

Middlefield *Mirror*

Winter Edition 2012



Featured in
this issue

Roots of Empathy
Tackling Bullying

Local Police
Team Update

Middlefield
Parish Church

Ladybird
Nursery

Middlefield Mirror

Winter Edition 2012

CONTENTS

- 3 *Manor Park & Allotments*
- 4 *CAP*
- 5 *Heart Foundation Appeal*
- 6 & 7 *Youth Flat*
- 8 & 9 & 10 *Ladybird Nursery*
- 11 *Police Update*
- 12 *Recipes*
- 13 *Roots of Empathy*
- 14 *SHMU*
- 15 *Councillor Comments*



13



6&7



8&9



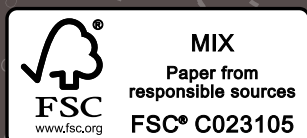
4

Editorial

Welcome to the long-awaited Winter edition of the Middlefield Mirror.

As ever, thanks go to all those who have submitted content and supported the development of this publication. Middlefield Mirror is your magazine and has the potential to be a real voice in your community. This cannot happen though without your input – we need people of all ages to get involved with an editorial team. This may involve attending meetings as and when you are able, getting content for the magazine, taking photographs, submitting articles or creative writing, design and layout of the magazine or any aspect of the editorial you feel comfortable with – any training can be provided.

If you would like to get involved and live in Middlefield, please contact Mary Clare: maryclare@shmu.org.uk or 01224515013



FUNDED BY





Manor Park & Allotments

Over ten years ago now, a call went out for ideas about what to do with a scruffy and increasingly dangerous piece of ground on the edge of Middlefield. That was the start of the Manor Park project.

The ground in question had at one time been part of the Heathryfolds allotments, but the allotments association was in trouble, and so were the plots. Problems of theft and vandalism, plus changes in fashion had left demand for allotments at an all-time low. Only six active allotments were left, out of nearly a hundred that there had once been. The abandoned ground became covered with weeds and started to fill up with rubbish, burnt out cars and discarded needles.

The rest is Middlefield history. Thousands of volunteer hours have

transformed the land. Beyond the swings and football park on Manor Walk, Manor Park is now a favourite spot for dog-walkers, picnickers and kids playing. On the other side of the fence at the back of the park, the part of the land that stayed as allotments is also thriving. All the empty plots are now used and there is a waiting list for new ones.

Part of the park has now come full circle. This winter, a corner of Manor Park is being turned into allotments for the use of people in the Middlefield area. If the cost of fresh veg is getting to you or if you're bored living in a flat with

no garden, an allotment could be the answer. The plots will come in all sizes, from full size to tiny 'starter plots' for people with no experience of growing. The cost is tiny too: £5 per year for a starter plot. In your first year, Manor Park can help with tools, seeds and classes on growing food.

Contacting Manor Park:
healthyrootsaberdeen@yahoo.co.uk

Tel. 07526 668758

www.manorparkaberdeen.wordpress.com

welcome

> Our Council Vision
 "We will be recognised within the city and more widely, as being a leading Council in Northern Europe by 2010."

Our six values are:

- Ensuring total commitment to customer care
- Fostering a workplace where every employee is valued and given the opportunity to play a full part
- Raising performance to a higher standard
- Delivering modern, effective, efficient and accessible services to the people of Aberdeen
- Providing strategic leadership for the community
- Encouraging community engagement

Access Points

The council face in the community.

Do you know about the Customer Access Points?

There are three Customer Access Points in Aberdeen situated in Kincorth, Mastrick and Woodside. They are a gateway to a wide range of council services for the residents of Aberdeen; the accessible face of the council in our communities. At the Customer Access points we try to deal effectively with any requests and enquiries to your satisfaction giving you answers immediately where possible.

Using a Customer Access Point residents are able to pay their rent and council tax, report a housing repair and buy school dinner tickets all in one trip. This is obviously a huge benefit for the cities residents; however it is not only convenience that the Customer Access Points can deliver:

Multiple services on offer

There is a huge range of services on offer, including:

- Additional waste bin applications
- Applying for Disabled

- Badges (Blue and green)
- Applying for Access to leisure
- Applying for an Accord Card /National Entitlement Card;
- Bioliners for your food waste caddies;
- Booking a bulky item uplift;
- Dog waste bags for sale;
- Making a Goodapple Housing application;
- Making garden maintenance payments;
- Pay any Aberdeen City Council bill;
- Paying any parking fines due;
- Paying Rent and Council Tax;
- Reporting a housing repair;
- Reporting road/pavements defects;
- Reporting street light faults;
- Sale of Multi journey tickets for the community bus
- Sale of school dinner tickets; Al payments can be made with cash, debit and credit cards (1.6% admin fee charged) and cheque

Advice and information
The team also offers advice and information on:

- Parking permits;
- Council housing and council tax forms

- School clothing and footwear applications;
- Education Maintenance Allowance;
- Recycling and bin collection Calendars;
- Parking/garage/allotment spaces.

