

YOUR NEWS

# seatonscene

Spring Edition 2014

## THE SEATON BACKIES PROJECT

SPRING UPDATE

## FISHY GOINGS ON

AT THE STAR FLAT

St Machar Learning Partnership  
Friends of Seaton Park  
Mainly Music

# contents

- 3 St Machar Learning Partnership
- 4&5 Creative Learning Team
- 6 Seaton Mermaid
- 7 Community News
- 8&9 Backies Project
- 10 N.E.S.D.V.A
- 11 Star Flat
- 12 Community News
- 13 Recipes
- 14 SHMU Page
- 15 Seaton Recovery Project



## editorial

If you want to find out more and get involved with your community magazine please do so by contacting Laura at SHMU on 515013 or email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) Or alternatively pop into Seaton Community Project and ask for either Melissa or Claire who will pass on all the information you need to get involved.

Seaton community would like to wish Mary Clare, the Seaton Scene Magazine Support Worker all the best in her new job. She has been brilliant to work with and has made the community magazine into a more colourful and interesting mag.

Richest blessings from all.



Supported by



# THE ST MACHAR LEARNING PARTNERSHIP

Improving life chances for people of all ages, through learning, personal development and active citizenship

Building stronger, more resilient, supportive, influential and inclusive communities

**Primary 6 Transition Day Friday - 8th November 2013**



St Machar Academy hosted a P6 Transition Day for the second year running. All of the pupils will attend the academy where they will be able to mix with pupils from the other schools in the ASG. As well as input from St Machar's Science Department, the pupils attended a workshop presented by Live 'n' Learn. Other workshops included performance poetry, drama, K'nex, drumming, creative arts, home economics and input from the Construction Industry Training Board.

The purpose of the day was to introduce the primary six pupils to the school and begin to help them to feel confident about making the transition to secondary. It also gives them a chance to meet pupils from the other primary schools who will be attending the academy in the same year group.

The transition between Primary and Secondary, as with many schools, has been identified as an area of concern by both the Academy and feeder Primary Schools.

Attending a new school is a daunting process for children and the transition day hopes to help them feel more able and confident in attending Secondary and settle in sooner.

Staff will also get to meet with the young people who might be attending St Machar.

Attendance on the day included;

**Hanover Primary - 17 pupils and 2 staff (19)**

**Cornhill Primary - 45 pupils and 5 staff (50)**

**Woodside Primary - 53 pupils and 4 staff (57)**

Woodside Primary school pupils have just handed in evaluations which show that the pupils enjoyed the experience and that more work will be done to enhance the transition process between the primaries and St Machar Academy.

It has also been agreed that all primaries will be represented at future events.

This event was supported in partnership with school and CLD Communities Team staff.



# Seaton Rehab/Recovery Project

With spring approaching, the staff and clients at The Seaton Recovery Project are looking at the possibilities of getting involved in The John Muir Trust Awards, using Seaton Park as our focal point.

The John Muir Awards is an environmental award scheme encouraging awareness and responsibility for the natural environment.

With Seaton Park on our doorstep, it would be a great project for us to get involved with.

Computing classes continue, with clients showing great commitment and progressing well. There is great interest in the class and for those on the waiting

list we are introducing a second class after the Easter holidays.

Our alternative therapies afternoon continues to run on a Wednesday from 1pm. People who attend the Project are invited to come along and experience the benefits of massage, healing, reflexology or Reiki.

As part of our health and wellbeing programme, clients are enjoying using the facilities at Aberdeen Sports Village and making good use of the fresh fruit and veg packs on offer at The Project for regular clients.

Aberdeen Drugs Action continue to offer weekly support to clients who need it on Thursdays from 12.30-2pm. Naloxone training

can be arranged subject to interest shown.

We are happy to welcome our new volunteer, Sophie, to the project.

Sophie, a Dyce Academy pupil, is currently undergoing her Duke of Edinburgh Award. She is going to be helping out at the project between studying for her Higher exams.

For further information on anything mentioned in this article, Please give Nick or Suzanne a call on Aberdeen 494706, or pop into the project during opening hours.

