

Middlefield Mirror

Winter 2021

NOW COVERING HEATHRYFOLD



In this issue:

HEATHRYFOLD PARK
MIDDLEFIELD
COMMUNITY PROJECT
LOCAL HISTORY

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 the works at the Haudagain, developments at Heathryfold Park and Middlefield Community Project.

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**

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.

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.

LIFE MAY NOT BE THE PARTY WE HOPED FOR

BUT WHILE WE'RE HERE WE MIGHT AS WELL DANCE



Supported by



THE WAY FORWARD

WILMA COLLIE



I previously wrote about the new way of accessing health care and how I had used it extensively. I welcomed this new way of getting help for a health condition for several reasons. It was easy to sit in the comfort of my armchair and type out what the problem was. I could then read it back adding or cancelling anything as needed.

The response from the surgery was very good too and in one instance I was called by a doctor on the same day. Help in whatever form it took was given over the phone and the rest is up to the patient. So far, so good but I have discovered a flaw in this great new system and it is this.

If you receive a call from a health professional in your own home what about privacy? Sometimes what is being said over the phone requires a response which the patient might not feel too comfortable giving if there are others nearby. There could be several reasons for this.

It could be that there is a problem which you don't feel ready to tell your partner about yet. For instance, suspecting a health issue might be more serious than originally thought

and not wishing to alarm other family members or, as was recently pointed out to me someone could be in an abusive relationship and may not be able to speak freely. If the relationship is one of controlling abuse, then seeking outside help may be a trigger for anger and therefore would prevent help being sought in this way.

I recently had a health issue which was dealt with through the E Consult scheme and although I received a prompt response from the doctor it was something I felt I needed to have a face-to-face consultation and decided to write a letter detailing my health problem and the reason I needed to see a doctor.

This was responded to quite quickly and I was indeed given a face-to-face appointment. I was surprised at just how busy the surgery was on that day so any idea that doctors are "just doing nothing" couldn't be further from the truth.

As with anything new it takes a bit of getting used to but a recent article in the local newspaper said, and I quote, "for some demographic groups the new way of working has proven more of a challenge." By 'demographic' I

take that to mean those who do not do the Internet and are therefore from an older generation. There are many younger people who are not Internet savvy and as many older people who are. There can be many reasons for not welcoming this new way of working and no one should feel left out for whatever reason

I know that the trend nowadays is for folk to almost live their lives out on social media and are happy to tell all, that is not the case for everyone, and needs to be acknowledged. I like to keep certain things private and one of the things being promoted from this new way of accessing health care is to make use of local pharmacies. Apart from general enquiries I would not go to a pharmacy for anything personal because I've not been in one which offered privacy so perhaps there is a case for these establishments having a change of approach too.

I shall be writing to the Health Board to bring some of the points I have outlined in this article to their attention. I think it's important to do this for those who may struggle with this new way forward.

Middlefield Community Project

Nursery

Children settling

In August we had several 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. We are so pleased at how well all of our new children have settled in, especially as many of them are only two years old and due to Covid have had very little group experience of social interaction with other children or even being away from their parents. 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.

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 e.g. beach, forest and local

parks and gardens. Trips so far have included Seaton Park, Duthie Park and Johnstone Gardens. The children really benefit from being part of a smaller group as this helps enable them 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.

Runners up in Scotland's finest woods awards in the early years category



Our nursery and staff were overjoyed when we found out that we had been runners up in the Scotland's Finest Woods Awards in the Early Years award category. This was a competition that we were entered into last year for the outdoor work that one of our nursery groups was doing. The nursery staff were taking the children on a regular weekly basis to the local Auchmill Woods at the back of our setting. Here children developed their interest in wildlife, caring for woodlands and their local environment and most importantly had fun outside.

We are overjoyed and it gives us a great sense of pride and achievement to have our work acknowledged and recognised.

After the October Holidays we are going to restart the weekly visits again to the woods. Both nurseries are going to get the opportunity to participate by taking a small group of children each week with the help of the nursery manager and deputy manager. We want to continue on with this great work that we started and continue to support our children's learning, development and wellbeing.

It is hoped that the sessions will also develop children's awareness of caring for the environment,

develop and increase their engagement and interest in nature and wild surroundings, develop their imagination, creativity and physical skills. As the children become more familiar with the location their interests can be followed and resources such as binoculars, magnifying glasses, spotter guides etc can be taken. Trips will also support developing staff, children's and parents' awareness, interest and understanding in the importance of tackling the current climate crisis and the need to be sustainable when looking after environment e.g. not using the same paths if too wet/muddy to have a detrimental impact on the woodland, recycling litter and the danger litter poses to local wildlife.

