

# seatonscene

Spring 2018



## In this issue:

SEATON AND LINKSFIELD  
COMMUNITY NETWORK  
WORKING RITE  
EAST END FOOTBALL CLUB

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

Spring Edition 2018

# contents

3	Wellbeing Team
4	WorkingRite
5	Vattenfall
6	Local Updates
7	East end FC
10	Recovery Project
11	Home security
12	Cakefest
13	FOSP
14	shmu
15	Community News

Seaton Community Centre  
key contact information:  
Tel: 01224 277927

Graham Donald – Community  
Development Officer  
grdonald@aberdeencity.gov.uk  
01224 277930 / 07917305803

Marion Watson – Community  
Development Worker  
MarioWatson@aberdeencity.gov.uk  
01224 277930 / 07789273615

Seaton Recovery Project  
Mon / Wed / Thur  
Nick McKenzie  
NiMcKenzie@aberdeencity.gov.uk  
01224 277819

# editorial

## How we get it all together

Seaton Scene is YOUR quarterly full-colour community magazine produced by Station House Media Unit (shmu), and is one of seven community magazines produced for Aberdeen's seven regeneration areas with the printing costs being met by the Fairer Aberdeen Fund. In this edition we have news from the Seaton Linksfield Community Network, East End Football Club and Seaton Recovery Project.

If you would like to get involved and join the editorial team or if you have ideas for articles, you can easily get in touch with us. Please phone shmu at 01224 515013 or email our editorial co-ordinator Laura Young: [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) The staff at shmu are able to support and train anyone living in Seaton who are interested in developing their ideas and skills in either writing, photography or proof reading.

Editorial team: Hamish Mackay, Wendy Laing, Murdoch MacLeod, Alan Parker and Serish Salwa.

Meetings are held at the STAR Flat at 14A Seaton Drive on Fridays at 12.30pm and you are very welcome to attend in what is a very informal setting. In planning our next issue, we will meet on the following dates:

**First meeting – 29th June**

**Second meeting – 13th July**

**Content deadline – 27th July**

**Proof – 3rd August**

**Cover image:**

## READY FOR THE OFF FOR THE BIG SWITCH-ON

The first two giant yet slender white turbines of the 11-turbine Vattenfall-owned Aberdeen Offshore Wind Farm are poised for this summer's switch-on. This photograph by James Splaine neatly illustrates how the world's largest and most powerful single turbines blend in with vessels in the busy sea lanes in Aberdeen Bay near the mouth of the River Don. Vattenfall, the dynamic Swedish energy group, has achieved a hat-trick of offshore wind industry firsts within a fortnight off the North-east Scotland coastline. See feature on page 5.

Supported by



# Wellbeing Team help Katy to 'amazing results' in her fitness

The Wellbeing Team are based in Aberdeen and are keen to help spread the word about what activities, services and opportunities are available for older adults and how you can get involved in your community.

## Katie Argo

As the Wellbeing Coordinator for the North of Aberdeen, which includes Seaton, I was tasked with talking with the tenants of the Seaton Sheltered Housing complexes to see if they were happy with the activities and opportunities open to them.

In March 2017, I invited tenants of Donview, Seaton and Seaview Houses to talk to me about their wellbeing. We discussed how often they were getting out, the activities available to them in the buildings and locally and what they would like to see change.

The feedback from those who attended was that the only regular thing they attended was bingo and that they would like to be doing more.

I invited a representative from Aberdeen Sports Village (ASV) and from Aberdeen Football Club Community Trust (AFCCT) to come along and speak to the tenants about what they could offer them.

AFCCT run a "Technogym" class for the folks of Seaton in Pittodrie every Wednesday at 1.30pm free of charge. Technogym is an easy to use set of gym equipment without weights and is mainly seated. Staff from AFCCT lead a one-hour class which has seen a number of the sheltered housing tenants enjoying a trip out of the house to Pittodrie each week to partake in some doable exercise within a small sociable group.