## Project opening times

**Monday 10am-4pm, Wednesday 12-4pm, Thursday 10am-4pm**

---

## Credit Union Current Account – Helping You Manage Your Money - Your Way

Everyone needs to look after their money these days, and Grampian Credit Union can help you do just that.

As well as safe, easy access savings and fair, affordable loans, you can now open a Credit Union Current Account that allows you to pay your rent and bills directly, and can help you budget better to make the most of your money.

Features and benefits of Grampian Credit Union's Current Account include:

Wages, salary, tax credits or benefits can be paid directly into your Grampian Credit Union Current Account.

Rent and bills can be paid easily by direct debit or standing order.

ATM cash card or Visa debit card allows safe access to cash

and ability to make purchases in shops or on-line.

Same day access to your Credit Union savings and loans.

We will help you avoid unnecessary bank charges, wherever possible.

Members who have opened Credit Union Current Accounts have this to say:

*"Because my bank account was going overdrawn occasionally, usually just before pay day, my bank was returning direct debits and charging me £25 each time. One month, they charged me the equivalent of a week's grocery shop for my family! With Credit Union Current Account I know I will be contacted if a direct debit comes through when my account is low on funds. I can use my Credit Union savings to cover it,*

*or if we know my salary is due, the staff will let the payment go through. Personal service at its best – all for just £5 a month"*

*"I get my benefits and tax credits paid into the Credit Union, so I decided it would be a good idea to open a Current Account with them. I can set up Direct debits and Standing orders which save me money as everything gets paid in time, and I can get cash out when I need it from the nearest ATM. If I'm worried about anything or have any questions, I call the office and get help right away."*

To find out about opening a Current Account with Grampian Credit Union, or more about their savings and loans services, phone 01224 576990, or visit the Credit Union office at 224 Holburn Street. Website: [www.grampiancreditunion.co.uk](http://www.grampiancreditunion.co.uk)



# Seaton Park

*Isn't it the same as it's always been?*



## The answer is NO!

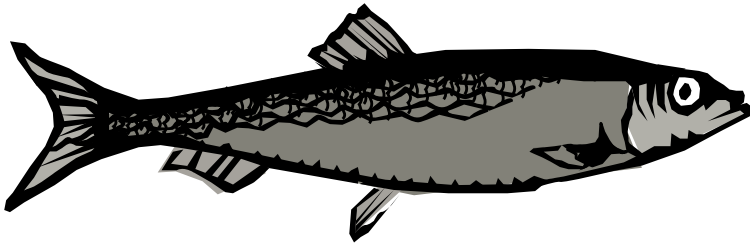
- There are fewer gardens
- The money for the gardeners to buy plants has all but dried up
- The paths are becoming potholed and are a trip hazard
- And of course the main field areas are becoming seriously flooded

Friends of Seaton Park is an informal organisation and is open to anyone who is interested in Seaton Park. We are particularly looking for people living nearby and people who visit the park and who broadly agree with the aims and philosophy stated below. The purpose of the Friends of Seaton Park is to work with the Aberdeen City Council, so as to:

1. Protect and conserve the park for this and future generations
2. Raise the profile of Seaton Park both in the local and wider community
3. Increase and protect the biodiversity of the Park.
4. Make Seaton Park safer and more accessible to all sectors of the community.
5. Identify and develop appropriate facilities that will broaden and enhance the usefulness of the park.

Contact - [seatonpark@oldaberdeen.org.uk](mailto:seatonpark@oldaberdeen.org.uk)





## *Fishy goings on at the* **S.T.A.R. Community Flat**

If you've been passing the S.T.A.R. Flat on a Tuesday afternoon you might have noticed some fantastic aromas coming from the building.

Tuesday afternoon is our over 60's Cookery Class otherwise known as the "Silver Haired Darlings."

The class, led by teacher, Claire Jessiman has already made an impressive array of dishes. The focus of the class is fish cookery to help Seaton residents make full use of the reasonably priced fish that can be ordered at the flat.