Bridge of Don Men's shed

We would like to say a big thank you again to the Men's Shed in Bridge of Don who very kindly made us a variety of different planters for our nursery garden, some nursery signs with their new names on, a sand pit and water wall play stand for the nursery children to enjoy, explore and benefit from. We would also like to thank Farrans again for the kind donation of £500 which went towards some of the cost of the resources which the Men's shed made us.



Muddy Hubbers

Once again we held our Under 5's Playscheme, Muddy Hubbers. We had great fun with Moo Music who entertained the children with singing and dancing using props. We had our messy play sessions decorating Halloween bags, polystyrene pumpkins, painting with Halloween sponges and making a Halloween Keepsake. Lisa Lollipop came to join us with some entertainment and sensory play. On the last day children used their imagination dressing up, playing ghost bowling and building with bricks.

Muddy Hubbers is held during the school holidays. You must live in our catchment area to attend these sessions. Prices for these sessions vary and the children will get a healthy lunch. If you require more information please contact Lori at the Hub on **01224 697000**.



Parent and Toddler Group

Our parent and toddler group started once again with fewer restriction in August 2021. Parents and carers are still required to wear a face covering while inside the building. In the weeks leading up to the October Holidays the children enjoyed playing outside in the garden on our new climbing frame, in the sand pit and with our kitchen. Inside we had a lot of messy play sessions including playing with shaving foam, paints and gloop. The children also enjoyed some sensory play feeling different textures and using their imagination playing with the dolls and kitchen.

Each session is £1 per child and each child will get a healthy snack. Sessions are held on a Tuesday, Wednesday and Thursday from 10-11:30. You must live in the catchment area which includes Middlefield, Marchburn, Heathryfold and Cummings Park. If you are unsure please contact Lori at the Hub on **01224 697000**.



Connecting Scotland Devices

We have been successful in our applications to a variety of funders and Connecting Scotland for supplying digital devices such as iPads and Chromebooks to people who need them.

I would like to tell you a story from someone who received one.

B, who lives in semi sheltered housing, is 82 and was shielding in the early stages of lockdown as she suffers multiple illnesses, which make her very vulnerable. B received a Chromebook and MiFi unit as she doesn't have broadband. On a recent visit she proudly showed me round her house at all

the new decor and flooring. She had downloaded the app that enables her to take a picture of her wall or floor and put in the covering she would like to see what it would look like! She keeps in touch with her family with the device on a regular basis. When she's not using the Chromebook actively it is on in the background playing all of her favourite music from YouTube and Spotify. As her mobility is deteriorating, she says it is a necessity now and the fact that they (Connecting Scotland) have extended the connectivity time for another year has been a real boost. B is a real inspiration, and I'll keep you up to date with her progress.

Under 11s Club

With the COVID restrictions easing, we have been able to increase the number of children attending the clubs and it's been great to see so many familiar and new faces in the sessions.

With money donated to the club from Jackie Dunbar MSP we were able to buy a fence and now have our section of the garden. This then allowed us to spend money that was allocated for the garden on a climbing frame, a see-saw and to build a Wendy house. The children have really enjoyed playing on the new garden equipment and have provided us with lots of new ideas on what else we can do in the garden.

Hopscotch

This is a charity that provides children who normally wouldn't get time away an opportunity of 5 days away in the west coast of Scotland.

This year was the first year in two years that we have been able to go to Hopscotch. We got all 10 children onto the minibus and drove to the west coast where we stayed in the Ardvullin which is the Hopscotch House. While there we went on a gondola, climbed a massive hill to the very top, went seal watching, had a competitive bowling game and had a good run about in the soft play and of course we got to see the Harry Potter Bridge. Due to some weather conditions, we weren't able to go speed boating or do the tubing, but had fun putting on waterproofs and wellies and splashing about on walks.



A92/A96 Haudagain Improvement Progress update

Since our last Middlefield Mirror update, our main focus remains the continued construction of the junctions which will join the new dual carriageway to the A92 and the A96 roads, under phased traffic management for the safety of road users and the workforce.

We are also continuing to make progress with the realignment and reconstruction of Manor Avenue.