ASV lead a seated exercise class in the common room of Donview House the first and second Thursday of every month. This

is a class which is open to the community and is free of charge. Tracy and Alex are the instructors who walk along from the Sports Village to take this class which incorporates exercise to get the heart going, some strength work with resistance bands, followed by some calming Qi Gong! Those who attend really enjoy this class and say it's harder than it looks! It's always followed by a cuppa and a chat.

AFCCT run a group on the second and fourth Thursday of every month in the Seaton Community Centre. This group do all sorts, from playing games like boccia and new age curling, to quizzes, board games and



seated exercise. It again always involves a cuppa and is a great afternoon out of the house.

One person who has participated in all of these activities since they started in Kathy Cadenhead. The difference in Kathy this year, is so inspiring. Kathy struggles with a number of health complaints which meant when I first met her, she rarely ventured out of

her flat without family and when she did she used a wheelchair. Kathy walked short distances with a rollator. On her first visit to the Technogym, Kathy found it difficult to take the steps from one machine to another and had to miss some of the equipment out, because she couldn't get safely in and out of the equipment.

However, that didn't stop Kathy! She continued to attend Technogym every week in all weathers. She also attended the fortnightly seated exercise classes in Donview and the AFCCT sessions in the Community Centre.

Kathy now walks to the Community Centre, a journey which took her 25 minutes when she first tried it and now takes her 10 minutes! This is something she would not have been able to do at all a year ago!

Kathy had a fitness MOT a year ago and had another one recently. The difference in her results is amazing. Not only has she lost weight, but she is much more mobile, flexible and stronger than she was a year ago. Kathy's family and friends have seen a big difference in her not just physically but mentally too. It just goes to show what a positive attitude and determination can do! What will be next for Kathy?

Are you part of a community group who would like to know more about Wellbeing? **Call us on 01224 522270 or email [wellbeing@aberdeencity.gov](mailto:wellbeing@aberdeencity.gov).**



Partnership: Matthew Reid (left) and Ewan Sinclair



Impressed: Bonnie Landscapes' owner (left) and trainee Chris

## 'Earn while they learn' is just the job for the WorkingRite trainees

Ewan Sinclair

WorkingRite, the acclaimed and ground-breaking Scottish youth employment charity, is the practical way to a job or apprenticeship. Over an average period of 16 weeks our trainees learn primarily on the job.

We recruit small or medium-sized local businesses which are keen to take a young person under their wing to "earn while they learn". Each trainee has their own mentor - chosen from an adult in the workforce who can pass on all their expertise to the youngster.

WorkingRite, established in Edinburgh in 2003, is a relationship-based model of learning - quite simply designed to inspire young people to succeed. After all, everyone remembers their first boss!

The programme is maintaining its successful partnership with Seaton-headquartered Langstane Housing Association (LHA) - supporting young people from North-east Scotland into employment through the Scottish Government's People and Communities Fund (PCF).

Since being set up more than eight years ago by Matthew Reid, Business Development Manager of Langstane, and Sandy Campbell, the founder of WorkingRite, the Aberdeen City and Shire project has helped more than 350 young people in the area resulting in over 75% of last year's participants securing full-time employment.

One of Langstane's young tenants, Chris, was one of last year's participants who had come to WorkingRite with a desire to get some experience in landscaping. He had been contemplating college as an option but preferred the idea of more hands-on practical learning.

After a few weeks he was matched with an opportunity at Bonnie Landscapes, where, over a few months, he learnt and developed skills such as laying patios and building fences.

Although his placement was originally planned to last only three months, Chris so impressed his boss John with his hard work and diligence that he was offered a job. They now have been working together for nearly nine

months and Chris continues to flourish in his new role.

The PCF-funded WorkingRite programme is available to young people, aged between 16 and 24, from Aberdeen City and Shire, who are currently not in education, employment or training, and looking for help to get into work.