It's amazing what kind of dishes you can make using fish and the seafood pizza surprised everyone. The fish used was slightly more exotic than normal and included squid and mussels. The ladies made a beautifully light handmade pizza base for the toppings. It was surprisingly quick and easy to make and works out a much cheaper option than a takeaway.

One of the new recruits to the class said that she could not cook. In her first week she made

a fabulous smoked haddock flan that was worthy of gracing any restaurant. It tasted fantastic and the recipe was requested by other members to try at home. This lady has gained in confidence and now takes photographs of what she has been cooking to share with the class.

We were lucky enough to have a guest cookery teacher. Saji Poole who leads the Flat's Sewing Bee stepped into Claire's shoes and taught the ladies how to cook a dish from her homeland. They cooked pan fried haddock with a chunky tomato sauce accompanied by the fluffiest basmati rice. We now know the secret of how to make the best rice ever. It was an exotic delight.

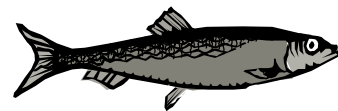
The class recently took a break from fish and made a special dish instead. It was a chicken, apple and bacon pie that fair warmed everyone up on a cold dreich

afternoon. Claire the teacher had a surprise for us, she brought along the pastry cutters she was given as a 5th birthday present. The pie tasted all the better for having the S.T.A.R. Flat name emblazoned on the top. What a shame to cut it up.

That's just a few of the fishy dishes the class have tackled. The class also enjoy a cuppa and a natter while learning new skills and gaining in confidence.

If you are in your 60's or older, male or female and fancy coming along to develop your cookery skills why not pop in past the flat and enquire.

The class is free and run from 2.00 – 4.00 on a Tuesday afternoon.





*Friends  
of Seaton  
Park*

# CAKEFEST AT DUNBAR HALL

It was a remarkable morning, so much busier than we could have expected.

It was such a fun event, and we would like to thank St Machar Cathedral who gave us the use of Dunbar Hall and a big thank you to everyone who came along and made the Cakefest so enjoyable.

We would like to thank Rushmore Associates for their very substantial donation and for making Seaton Park a safer and more accessible to all sectors of the community.

RICHEST BLESSINGS





## WAITANGI DAY DINNER AND DANCE

### NORTH-EAST SCOTLAND DISABLED VETERANS ASSOCIATION

*On the 8th of February 2014, ten members of our association were deeply honored to be invited to attend the Waitangi day or, as it is more commonly known, the New Zealand Day dinner and dance in Perth, Scotland.*

This function was arranged and organized by Mrs. Eretti Mitchell of the New Zealand Society Scotland to celebrate the day that the country came under the Governance of the British Government and Crown.

This was no mean feat in 1840. As you can understand that there was only horses or shanks' ponies at that time, so it took a long time to get around all the tribe villages. There was approximately 540 tribes between both of the main islands of New Zealand.

Of these 540 tribes (14 of which had a female chief) 530 signed or made their mark on the governance document which held up their Maori rights to the ownership of their land and properties, and to give the Maoris full rights of British subjects.

Well that was the history part, and now the function part...

The dinner and dance was held at The Murray Shall Hotel and Golf Club in Scone, Perthshire. To say this venue was isolated is an understatement as it was up the darkest single lane road that we have ever seen. I would not have liked to have a skin full and have to stagger down to the main road.

Otherwise the hotel was absolutely fantastic, both in the decor and the friendliness of their staff, and, best of all, they had an open log fire to warm your cockles by. The meal was three courses as follows.

1st course of duck pate with mini oatcakes.

2nd course of braised Scottish lamb with dauphin Oise potatoes and seasonal vegetables.

3rd course of banoffee cake with vanilla ice cream.

Doesn't that make your mouth water? Once the meal was finished the band struck up with a mixture of Scottish and modern music.

Not to be outdone, the Kiwi's, under the tutorage of Mrs. Eretti Mitchell, a Maori herself gave us a demonstration of traditional Maori dancing and singing which really took you to those far away islands. Eretti was dressed in Maori national dress which also added to the atmosphere of the night.

We were also taught some of the Maori language in the last song and some guests were taken up to the dance floor to participate in the last dance, and it looked very strange to see hairy Scotsmen and women, most of whom were in kilts, take part in this dance.