Recently we have had occasions where we have been working overnight on the A92 and A96 roads. These works have been completed overnight to cause as little disruption as possible and it also means that we can complete these works more quickly and safely.

To keep you informed, regular updates on the traffic management planned for both the A92 and A96 as well as the local roads can be found on www.transport.gov.scot/traffic-update/haudagain-junction-improvement-construction-of-a92-and-a96-link-road-junctions/

We have recently published our Summer 2021 project newsletter. The newsletter provides more information on construction activities as well as some of the community benefits and engagement that are being delivered as part of the project. This newsletter is now available online at –

www.transport.gov.scot/publication/project-newsletter-summer-2021-a92a96-haudagain-improvement/

The latest newsletter is also displayed on the Project notice boards. These also provide additional project information and can be found at the following locations:

The Hub, Manor Avenue, Aberdeen AB16 7UR

Outside Manor Park School, 2 Danestone Circle, Aberdeen AB16 7YB

Mastrick Access Point, Spey Road, Aberdeen AB16 6SH

Our community liaison officer dedicated to this project is Angela Newlands. If you have any matters you wish to raise, please contact Angela at haudagain@farrans.com or telephone: 0800 783 0024.

We would again like to thank the community and road users for their patience and cooperation throughout this project while we continue to make progress in delivering the Haudagain Improvement. The project is expected to be complete in Winter 2021, subject to any further impacts of the pandemic and unforeseen circumstances such as the effects of exceptional weather.

ACTIVE TRAVEL

The project includes a number of

shared pedestrian/cycle routes, Toucan and Puffin crossings, and a new public footpath which leads from Logie Terrace down to Manor Drive. The construction of these routes will allow more opportunities for safe active travel throughout the area. Not only does active travel promote better health and safer travel for all, but also reduces carbon emissions. Farrans were pleased to have been awarded the Cycle Friendly employer award, and with support from Cycling Scotland have been able to encourage our staff to choose healthier, more environmentally friendly ways to commute to the site, by allowing staff to have shared access to bicycles, and bike storage facilities. We currently have a number of staff both cycling and walking to work.

We were also pleased to have supported Ron and the team at the Middlefield Community Project with their bike loan launch event. Members of the Farrans team, Angela Newlands, Community Liaison Officer and Samantha Stirling, Health and Safety advisor were on hand to talk about the new shared cycle/pedestrian routes and how they tie into the wider city routes. They also gave out some cycle route maps, and various active travel items.



Healthy Hoose

The Healthy Hoose is available for your health care needs if you live in Middlefield, Cummings Park, Heathryfold or Northfield and are registered with a GP in Aberdeen. We are a NHS Grampian service offering a wide range of healthcare and can deal with many of your health queries and concerns saving an unnecessary journey to your surgery. Your GP knows we are here and is happy for us to help you if we can.

We provide a service for everyone in the community with all contacts being confidential.

Advanced Nurse Practitioners

The advanced nurse practitioners at the Healthy Hoose are very experienced, offering a triage & appointment system and a wide range of services. Please phone the number below if you have any health care needs or queries.

Our phone number is
01224 558928

Opening times are:-

Monday, Thursday & Friday
at present 08.30-12.30pm and
1-4.30pm

Please see reception or our Facebook page Healthy Hoose for further information



Defibrillators

We've heard a lot in the media about heart defibrillators being installed throughout the community. A defibrillator is a device that will assess the heart rhythm of someone who is in cardiac arrest and if needed it can be used to shock the person's heart back into a normal rhythm. I have seen some myself outside the butchers in Bucksburn for instance and I was surprised to find out there was one at my local hub and it set me thinking.

We will have seen the TV advert on how to use one but if you found someone in the throes of a suspected heart attack what would you do? Would you know how to use one? I thought I'd investigate it, and I found an instruction page on the British Heart Foundation website.

www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/how-to-use-a-defibrillator

But even after reading the page I think I will go and have a look at the defibrillator and get to know it, you can never be sure when you might have to use it.

There are lots of ways to find out more about this subject, from your local chemist is one and your local community centre could have information. It's worth taking a little while to find out about this because although I think I would know what to do in an emergency I would like

more information to make sure I get it right; someone's life could depend on it.

You don't need to be trained to use a defibrillator and there are clear instructions on how to attach the defibrillator pads and use the machine. If you come across someone who is unconscious, unresponsive, or not breathing normally they are in cardiac arrest. The most important thing to do here is to call 999 then start CPR. When you call 999 the operator will tell you if there is a defibrillator nearby.