Taking an experienced overview of the progress and success of the WorkingRite programme, Langstane's chief executive Helen Gauld tells Seaton Scene: "Langstane Housing Association is very pleased to host the WorkingRite project in our offices in Aberdeen which ensures that our young tenants have the best opportunity to participate in the programme and be given a great start to their working life."

**\* Ewan Sinclair is the project co-ordinator for WorkingRite, Aberdeen City and Shire.**

**Ewan's contact details are: address - 680 King Street, Aberdeen AB24 1SL. Telephone: 01224 423088. Mobile: 07900 742014. Email: ewan@workingrite.co.uk There is also a website: www.workingrite.co.uk**



*Photo courtesy of Jim Splaine*

## Pioneering wind farm off Aberdeen Bay will generate an annual £150,000 for community causes

**Hamish Mackay**

From my penthouse eyrie on the 16th floor of a multi-storey in up-town Seaton, I have the most wonderful panoramic views of Aberdeen - and especially the mouth of the River Don where it dramatically meanders as it converges with the North Sea in Aberdeen Bay.

Just beyond this tidal estuary a permanent parking lot has evolved for the comings and goings of all sorts of ships presenting a kaleidoscope of colours. At night the twinkling lights of the vessels of this floating village shimmer across the bay like a scene from a nocturnal oil painting. My record headcount in this maritime parking lot is 29 vessels.

This ever-changing flotilla is now having new neighbours in the shape of 11 very, very tall slender white three-bladed turbines with distinctive yellow bases. Welcome to the £300 million plus European Offshore Wind Deployment Centre (EOWDC) also to be known as Aberdeen Offshore Wind Farm - one of the most innovative wind farms in the world. This pioneering 93.2 MW turbine scheme, which has sprung up almost unnoticed by most Aberdonians, features the world's most powerful single turbine models.

The wind farm, which is owned by Swedish energy group Vattenfall, will have a lifetime of around 20 years. It will shortly begin to produce enough electricity every year to meet the annual demand of 78,529 homes or the equivalent of 23% of the city's demand. This pioneering 93.2MW turbine scheme will trial the next generation technology and boost the wind power industry's drive to competitive clean power.

The turbines are installed on three-legged jacket foundations with suction bucket - an industry first and key component of the EOWDC - and underpinning the facility's test and demonstration capabilities. The game-changing suction bucket jacket foundations operate by having the air and sea water pumped out of them with the foundations anchored in the seabed, keeping the turbines securely in place. This system enables faster offshore installation and keeps noise to a minimum. When the project is decommissioned the installation process is reversed, removing the whole foundation.

My nearest turbine, the first to be installed, lies just off Royal Aberdeen Golf Club's championship course. On its own for several days - aloof, distant and solitary, it would have

fit easily into Jonathan Swift's *Gulliver's Travels*. And this scenario was enhanced by the arrival of the Asian Hercules 111, one of the world's largest and most versatile floating cranes. The 25,000-tonne crane is lifting and installing the 77-metre high, 1800-tonne steel jacket foundations - as heavy as almost ten Boeing 747 aircraft.

Vattenfall has committed to an annual investment of £150,000 towards a community benefit scheme in North-east Scotland. In an innovative approach Vattenfall conducted an extensive survey to foster a positive, sustainable impact. From October to January there were meetings with key local stakeholders and community groups, including representation from Seaton and Linksfield, followed in February with community drop-ins and an exhibition hosted by Balmedie Library and Aberdeen Central Library.

In March and April there was analysis of feedback from questionnaires and one-to-ones.

By July the scheme will be defined, and a steering group will discuss possible approaches to governance and management, and in September there will be the first appeal for proposals.

# Get along to Seaton Sings

A new community full of exciting possibilities is emerging in Seaton in the form of 'Seaton Sings'. Based at Lord Hay's Court on Mondays from 9.30-11am, we began meeting in January 2018 following a series of pilot sessions at Seaton Community Centre before Christmas. We are a singing group open to adults of any age, and it's free to take part. You even get a cuppa and biscuits too!