Now the dancing started in earnest, in which two of our senior members - Mr. Gordon Anderson and Mrs. Margaret Donald really enjoyed themselves. Now, whether it was due to the whiskies that were consumed or just their natural talent at dancing one will never know.

Once Gordon and Margaret were up the rest of our group started dancing with the other guests, whether they were Scottish or a New Zealander. It didn't matter a jot, both groups joined in together and a great evening was had by all.



But, the usual happened, we were just getting into the swing of things and we had to leave. Unfortunately we were not staying at Murray Shall Hotel and had to travel back to the Salutation Arms Hotel in Perth to go to bed.

The following morning after a lovely breakfast we had to wind our way back to the Granite City.

So as you can see folks we in the Association have a wide and varied social life, so if there are any veterans who would like to come along and perhaps participate in our wide and varied activities then come along to our meeting at Mastrick Community Centre any Monday or Friday between the hours of 11am and 2pm. We will make you feel very welcome.

Our campaign for a mini bus will see us taking possession of a brand new 17 seater within the first week of March 2014 which is just in time for us to take part in the ANZAC day parade in Arbroath. We have attended this event for the past six years and we recognise it as the start of another year of functions, parades and collections.



## WAR : A Poem by Freda Still

Imagine the proud young fella' setting off to sign up for war,  
a belly full of excitement, his country he'll soon fight for  
by Christmas they say it'll be over, a victory will be won  
'till then he'll kill some Gerry's, his duty fulfilled and done

Three square meals in his belly, ciggies he'd learned to smoke,  
comrades all around him, their banter a light hearted joke  
yet, in that campsite of soldiers, as preparations are made for the front  
a quietness settles upon him, his communications merely a grunt.

They fitted him out in khaki, and gave him a tin hat and gun.  
On his body a gas mask and ammo, a bayonet to charge with and run

The boat on the sea like a cradle, as though it can sense his fear.  
He searches for pencil and paper, scribbles 'Hello mother dear.'  
His thoughts they are of loved ones, far off from where he be,  
more scribbles of his feelings, tucked away for no one to see.

Nearly two times past that Christmas, his heart laden and sore  
his body weary of fighting, not sure he can take much more.  
He'd seen in the eyes of Germans, a look as death did them claim  
questions without true answers, who's right and who's to blame.

His feet covered in blisters, his hair crawling with lice,  
his time is nearly over, with that last roll of the dice.  
His bayonet blunt and bloody, beside him there in the trench,  
his clothes muddy and sticky, adding to his stench

He prays to his Lord God in heaven, abide with me on my journey home,  
as he lies with his guts full of shrapnel, far away in the valley of Somme.

## War Artists Exhibition

The project led me through the hell of WWI by highlighting the meaning of the painters and poets work and the propaganda and the symbolism used at the time.

The support and encouragement given to help record my feelings through art was magic, great fun and exciting.

**Freda Still**

*Creative Learning – Improving outcomes for individuals and communities through art, culture and creativity.*

# MAINLY MUSIC



**Launched in 1990, Mainly Music is a fun music group for parents/care givers to enjoy together with their young child.**

The idea to run a Mainly Music morning for parents/caregivers and pre-school children was first suggested by Pastor Barry Douglas of Seaton Community Church earlier this year. A few months later, Seaton Community Church employed Kirsty Harold as their Children's Worker and she has joined our Mainly Music team as the Session Leader. The first 30 minutes of Mainly Music will be full of fun songs led by Kirsty, who is already known to many of the children at Seaton as they also see her regularly in Seaton Primary School. Now with Mainly Music starting on 9th May 2014, Kirsty and the Mainly Music team are looking forward to also getting to know the younger pre-school children in Seaton.

Throughout the session, children develop gross and fine motor skills, language, imagination, mathematical and pre-reading skills as well as socialise with others. Each Mainly Music is associated with and is run by volunteers from a local church.

Children are introduced to music, creativity and more, plus families given a chance to think about the God part of life. Amazing to think that all this can be achieved in a loving, shared family environment.