Watching Sky football one Sunday recently the game was stopped because someone in the crowd had a heart attack. As the scenario unfolded a player shouted for a defibrillator and the whole football coaching team swung into action and the game was suspended while the person in the crowd received treatment. It was refreshing to see two huge football clubs put all rivalries aside to ensure help with as quickly given.

A vivid illustration of a defibrillator in action and a stark reminder that we never know when we might have to act to save someone's life one day. That day at the football that person's condition was stabilised, and they hopefully made a good recovery but if it wasn't for a defibrillator, it might have been a very different outcome.

ALMOST THERE

Wilma Collie

Several years ago, I took part in a consultation about the local area, and they were looking for locals to form a group. After many meetings, some with lots of people and some with only one or two, we have finally reached the position of becoming a proper group.

Applying for funding could only be done through proper channels and the group had to put things in order, something we only managed to do with the help of Communities Officer Kevin Donald. He has been holding our hands through the process of applying for charitable status which will allow the group to apply for funding for whatever projects are identified by the community. As well as Kevin the group has been greatly helped by Councillor Graham who has been a driving force in keeping

the meetings going and has been very enthusiastic in his hopes for the park.

It all seemed too difficult at first and even though I had been on several committees throughout the years this was different. We were all a little afraid of the responsibilities of being part of such a group and although the process is ongoing, we should be up and running before the end of the year. We will now be a committee and have duties as defined by the rules. We have a chairperson and a secretary (me) and a treasurer. We will be held accountable for any funding we manage to access. In our defence we have had COVID-19 to deal with but now our meetings are taking place again hopefully things will happen a bit faster.

At present our numbers are quite low but hopefully we can encourage more people to become members as it would be good to find out what people would like to see in the park. We do have a Facebook page and will publish dates and times of future meetings but at present we meet on the first Wednesday of the month. We meet in the Hub at the moment so keep checking our Facebook page for updates.

If you walk through the park and think it could be improved by the addition of something we want to hear from you. The Park belongs to everyone, and it would be good if everyone could use it. The page is **Friends of Heathryfold Park**



families outside club 10 case study

Families Outside is a charity working across Scotland to support families who have a loved one in prison. Currently in Scotland 20-27,000 children have a parent in prison each year. They are innocent but are often treated as though they are guilty. They feel stigma, rejection, victimisation, and rarely know who to turn to for help. Families Outside offer a range of support and information to these families, including a group called Club 10.

Club 10 was created in partnership with the Denis Law Legacy Trust to provide a peer support group for families affected by imprisonment. Children and young people get the chance to take part in sporting or creative activities to help reduce social isolation and allow them to meet other young people in similar circumstances.

Below is a case study of some of the ways Club 10 was able to help a family where the dad was sent to prison.

Pete and Jane have two children. They live in a happy home where Pete is the main carer and earner. In July 2020, Pete was sentenced to 3 years in prison.

Shunned by her community, friends, and family, Jane struggled to balance work and family life. She started to get into debt, her physical health deteriorated, and she began to suffer from anxiety and depression.

As Jane's mental health declined, her family became increasingly affected, especially her youngest son John, aged 7, who began to show challenging behaviour at home and at school.

This was the family's first experience of prison, and they were unfamiliar with the prison system or procedures

around visiting etc. At this point Jane wasn't aware of what support was available to her and her family. She had accrued a substantial amount of debt and was so affected by her depression that she rarely left the house.

She was referred to Families Outside, who worked with her to understand her specific support needs, creating an action plan that would help her and her family. This included meeting with the children's school to inform them of the family's new situation. Despite Jane's initial reluctance, the meeting was extremely productive and meant that both the teachers and Jane could monitor John's behaviour and work together to improve it.

The children were angry at Pete, not enjoying school and were struggling socially - Paul, aged 11, had told some friends about the situation, however, other people in his class have been told not to speak to or play with him as their parents saw what happened in the newspaper. Paul and John stated they would like to meet other young people in their situation.

Families Outside provided Jane with resources relating to emotions and mental wellbeing and promoted mindful activities for John to improve his ability to cope and manage his emotions.

Families Outside's Regional Support Coordinator also held 1:1 sessions with John and Paul, giving them time and space to talk about their feelings.