Dedicated teams

The teams at the Customer Access Point take pride in their work and take their role in community life seriously. The teams are multi-skilled and well trained providing a polite, welcoming and efficient service.

Contact details

Kincorth Customer Access Point
Provost Watt Drive, Kincorth,
Aberdeen AB12 5NA

Phone: 01224 872572

Email: CAPKincorth@aberdeencity.gov.uk

Mastrick Customer Access Point
Spey Road, Aberdeen AB16 6SH
Phone: 01224 788503

Woodside Fountain Centre
Marquis Road, Aberdeen

Phone: 01224 524920

Email: woodsideCAP@aberdeencity.gov.uk

Look red hot and save lives



BHF Scotland needs you to Go Red for Heart in February -

Turn heads, warm hearts and wear red on 24 February for British Heart Foundation (BHF) Scotland's **National Wear Red Day**.

Heart disease kills three times more women than breast cancer(1) but by turning red, you can help BHF Scotland to reduce this number.

As part of National Heart Month the nation's heart charity is calling on locals to brush down their red dresses, shake out their red locks or even unlock their most precious Louboutins to help raise valuable money for its fight against heart disease.

A famous fashion designer once said, "When in doubt, wear red" and that's exactly what BHF Scotland is encouraging you to do. It can be a touch of red for those who want to be more alluring or it could be a full blown outfit dedicated to the 'emotionally-intense' colour.

By making a suggested donation of just £1, women, men and children around the country will make a big difference in beating Scotland's biggest killer on **National Wear Red Day**.

Local Fundraising Volunteer Manager, Kathy McIlwaine, says: "There are lots of ways you can raise vital funds during National Heart Month. To find out more and to order your free Red for Heart Fundraising Kit today - visit bhf.org.uk/red or call 0300 330 0645."

It's also a leap year in 2012 which means there is an extra day in February that you can use to help the nation's hearts. The bonus day could be used for a Wear Red Day, if you can't fit it in on the 24th but, if red isn't your thing, there are other ways of getting involved and sharing the love.

You can pen the person you love a Love Note for a suggested donation of £1 and have it posted in one of BHF Scotland's shop windows for all to see! What's more, any women thinking of taking advantage of the leap year can use the heart-shaped notes as the perfect way to pop the question.

Or buy your loved one a gift such as a Sweetheart Hot Water Bottle or Heart Cufflinks – there is a whole array of heart-warming gifts at the BHF's online shop. <http://giftshop.bhf.org.uk/>

GRAMPIAN FIRE & RESCUE SERVICE

Grampian Fire and Rescue Service have been working in partnership with our fellow agencies to try and reduce the amount of deliberate wilful fires in the Northfield, Middlefield and Mastrick area's, as part of this we played an integral part in Operation Acorn, the purpose of this operation was to try and reduce the amount of anti social behaviour and youth annoyance in the Byron square and surrounding area's.

Red watch at North Anderson Drive fire station regularly attend meetings as part of the Northfield Youth Action Group, this allows us to discuss any problems in the Northfield, Middlefield and Mastrick area's with the police, city wardens and other voluntary groups, and how we can deal with or minimise these problems.

A constant problem for the fire service at the moment is disused or empty properties, we work closely with the police and city wardens to make sure these places are secure and that children and adults, are aware of the dangers that are within these properties, ie. holes in the floors, broken shards of glass and carelessly discarded needles. We do regular visits to these premises to make sure that they are as secure as possible and that any loose material is uplifted as soon as possible to help reduce the chance of any wilful fires.

We are also attending quite a number of wilful fires of motor vehicles within the Northfield area and also a number of wilful fires within communal areas of multi stores, these in particular present a serious danger to the public.