We believe that everyone can sing, and that everyone has a voice worth hearing! Our sessions are full of songs and singing games of different styles, laughter, community spirit, fun exercise, conversation and sharing memories!

Seaton Sings is a partnership project led by the Communities Team at Seaton Community Centre, ACE Voices and Bon Accord Care. If you would like more info and/or would like to join us, please contact Graham Donald or Marion Watson on 01224 277927.

There are so many exciting possibilities to come including performances, intergenerational links with local schools/nurseries, new friendships and so much more. Please come along and give it a go! Who knows what doors will open for you....!

.....

## Community Clean Up in Seaton

A group of volunteers from the Seaton area are planning to get together this summer to have a community clean up.

The group will meet outside Northsea Court on Sunday the 15th of July from 10am to get their hands dirty and make their community cleaner.

Lewis McGill, a Seaton resident is organising the event and is hoping that the event will bring a sense of community to people and show Aberdeen City Council that they are serious about making a difference to the area.

Keep Scotland Beautiful has provided free plastic vests to those who would like to get involved.



## Seaton Community Policing Update

Your Seaton Community Policing Team operates from a building adjacent to Seaton Primary School and we have officers based there 24 hours a day, 7 days a week. The Community Policing Team respond to emergency calls, carry out investigations into crime reports and address on-going local issues by carrying out targeted operations.

Your help is vital to help us tackle crime in the community. Information you provide allows us to target problems like speeding motorists near schools, drug dealing or anti-social behaviour. If you have any information, please speak to us.

Preventing crime is important. We can carry out crime prevention surveys for local residents and offer advice.

Keeping your doors locked, securing your sheds and bike and being aware of your surroundings when out and about is essential. As the lighter nights come in, thefts of bicycles increases. Ensure you secure them using a robust lock to a fixed point when unattended, even within a secure shed or communal area this will deter criminals. Having a photograph of your bicycle along with the serial number is useful if it is unfortunately stolen as is UV marking your bicycle to make it easier to identify.

If you have any concerns, want to raise any issues or wish to talk to us about anything please call 101 or email [ttillydrone@seatonoldaberdeen.cpt@scotland.pnn.police.uk](mailto:ttillydrone@seatonoldaberdeen.cpt@scotland.pnn.police.uk).



## League champion East End FC's plea for more local support for next season's Superleague

**Hamish Mackay**

High-flying East End FC will play at the very top level of North-east Scotland junior football next season - the McBookie.com Superleague, after a scintillating season winning the North First Division (East) league title without losing a match and averaging more than four goals a game.

Now the Linkfield-based club, a member of the North Region Junior Football Association and the Scottish Junior Football Association (SJFA), is hoping the championship title will help attract much larger attendances for matches at its home ground - New Advocates Park, off Golf Road, and just 200 yards from Aberdeen FC's Pittodrie Stadium.

It is perhaps not widely recognised that East End FC, founded way back in 1887, is a major undertaking - also running youth teams at 12 different age groups and an amateur side. There are three separate committees for each set-up - reporting to a management committee led by club chairman Dougie Yeats.

Manager Lee Youngson explained to Seaton Scene: "The success on the park has

been great: however, one thing still missing from this great club is more atmosphere at home matches. We are determined to bring life back to New Advocates Park. Hopefully, with our title victory this season, we will start seeing people from Linkfield and Seaton turning up to support their local team.

"Everyone is looking forward to the challenge of competing at the highest level available to us: the Superleague is the level where this fantastic club should be playing every season."

The league title is a major triumph for East End's young management team - Lee and his assistant Craig Stephenson, both 24 and both engineers.

Since arriving at East End FC in June 2015, Lee and Craig have fulfilled all their early promise by taking the club from third bottom of Division 1 to fourth place in their first season; winning three cups in their second season and only missing out on the league play-off places by a single point, finishing in third spot; and now have gained promotion to the Superleague this season.