As the children's behaviour improved, so did Jane's confidence. Families Outside continued to work with her, encouraging her to speak to her GP about her health issues, enrolling her on money management courses, and

identifying organisations who could provide transport for prison visits.

Jane is now able to manage her finances more efficiently, she is balancing her work and family life more effectively, and both her physical and mental health have improved. Her children are both happier and are performing well at school. Families Outside continues to work with the family as they prepare for Pete's release.

If you are in a similar situation and would like support from Families Outside, who work in every area in Scotland, call their free helpline: 0800 254 0088, email support@familiesoutside.org.uk or text FAMOUT to 60777.



ABERDEEN'S BEACH MILK BAR OPENS

Alan Johnstone

Britain's biggest milk bar opened at Aberdeen Beach on 15th July 1936. The previous day's Aberdeen Press and Journal looked forward to the event.

"Britain's biggest milk bar opens its doors on the Esplanade at Aberdeen Beach to-morrow morning. And not only is this new Milk Bar the largest the country, but it is also the most up-to-date in its equipment and in the arrangements for its supplies of the raw materials and its catering for the public.

Aberdeen has every reason to be proud of this latest development. The Milk Bar is owned by an Aberdeen company, and is entirely the product of local enterprise. In this respect the city has given a lead to the whole country. In the construction and equipment of the Milk Bar itself, and in the vital matter of arranging for supplies, the utmost care has been taken to secure the very latest and the very best that can be obtained. Experts have fitted it up - the Milk Bar Equipment Company have been responsible for installing more than a score of such bars all over the country, and at Aberdeen have availed themselves of their own experience and of the very latest in machinery and fittings. This makes certain that the milk and other materials used in the Milk Bar will be handled in the most scientific way,

and that the products offered to the public will be not only palatable and attractive, but also of the highest purity. The milk itself, the principal ingredient, will be supplied to the Bar direct from the farm, without being handled or pasteurised or treated in any way. It will be kept all the time at a temperature of 40 deg. F., and thus kept free from possibilities of contamination. Besides milk drinks in a wide variety of forms and flavours - and it is only now that milk vendors are beginning to realise the infinite possibilities of serving milk as a food-beverage - the Milk Bar will also supply curds-and-cream, milk jellies, buttermilk, and many other forms of milk food, not to mention the growingly popular ice-cream in a great range of forms. .

Not only will the various products supplied by the Milk Bar be available for consumption on the premises, but they will also be supplied in special containers for carrying out, so that they can be eaten drunk on the sands or wherever the purchaser wishes. Citizens and holiday-makers will thus be able to study the tastes or needs of the moment, whether they want a drink or an ice at the counter or to have them with the children or with a picnic party close by or further afield. It will be under the personal superintendence of the manageress, Mrs Van Waterschoodt, who has

organised and run experimental milk bars for the English and Scottish Milk Marketing Boards ever since the vogue for such establishments began, and is fully abreast of the latest knowledge of their running and of the newest fashions in milk beverages. Under her guidance the large staff that has been engaged will be able to meet the public demand with efficiency and speed even at the most crowded hours of the summer season's peak. The Milk Bar will be open for business throughout the day, from 8.30 in the morning till 11.30 p.m."

On 16th July the same newspaper reported that opening day had been a big success.

"The milk bar at Aberdeen Beach, which opened yesterday, met with instantaneous success, and in the forenoon and early afternoon sold no less than sixty-one gallons of milk and a dozen gallons of ice-cream. There was no opening ceremony, but customers flocked quickly to the bar. The staff of the bar managed to cope with the rushes. The bar is 100 feet long, there is ample room for a large crowd to stand along in comfort. Later in the week many more drinks and dishes will be available than at present and, when finished, the Milk Bar will be completely up to date."



This photograph of the interior of the Beach Milk Bar without its equipment gives an idea of its impressive size.

The Aberdeen Beach MILK BAR
is the largest and most up-to-date Milk Bar in Britain

THIS Bar is capable of handling milk in the most scientific and beneficial way possible. The full value and health-giving qualities of milk are enhanced when served as a delicious cold shake, flavoured to your own wish with pure fruit juices. Get the milk cocktail habit now, there is nothing better for young and old.

Your drink will be all the more enjoyable served in the holiday atmosphere of the Beach Milk Bar—the best used in modernity.

MILK IS THE FOOD OF FOODS!