MIDDLEFIELD YO

Swimming group

The Swimming group continues to grow. The young people meet at the Flat on a Wednesday and make good use of the local pool. There are different levels of confident participates, some can swim on their own and some are learning and doing well.

“Now I’m part fish”

Declan - Age 11

“I love my swimming because I managed two lengths”

Connor - Age 12

“Love it because I can now go in the deep end”

Josh - Age 12

“ACE”

Darren - Age 12



Christmas tree

Another big thanks to the Bethany Christian Trust for the kind donation of our Christmas Tree. The Flat has received a tree for three years running now and it is greatly appreciated.



Winter fun

MIDDLEFIELD YO

YOUTH PROJECT



A big thank you to the 612 club for your kind donation and support over the years. The older youths enjoyed a two course meal thanks to the 612 club. They all had a lovely meal at the Green Trees at Dyce.

Thank You

Goodbye to Robyn



The Middlefield Youth Project would like to say goodbye to Robyn our social worker. We enjoyed our time spent with Robyn and the young people enjoyed working and having her at the Flat.

We would like to welcome Alex our new student social worker who will spend his first placement at the Flat starting in January.

Panto...

The younger members at the flat went along to his majesty theatre to see this year's Panto of 'Jack and the bean Stalk' it was an amazing production which the kids really enjoyed.



“ It was good but a bit scary, especially when then giant started speaking as it made the balcony which we were sitting in shake. ”

Chloe, age 11

“ It was ace. I liked the giant because he got squashed at the end. ”

Darren, aged 12

“ It was minted ”

Darren - Age 12



Ice Skating trip

YOUTH PROJECT



Middlefield Nursery

In August 2011 Middlefield Community Project received a letter from Birgitte Legge informing us about her services as a P.E instructor for young children. Donna Rennie took this proposal to a team meeting and staff agreed that this would be something beneficial to offer the children in the project nurseries. We were right! Birgitte has now been with us since October? And staff and children have experienced lots of benefits from her P.E programme.

It is important that part of the Curriculum for excellence involves opportunity for outdoor experiences in all weather conditions and Birgittes sessions offer this in an enjoyable way.

Through her detailed lesson plans children are offered the opportunity to become....

Confident Individuals – *through working with others and themselves.*

Successful Learners – *through gaining new skills and achieving individual goals.*

Effective Contributors – *through communicating and sharing ideas.*

Responsible Citizens – *through taking part in team games and looking after equipment.*

The children have taken part in themed P.E experiences and have been enjoying opportunities inspired by Christmas to become

Santa in his sleigh as he rides around the back garden. Through this enjoyable experience the children have learned to move their bodies in different ways and develop space awareness. The younger children particularly enjoy the group game 'sticky toffee' where each child is encouraged to become part of a large group and take it in turns to catch a large ball.

Staff at the project have seen a lot of positive development opportunities for the children such as learning to work in teams and following instructions and are happy to find that the experiences link across the whole curriculum. The children are having great fun with the whole experience!





Message from Birgitte

The nursery PE programme is designed to promote physical, social and cognitive development through a wide range of activities and experiences. Emphasis is placed on children having fun as they learn to move with competence and confidence. Co-ordination skills are developed through running and chasing games and hand-eye co-ordination through throwing & catching games. Lots of the PE activities are linked to learning in the outside world such as learning about colours, numbers, shape and animals.

The nursery children are also given opportunities to move and dance to music and perform actions to music. With ribbons on sticks, we were able to explore firework actions by making the ribbons spin, twist, woosh and turn. By pretending to be cars, the boys and girls practiced moving without crashing into

one another, and to respond to traffic light colours: green for go, orange to get ready and red to stop. As they got better at moving without bumping, they got faster at running - Beep Beep!

As well as working on individual skills, the children are given opportunities to work with their friends. While playing games together, they can learn about sharing space and equipment. When lessons are finished, everyone helps to put equipment away- a real team effort.. All in all our nursery PE time is a fun time and, a learning time and it is hoped that the programme provides a genuine enjoyable pathway towards lifelong participation in physical activity.

Birgitte Legge
ABC physical education
14/12/2011



“I like doing the chasing thing”

Ashton (Age 4)



“Like balls”

Weronika (Age 4)

“Using the balls”

Aiden (Age 3)

“Cars and catching balls”

Lewis (Age 3)



NORTHFIELD LOCAL POLICING TEAM **UPDATE**

Inspector Stuart Ord, of the Local Policing Team for Northfield, is delighted to announce the recent arrival of three new Sergeants to the area. This article provides a background to each of the new team Supervisors who are all pleased to be given the opportunity to serve the local communities of Northfield, Heathryfold, Middlefield and Cummings Park.