**Mainly Music @ Seaton Community Church starts on Friday, 9th May 2014!**

**Where: Seaton Project/The Hut, School Road, Aberdeen AB24 1TU**

**When: 9.30am – 10.45am, every Friday (Term Time)**

**Contact Grace tel: 01224 722285 or 07920 554 261 to find out more**

Enjoy 30 minutes of music with your baby or preschool child, meet and chat with others in the same season of life, your child will look forward to the play time after the music session – and you'll enjoy tea, coffee and cake together.

[www.mainlymusic.org](http://www.mainlymusic.org)

# Sunnybank Learning Centre

**Saturday 21st of June 2014,  
1pm to 4pm.**

This open day has a particular focus on the St Machar area however is open to anyone. There will be a vast number of services there to provide information on the support they can give to people from ethnic minority backgrounds living and working in the area. GREC are looking to provide multi-lingual volunteers so that information provided can be translated to those unable to speak English.

There will also be light refreshments and activities for children available on the day.

---

# Aberdeen Sports Village

## **Supported Membership Scheme for Older People**

Aberdeen Sports Village still have a few spaces left in our Supported Membership Scheme for Older People, we will now take applications on a rolling basis throughout the year.

To be eligible, those taking up the scheme must be:

- Aged 60 or over at the time of application
- Living in social housing (council or housing association) in the Seaton or Froghall areas

The membership offer consists of:

- At least one-year's free Off-Peak Health & Fitness Membership at ASV
- Support, mentoring & monitoring of activity through gym inductions, programme designs, dedicated staff support, buddy scheme, and quarterly reviews.

**Get in touch with Alison on 01224 438907 or email [Alison.f@aberdeensportsvillage.com](mailto:Alison.f@aberdeensportsvillage.com).**



# Silver City Surfers

**@ Seaton every  
Monday!**

*FREE tuition for laptops, iPads (& other tablets) & using the Internet*

Silver City Surfers help over 55s learn how to use laptops or iPads and other tablets. SCS teach older people how to browse the Internet and help them connect with friends and family online.

Our friendly and experienced computer tutors help people get the best out of their laptops & iPads or other tablets. They teach you how to use the Internet with one-to-one tutoring sessions every Monday at Seaton, 11am-1pm.

**Come along to:  
The STAR flat,  
14A Seaton Drive**

These teaching sessions are free. Drop in any Monday for a chat or a teaching session. We can give you more details there. Take a friend! We look forward to seeing you!



# The Seaton Backies Project:

Creating healthy minds and bodies by upgrading play areas, turning unused spaces into areas where they are used in a friendly and fun way and maintaining projects we have already completed by giving them a coat of paint, putting in more seating and planting bulbs etc....

We like action getting done and listening to one another's ideas is central to the group. Everyone participates and interacts with all the different groups who get involved with the Seaton Backies such as: Greenspace, B.P, SHMU, local churches, Art and History, Star Flat, The Hut, local shops and Aberdeen City Council who have been a great help in encouraging local people to work together for the benefit of the community.

We know meetings are not everyone's cup of tea, but it was good to see Barry Reid coming

along to our last meeting and his drive and enthusiasm will see the Backies go from strength to strength.

We do need as many people as possible to get involved, so if anyone out there would like to volunteer or help us in any way they can we would be so glad to hear from you.

Contact us on Seaton Backies website [www.seatonbackiesproject.org.uk](http://www.seatonbackiesproject.org.uk) or email us [seatonbackiesproject@gmail.com](mailto:seatonbackiesproject@gmail.com)

## UPCOMING EVENTS:

*Brightening up the area around the Totem Pole*

*Murals on windows St Ninian's Play area.*

*Recycling any benches or planting tools that are not being used.*

*We would love any tools that nobody no longer uses to be donated to the Seaton Backies Project.*







## TEAM BUILDING DAYS AT SHMU



Newbies took over the shmu studio in March as shmu launched its first teambuilding day experience. A group of employees from Aberdeen Asset Management were set the challenge of researching, programming content and presenting a live show in only one day.