ONLY THE FINEST MILK IS GOOD ENOUGH

THE FINEST MILK IS SUPPLIED TO THE BAR FROM THE CROWN DAIRIES' MILK IS SUPPLIED DIRECT TO THE BAR FROM THEIR OWN HERDS AND SCIENTIFICALLY ORGANISED FARMS.

CROWN DAIRIES, 7-11 WAVERLEY PLACE Phone 2899

Volunteers Return

After eighteen long months, live shows started again on shmuFM on Monday 13th September with our Breakfast Show Crew.

We are currently working on a phased return for volunteers, starting with our morning, evening and weekend presenters

All the volunteers who are back in the building received inductions which covered refresher training on how to use the studios and what to expect in terms of new cleaning routines for covid.

There was a great buzz in the building again with volunteers back with live shows and we can't wait to welcome back more volunteers.

Our listeners were obviously happy to have live shows back and we got lots of lovely messages from people delighted to hear some of the presenters back live in the studio.



Challenge Poverty Week

The first week in October was Challenge Poverty Week and shmu were involved again!

Our Youth Media Team members hosted a range of radio shows that focused on poverty and the associated social issues and we played out a special show highlighting the work of charities in Aberdeen who help tackle poverty every day.

We also took to social media with our staff members and volunteers sharing what they do to challenge poverty and why they think it is important.



VOICES OF SHMU

"It is now coming into the time of year where I have to put on an extra jumper or two instead of putting on my heating."



"I have to really think about what I spend my money on and carefully budget, so I don't leave myself short."

"Losing the £20 a week universal credit uplift will really impact me - it is the worse time of year as my heating bill will go up."



www.challengepoverty.net #ChallengePoverty #NowIsTheTime



WORRIED ABOUT RISING ENERGY BILLS?

Home Energy Scotland is here to help.

If you are worried about the impact on your energy bills while staying in more or working from home, you're not alone. A 2020 survey by Home Energy Scotland showed that nearly half (44%) of people working from home are worried this will lead to an increase in unaffordable energy bills.

This is where we can help you. Home Energy Scotland is funded by the Scottish Government to help you reduce your heating costs and make your home warmer and more energy efficient.

Making your home more energy efficient can have a big impact on your bills. We can help you access help worth up to £5,000 to cover the cost of energy saving home improvements, through the Scottish Government's Warmer Homes Scotland programme.

Over 22,000 homeowners and private tenants across Scotland have benefited from help from the scheme since it was launched in 2015, each

of them saving around £300 on their energy bills per year too.

Furthermore, eight out of ten supported households have received completely free energy efficiency measures. Most have received improvements worth over £5,000.

Case study

Mrs P got her ageing boiler replaced with a new, more efficient central heating system through the Warmer Homes Scotland scheme. She told us her flat is now much easier to heat:

"I was having difficulty heating the flat previously, but I now find myself going and turning the heating down! I've had such a good experience, there was no problem at all."

Impartial advice and support just a free call away

David Mackay, Home Energy Scotland advice centre manager in the North East, said:

"If you're worried about heating your home or rising energy bills you could have a warmer home like Mrs P, and

save hundreds of pounds on your energy bills too. It's potentially a win-win and all you need to do is call us free on 0808 808 2282 to find out if you qualify for support.

"We also offer interest-free loans funded by the Scottish Government with cashback of up to 75% for energy efficiency improvements like solid wall insulation, double glazing or a new renewable heating system.

"Our specialists can also give you impartial advice about which improvements would suit your home best."

Loan offers are valid for a year. Loans are administered by Energy Saving Trust and successful loans are subject to an administrative fee of 1.5%, up to a maximum of £150. Energy Saving Trust is authorised and regulated by the Financial Conduct Authority. All loans are subject to availability and terms and conditions apply.

Interested? Give us a call on 0808 808 2282 or visit homeenergyscotland.org for more information.

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen City Carers Service- 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Northfield Medical Practice 0345 013 0740

Woodside Medical Group 01224 492828

OUR LOCAL ELECTED OFFICIALS ARE: LOCAL COUNCILLORS

Councillor Ciaran McRae 01224 346630

cimcrae@aberdeencity.gov.uk

Councillor Gordon Graham 01224 523594

ggraham@aberdeencity.gov.uk

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

Aberdeen office: 0131 34 85067

Jackie.Dunbar.msp@parliament.scot

Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

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

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932. Website: rapecrisisgrampian.co.uk