**Sergeant G8901
Steven Gillies**

"I joined Grampian Police in 1989, and was initially stationed at Byron Square in the Police Box situated there, which is now 'The Cell'. I thereafter served at various locations within Aberdeenshire, including Banchory, Fraserburgh and Ellon before returning to Aberdeen in 1999 on promotion to the Sergeant rank.

I have served mainly in the operational uniformed role although I am heavily involved in the Public Order Unit of the Force, where I fulfil the role of Instructor and Tactical Advisor.

I joined the Northfield team on 6 June this year, and I have enjoyed making my presence known through attendance at the Community Council. I am thoroughly relishing the prospect of serving the people living and working in the area.

I have a close affinity with Northfield as members of my immediate family live within the area covered by the Local Policing team"



Sergeant G8807 Gary Innes

"I joined Grampian Police in April 1988, and spent the first years of my service working in Elgin and Cullen.

In 1995, I joined the Force Traffic Department, where I performed road patrol duties and specialised in Collision Investigation and Instruction in Speed Detection Equipment. Overall, I spent 10 years in this department, stationed at Banff and Inverurie, and latterly as Temporary Sergeant at Nelson Street and Inverurie.

I was promoted Sergeant in January 2005, transferring to Aberdeen where I worked at Queen Street, Tillydrone, the Mobile Support Unit, and as the Divisional Training Sergeant, where my role involved the training, development and welfare of Probationary Constables.

I was actually brought up and educated in the Northfield area, attending Cummings Park Primary School and Northfield Academy

In July 2011, I became a member of the Northfield Local Policing Team and I am delighted to be working in the Northfield area where I can serve the residents of the community in which I was raised"



**Sergeant G9105
Andrew Jamieson**

"Joining Grampian Police in 1991, I have served equal time of my 20 years service in Aberdeen City and Aberdeenshire. The majority of my career has been working in operational uniformed posts at Queen Street, Nigg and Torry, and in Aberdeenshire at Inverurie, Westhill and Banchory.

I was promoted Sergeant in 2007, and my post immediately prior to coming to Northfield was the Partnership Development Sergeant for Aberdeenshire. This involved working with a number of partner agencies including health, education and social work, with the aim of improving the quality of life for residents.

I have a specialist interest as an Oil Liaison Sergeant - working with the emergency services and oil companies training for offshore incidents.

On 23 October 2011, I returned to Aberdeen to work from Manor Park Police Station. Community focused policing is at the heart of everything we do and I look forward to meeting the residents of Northfield in due time"

As always, the team can be contacted in person at their office adjoining the Manor Park Primary School on Danestone Circle, by e-mail at myloclapolicingteam@grampian.pnn.police.uk or by telephone on 0845 600 5 700.

4 egg yolks
 400ml condensed milk
 6 tbsp fresh lime juice
 (about 5 limes worth)
 200ml double cream
 Lime zest to serve
Crust
 12 digestive biscuits
 45g caster sugar
 135g melted unsalted butter

1. Preheat oven to 175C/gas 3. For the pie crust, lightly grease a 22cm metal or glass pie dish with a little of the melted butter. Blend digestive biscuits, caster sugar and remaining melted butter in a food processor until the mixture resembles breadcrumbs. Transfer to pie dish and spread over the bottom and up the sides, firmly pressing the mixture down. Bake for 10 minutes, or until lightly browned. Remove from oven and place dish on a wire rack to cool.

Key lime Pie

2. For the filling, whisk the egg yolks in a bowl. Gradually whisk in condensed milk until smooth. Mix in lime juice, then pour filling into pie crust and level over with the back of a spoon.
3. Return to the oven for 15 minutes then place on a wire rack to cool. Refrigerate for 6 hours or overnight.
4. To serve, whip cream until it just holds stiff peaks. Add dollops of cream to the top of the pie, and grate over some lime zest, for extra zing.



Need 5 limes

best
 cheesecake
 ever!!

quickest
 Tablet
 ever!!