On a personal level, Lee commented: "I want to thank

Phil Youngson and chairman Dougie Yeats for giving me the opportunity to manage, as, without them, I wouldn't have been speaking about a title success.

"I need to thank Craig, Robbie and Sean, who have been tremendous on the coaching front; our committee members and our sponsors; and, most importantly, my players who have fought every corner to support my footballing philosophy and drive forward for success every week."

The club is also a pivotal part of the East End Sports and Social Club whose trim and compact building, running alongside the east end of the high-quality playing pitch, hosts a lounge bar and a large function lounge. To the west is Aberdeen Sporting Village and the Aquatic Centre and to the north is the Sporting Village's floodlit hockey pitch.

East End ended the season on a spectacularly high note by making it a league and cup double - beating Fraserburgh United 3-1 in the final of the Morrison Cup.

And the allied amateur side - Stoneywood East End - won promotion to its premier division.

# SEATON LINKSFIELD COMMUNITY NETWORK'S BID TO RESOLVE THE AREA'S DEMOCRATIC DEFICIT PROBLEM

Hamish Mackay

**Seaton and Linkfield's 4000 plus population, for a number of years which has been devoid of a recognised organised grassroots representative body with some collective clout, is at last on course for having that situation resolved.**

An embryonic body - Seaton Linkfield Community Network and its Steering Group - has gingerly put its head above the parapet and becomes part of the ten-year Locality Plan in which the area is directly linked with Tillydrone and Woodside, with Paul Tytler as Locality Manager.

The Locality Plan was developed in partnership with Seaton and Linkfield residents who put forward their views and ideas through a range of events, consultations and focus groups over the last two years.

And one of the first areas being addressed is the serious democratic deficit since Seaton, Linkfield and Pittodrie Community Council folded through apathy, and because Seaton/Linkfield, unlike most of the city's other six regeneration areas, has never had a community network.

Local government boundary changes mean Pittodrie is no longer part of the local electorate ward of Tillydrone/Seaton/Old

Aberdeen. Seaton/Linkfield's south boundary is now Linkfield Road. The ward continues to have three Aberdeen city councillors - Ross Grant, Alex McLellan and Jim Noble.

Seaton Taking Action for Regeneration (STAR) has become largely a victim of its own success and is now more of a cheery, welcoming community drop-in centre offering information and advice, a meeting room facility for residents and partner organisations, and an enticing chill-out room.

Murdoch MacLeod, who is STAR's new president, also represents Seaton on the city council's Regeneration Matters group. STAR's secretary is the Rev Elsie Fortune, of St Mary's Church, King Street, and Sheila Strachan continues as treasurer.

Seaton and Linkfield had been dealt a grievous and grossly unfair blow several years back when an Aberdeen City Council (ACC) major cash crisis saw all six-community staff posts at Seaton Community Centre scrapped in one fell swoop. Seaton/Linkfield should have been entitled to some form of protection because of its status as a regeneration area - and one of the worst health records in Europe.

The democratic deficit was accentuated in an own goal scenario more recently when the Seaton Community Centre Management Committee,

composed of local folk and which had been granted virtual autonomy after a fierce battle for independence with the city council, suddenly upped sticks and moved en masse to the city council's very rundown old building in School Road, known as The Hut, and joined the Seaton Community Church's presence there.

The Community Church is led by Pastor Barry Douglas and meets in Seaton Primary School on Sundays from 10am-1pm, with a complementary creche, and also a range of other activities in the community through the week

With the management committee's departure, ACC was forced to mount a holding operation at the community centre with its own administrative staff. However, the centre has recently been revitalised by the Locality Partnership drafting in Graham Donald as Community Development Officer and Marion Watson as Community Development Worker.