The day began at the Tillydrone Youth Project (TYP) where the team were introduced to the shmu team who guided them through the teambuilding day and gave the team a crash course in community radio, show topic discussion, show style, research, legal requirements and role distribution.

After a spot of lunch, the radio rookies were transported back to shmuHQ and split into two groups. Group one were the editorial team, consisting of anchor presenter, two news/support presenters and a show producer.

Group two head up the features team, two members who devised a short feature piece on the topic for broadcast during the show. On top of all that, Team one received technical training, draft running orders, scripts and intros and outros as well as choosing the music for the show. The second team recorded and edited a telephone interview for their feature piece.

*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.*

After a quick run-through, the team then presented a one hour live broadcast on shmuFM followed by an evaluation, debrief and a well-deserved cuppa.

Well done to the team from Aberdeen Asset Management on a brilliant show!

If you would like to book a team building day for your company, please get in touch with us. Call Lesley on 01224 515013 or email [lesley@shmu.org.uk](mailto:lesley@shmu.org.uk)

### shmu Intro Session

We also deliver 30 minute 'intro sessions' to any groups who want to know more about shmu. Our team will present an interactive information session on everything that we can offer here at station house media unit. This is a brilliant opportunity for groups who would otherwise struggle to be heard or gain any coverage locally. We will help you record a jingle, which will then be aired on shmuFM. We are happy to deliver our takeover session to staff teams, active groups of all ages, service users and anyone else who wants to find out more about your local media organisation. Call Denise on 01224 515013 or email [denise@shmu.org.uk](mailto:denise@shmu.org.uk) to book your session.



# Weight Management



## Weight Management meet weekly on a Tuesday afternoon at 1pm at the Seaton Community Project.

The group is led by Colleen Anderson who works with the group in order to help them manage their weight. Every Tuesday the group meet up and do a weigh in, and then record

their weight in their weigh in card so they can see their progress.

Group leader Colleen states: 'The group meet up once a week to weigh in, and we discuss the aims and goals that they want to achieve. The aim is to try and lose 1 or 2 pounds a week. I also try and get different speaker to come in and chat to the group and give us ideas on how to keep motivated.'

Colleen also organises weekly trips to the Aberdeen Sports Village, and gives the group passes to go and use the gym. The group also try and go to the Patio and use the facilities there about every 6 to 8 weeks.

There are currently 3 spaces available in the group, so if you are keen to join please contact the project on 01224 277930 and leave a message for Colleen.

### Quotes from Group Members:

*'I like coming together and helping and supporting one another.'* BUDDI

*'It gets you out the house and lets you meet others with the same goal.'* LINDA

*'I've been coming for over a year and I have noticed a difference.'* MARGARET

---

# New Hope Trust/Stellas Voice

Over 15 years ago Philip Cameron, founder of Stella's voice, visited Moldova for the first time and was appalled at the desperate situation the children in orphanages were living in. One orphanage director told him that sixteen children had already frozen to death that winter. It was only December...

Although Moldova gained its independence in 1991, there still remains no voice for orphans. The government still allows children to freeze to death in their beds. Stella's Voice uses every means possible to give orphans in Moldova a better life.

One source of income to help orphans and teenagers realise a better future is our charity shop at 212 King Street. We are very proud of our shop being a part of this community. It's a place where many customers have often met friends, chatted to our volunteers, made new friends and even found a bargain! We like to think our prices are very competitive, helping those in our local area who don't have enough funds to buy new items. We have a large stock of clothing, predominantly women's but also men and children too. From jewellery to shoes, media, bric a brac, you never know what you might find.

We've been lucky enough to have had Lladro donated to silver trinket boxes, even a WW1 fighter pilots hat!

We are always looking for donations to help our cause and can't thank our customers enough for their continued support for our and YOUR local charity shop.

Thanks to Murdo who loves to find the odd treasure for his garden/home, mentioned The Seaton Scene and if we would like to add our voice.

**Come visit us soon. We're open Mon-Sat 10am-4pm.**



# COMMUNITY 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 **101**

## Samaritans

Need to talk **01224 574 488**

## Social Work

Social Work Duty Team **01224 522055**  
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**