Ingredients:

Makes: 12 12 in 16 portions
 dependant upon the size you
 choose to cut

450g 1 lb caster sugar
 125g 4 1/2 oz unsalted butter
 170g 6 oz evaporated milk
 Prep: 5 mins

Cook: 12 mins

Extra time: 2 hours, setting

Microwave Tablet

Method:

1. Pour all the ingredients into a LARGE microwavable bowl as the mixture cooks it expands and beat well.
2. Place in the microwave on high for 12 minutes. At 3, 6 and 9 minutes take the mixture out of the microwave and beat well. Keep an eye on the mixture as it may boil over the top of the bowl and can be time consuming to clean.
3. After 12 minutes take the mixture out of the microwave and beat well for a few minutes until the mixture starts to crystallise. I tend to use an electric whisk.
4. Pour into a well buttered tray and leave to set. It is a good idea to mark out your portions when the tablet is setting for ease of extracting from the tin.
5. Leave to set for a few hours in the fridge if you can resist... ENJOY



Roots of Empathy

Roots of Empathy's mission is to build caring, peaceful, and civil societies through the development of empathy in children and adults.

Aberdeen City Council Childcare Services Team along with Action For Children are pleased to announce that they will be launching a Roots of Empathy Programme in the Northfield area of Aberdeen. Trained instructors will be going into the Primary Schools associated with Northfield Academy and will be delivering a 27 week programme following the Roots of Empathy Curriculum.

In the Roots of Empathy program, a parent and baby (who is two to four months old at the start of the program) from the community visit a classroom nine times over the course of a school year. A trained Roots of Empathy instructor visits with the family to guide children as they observe the relationship between the baby and his or her

parent. The instructor also visits before and after each family visit to reinforce teachings. There are 27 classroom visits in total in a Roots of Empathy program. In the program, the baby is the "teacher." With each family visit, the instructor leads the children in noticing how the baby is growing and changing over the course of his or her first year of life. The children also watch the loving relationship between the parent and baby and see how the parent responds to the baby's emotions and meets the baby's needs. The attachment relationship between a baby and a parent is an ideal model of empathy.

Children learn to understand the perspective of the baby and label the baby's feelings, and then are guided in extending this

learning outwards so they have a better understanding of their own feelings and the feelings of others. This emotional literacy lays the foundation for more safe and caring classrooms, where children are "Changers." They are more socially and emotionally competent and much more likely to challenge cruelty and injustice. The Roots of Empathy program was founded in Canada in 1996 by Mary Gordon, an internationally recognized educator, social entrepreneur, author and child advocate, and today has reached more than 450,000 children worldwide.

Courtesy of <http://www.rootsofempathy.org/>

Please visit the website for more information

shmuTRAIN

shmuTRAIN delivers employability & skills development courses to support people into work, education or training. Radio and film are used to help develop core skills such as communication, confidence and team work.

Focused employability training supports people to produce a CV, develop job search and interview skills, meet with local employers and visit their premises, increase motivation and the chances of sustaining either work, training or education. Positive Transitions is a 12 week course including radio & video training for 16-19 year olds who are

not in education, employment or training. shmuWORKS is a 6 week course including radio training for 18-25 year olds who are not in education, employment or training.

Individuals can contact SHMU directly to sign up for Positive Transitions or shmuWORKS, or can be recommended through a local project or agency.

To find out more about these opportunities please contact Chrissie on 01224 515013, email chrissie@shmu.org.uk or text the word 'TRAINING' followed by a space and your name to 60300

Middlefield TV coming to a computer near you soon.....

Shmu is launching the YTV training programme in association with Creative Identities in March 2012 and are looking for young people from Middlefield to get involved. The project will give you the opportunity to take part in hands on TV and Video training led by professionals from the industry, with the ultimate goal of producing and broadcasting your very own live TV show on shmuTV's forthcoming internet TV channel. So if you, or someone you know, are between 12 and 19 years old, are interested in getting involved in making television and live in Middlefield, then get in touch with Simon on 01224 515013 or send an email to ytv@shmu.org.uk



Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.

Councillor Comments



It is nice to see that Middlefield Drive has been resurfaced. A number of residents had contacted myself on the condition and I glad that the council have completed the works.

A couple of months ago I attended a meeting with Middlefield residents to discuss the Haudagain Roundabout and the fact that this has been held up

due too a Scottish Government decision not to commence works until after the Western Peripheral Route has been built.

