has started a petition to object to the proposals and help get the word out to the local community.

Presently Aberdeen City Council are reviewing the available information and undertaking key early surveys.

A spokesperson for the council said: "“Once we have sufficient detail and information on the proposed development a planning application will be lodged where the public will have an opportunity to review the proposals and comment accordingly.”"

Susie and other residents object to the proposals for a number of reasons.

Susie said: "What concerns me is that I worry there isn't a need for the type of houses they want to build. Who will be able to afford these houses? It says

25% of the houses will be affordable but in Aberdeen that isn't always that affordable."

However, an Aberdeen City Council spokesperson said: "Affordable housing is a key consideration and a minimum target of 25% provision has been set for all areas of the city as per the Scottish Government Planning Advice Note."

They also have concerns about the increased traffic the development will bring to the area. The developers have said they will build a slip road to offset the increased traffic.

However, Susie argues that: "Between Davidson Drive and Springhill Road the traffic is a nightmare, and I don't see how the roads will cope without having to destroy the landscape."

Aberdeen City Council's spokesperson said: "In terms of the traffic monitoring that was raised, no specific traffic monitoring for this development has taken place recently. However, there

will be a requirement in the near future for traffic assessments to be undertaken. Discussions are ongoing to ensure these assessments provide a true reflection of traffic volumes. As part of this process we will ensure that an appropriately qualified specialist will be employed to undertake this task. Historical transport survey data is also available for the area and this will be used to supplement the future surveys."

The residents also have concerns about the wildlife who thrive on Greenferns.

Susie added: "I've grown up here all my life, the proposed site was my playground and I want to keep it like that for other kids or at least take it into the Bucksburn Nature reserve. We have a decreasing amount of green space and Covid has shown folk how grateful we should be to have green space and need it more than ever."









## Youth Media Update

In line with Scottish Government Guidance face to face sessions for Youth Media sessions resumed in Station House on Saturday the 19th of September. It was great to have the young people back in the building, producing live radio. They are all wearing face masks

in the building and we have plastic screens installed in the studio in order to ensure everyone's safety.

While it is different to usual it's been lovely to have a sense of 'normality' back and have young people using the building again.



## shmuTRAIN Update



ShmuTRAIN, our employability project, is now back up and running virtually and staff are currently supporting four young people regularly to gain employment, education and/or training.

There is currently a rolling recruitment process to get

another group started. If you know of a young person, living in Aberdeen city or shire, aged between 16 and 25 who would like some help with job-hunting please email [michelle.trail@shmu.org.uk](mailto:michelle.trail@shmu.org.uk).

## FANS Youth Film Festival

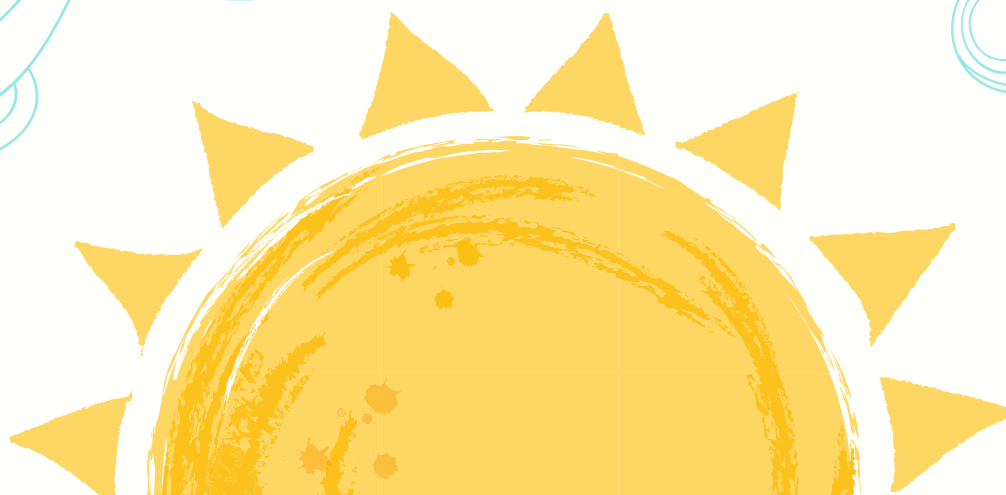
shmu is the fund-holder for two national projects for Film Access Scotland; the FANS Youth Film Festival and the Strategic Development of the Sector.

We are now in the third year of the FANS Youth Film Festival, which is designed and programmed by a team of young people and aims to

celebrate the films and interests of young filmmakers living in Scotland. There are two young people involved in the team from Aberdeen, who shmu Youth Development Worker, Lori is supporting, and there ten young people involved in total. They have been working remotely throughout

the COVID-19 lockdown to develop ideas for the festival in November. Originally the festival was going to be held in Aberdeen this year, but it is now looking like it will be completely online.

For more information visit [filmaccess.scot/festival](http://filmaccess.scot/festival).



# Good News

WILMA COLLIE

This has been a year where good news has been in short supply and each day seems to bring more and more changes to our way of life. But we've adapted and changed with the events as they unfold so when I heard of some good news recently I thought I'd share I with you...

Just before the lockdown a young woman I know, I will call her Tracy, had been diagnosed with breast cancer. Terrible news for anyone at any time and with two children under ten years old and a husband on furlough and a lockdown the news was devastating.

Any treatment which might have been started was put on hold adding to the distress of everyone concerned. However, Tracy is made of strong stuff and she carried on as best she could. She was determined to make life as normal as she could for the children and accepted the limited treatment she was offered.

Her health was not good however, and it was made worse by her living conditions. The family lived on the second floor of a block of flats and climbing the stairs each and every day, sometimes several times a day, was taking its toll. Although Tracy had tried several times to get a move to better living conditions, she was keen to stay in the area for the children's schools and because she really liked the area and had many good friends there. In any event she just did not qualify under the rules for a move so she had no choice but to do the best she could. Every day it was becoming harder and harder and her health was suffering.

One day she got a call from the housing office. A ground floor flat not far from where she was had become available!

This was wonderful news and very unexpected. Two days later the keys were handed over and a moving in

date was arrived at. Within two weeks everyone had moved in and the best thing was there was now an extra bedroom so the children would have their own room for the first time ever. Tracy still has her health problems, but the stress of her former living conditions is gone, and she has something to look forward to. Who knows how much good this will do for her health condition?

As I said at the beginning of this article, good news is in short supply just now but its nice to think that perhaps a housing official somewhere decided to bring some good news to a young family who hadn't had much. Who knows? I like to think of it happening that way and I'll take my good news however it comes.



# 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

**VSA Carers Support** - 01224 358631

**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** 01224 662911

**Woodside Medical Group** 01224 492828

**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)

**Councillor Jackie Dunbar** 01224 522522

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

## **Area MSP**

**Mark McDonald**

– MSP for Aberdeen Donside

**Aberdeen office:** 01224 789 457

[Mark.McDonald.msp@parliament.scot](mailto:Mark.McDonald.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)