This plight of residents has been made worse by a decision by Aberdeen City Council to suspend the housing modernisation works in the Middlefield area impacted by the proposed Haudagain junction improvements

The majority of people there were frustrated at the delay and I share the frustrations. To try and help the residents of Middlefield (and car drivers who suffer the hold ups) I have once again called on Aberdeen City Council that following the identification of the Haudagain roundabout as the worst in Europe that as a matter of urgency this council calls on the Scottish Government (1) to identify its option for the

Haudagain Roundabout; and (2) brings forward the time period for the works at the roundabout to begin; and that this Council also writes to NESTRANS and Aberdeenshire Council asking them to write to the Scottish Government in support of Aberdeen City Council

This was debated at the Enterprise, Planning and Infrastructure Committee on 13th September 2011 and the council have given me an assurance that they are doing all that they can to progress this issue. I trust this meets with your satisfaction if you would like to discuss this or any other issue then please get in touch,

Regards

Councillor Gordon Graham
07736329751



As many of you are aware, Smithfield Drive was in a terrible condition with ruts and potholes due to the heavy construction vehicles that used it during the demolition of Middlefield School, construction of Manor Park School and the demolition of Smithfield Primary. I am delighted to say that while working closely with Cllr Kevin Stewart that we managed to get the whole of Smithfield Drive resurfaced, we would like to thank

all the residents in that area for their patience whilst the work was being undertaken.

Aberdeen City Council has recently been able to add more items that can be recycled through kerbside collections. The Council now accepts aerosol cans, kitchen foils and foil trays, please make sure the aerosol cans are empty and the foil and trays rinsed through. We are now recycling 36.8% of our waste in Aberdeen up from 30% last year. That's approx 6,000 tonnes less waste going to land fill than last year, with costs of land fill going up year on year it makes a huge difference. Thank you for you continued efforts. If you require additional black boxes or white bags then please contact the Waste Aware Team on

wasteaware@aberdeencity.gov.uk
or Tel: 08456 08 09 19.

I am also delighted to see that some fencing work in the Logie Area that had previously been put on hold due to waiting for the decision on the Haudigan has managed to go ahead. This was able to happen due to the hard work of residents and the team at Mastrick Housing Office. The fencing that has been erected will be able to be moved at a later date when it is no longer needed at its current location.

Contact Details

If you would like to contact me regarding an issue you may have, then you can do so by writing to Councillor Jackie Dunbar at 127 Manor Avenue, Middlefield, Aberdeen, AB16 7UT or by calling either 01224 522522 or by emailing me at jdunbar@aberdeencity.gov.uk

LOCAL CONTACTS

Alcohol

Alcoholics Anonymous **0845 769 7555**
Drinkline **0800 917 8282**

Benefits

Benefits Agency Advice Line **0800 587 9135**

Crime

Crimestoppers **0800 555 111**

Drugs

FRANK – National Helpline **0800 776 600**

Dentist

Emergency - G-Dens **01224 558 140**

Doctors

NHS 24 Emergency **08454 242 424**

Electricity

If you have a Power-Cut **0800 300 999**

Family Planning

Square 13, Support & Advice **01224 642 711**

Gas

Gas Emergency **0800 111 999**

Gas Emergency with a Meter **0845 606 6766**

Housing

Emergency Repairs **01224 480 281**

Call Centre Emergency **0845 608 0929**

Police

Non-Emergency **0845 600 5700**

Samaritans

Need to talk **01224 574 488**

Social Work

Social Work Duty Team **01224 765 220**

Emergency Out-Of-Hours **01224 693 936**

Young Carers

Support & Information Service **01224 625 009**

Water

Scottish Water Emergency **0845 600 8855**

Alkohol

Anonimowi Alkoholicy **0845 769 7555**
Problemy z alkoholem **0800 917 8282**

Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

Dentysta

Nagle wypadki **01224 558 140**

Lekarze

Nagle wypadki **08454 242 424**

Elektryczność

W wypadku odcięcia energii elektrycznej **0800 300 999**

Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

Gaz

Nagle wypadki **0800 111 999**

Nagle wypadki w związku z licznikiem **0845 606 6766**

Pomoc mieszkaniowa

Nagle naprawy **01224 480 281**

Centrum pomocy **0845 608 0929**

Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji **0845 600 5700**

Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

Praca społeczna

Dyżur pracowników społecznych **01224 765 220**

Nagle wypadki poza godzinami pracy biura **01224 639 936**

Pomoc w karierze

Wsparcie i informacje **01224 625 009**

Woda

Nagle wypadki **0845 600 8855**