The Seaton/Linkfield Communities Team is very much a part of the Locality Partnership - overseeing the plan and ensuring it delivers its change in Seaton and Linkfield. This is being achieved by working in partnership with the community and a range of third sector, private and public services.

Part of the Communities Team's remit is to encourage a Seaton



and Linksfield Network and perhaps a community council down the line. Also the Seaton Recovery Project transferred to the centre from its long-term home in The Hut.

The Community Network is initially being developed and run by the steering group which has adopted a softly-softly approach to allow the Network time to bed in. However, regular meetings will be advertised to Seaton and Linksfield residents.

The Network has taken a brave policy decision not to operate as a body burdened with a plethora of office-bearers and rigid rules and constitutions. Its meetings will be relatively informal but there will be chairpersons and Seaton-based broadcaster Alan Parker has agreed to take on the role on an interim basis with administrative support from Louise Farmer.

Alan, who belongs to Kingston Upon Thames in Surrey, arrived in Aberdeen in 2001. He has been a volunteer with Station House Media Unit's (SHMU) FM since 2008 and at FM these days he can be heard reporting Seaton/Linksfield news as part of Packed Lunch (Tuesday 12-1pm) and highlighting LGBT+ issues on Aberdabbadoo (Sunday 11am-1pm) on 99.8FM and at: [www.shmu.org.uk](http://www.shmu.org.uk).

He explained to Seaton Scene: "The aim of the Network is to give residents the opportunity to discuss and influence decisions that affect their community. It will offer a platform for partners and professionals to engage with residents to help shape the approach they take to initiatives that impact on the community.

"We hope it will provide the community with a platform and a strong collective voice to address issues and progress

ideas for change. It will not be a talking shop: it will be about getting things done. We want the Network to carry on efforts to ensure Seaton/Linksfield are safe, welcoming and pleasant places in which to live."

Louise Farmer works in Seaton for the In-Control Scotland charity that promotes the view that everyone in the community has something to offer and encourages people to get involved. Her part-time administration role with the Network is supported by the Fairer Aberdeen Fund. You can contact Louise on: 07786041802 or email: [Louise@in-controlscotland.org.uk](mailto:Louise@in-controlscotland.org.uk)

**The Network has two Facebook addresses: Seaton and Linksfield Community Network and: @Tillywoodsea.**

**Graham Donald & Marion Watson: 01224 277928**

## STAR Flat is a 'brilliant set-up'

**Elsie Fortune**

One of my favourite visits each week is to pop into the STAR (Seaton Taking Action for Regeneration) Flat on a Friday morning to collect my fish and catch up on the local news with STAR's administrator Gillian Urquhart and Margaret Ritchie.

What a brilliant set-up the STAR Flat is in the centre of Seaton. It is a privilege to be secretary of STAR and be part of what goes on in the community. Some people say the area has changed but there is still great spirit; hard work; and determination shared amongst the folks here. I think back to other folks who have played leading parts in the life of Seaton and Linksfield.

To name a few: Alex Park, Chrissie Woods, Bill Traynor, Ackie Stewart, Sheila Strachan and Nancy Bain - all so committed to the Seaton community and so actively involved when I came to St Mary's in 2003.

There are others who are also working hard in the Seaton area including STAR's current president Murdoch MacLeod. From Langstane Housing Association credit must go to chief executive Helen Gauld, Matthew Reid, Alan Grant, and Louise Farmer, administrator of Seaton Linksfield Community Network, and Jacqueline Booth and Co at Seaton Community Centre.

Also, prominently helping Seaton community's cause and well-being are Pastor Barry Douglas and Kirsty Harold, both of Seaton Community Church.

The Rev Joan Lyon, the minister of St Ninian's Episcopal Church, in King Street, and I share a cafe church service in Lord Hay's Court monthly. This wee service of worship includes a cuppa and a piece in welcoming surroundings

## The Seaton Recovery Project has Transformed its Services

The Seaton Recovery Project (SRP) has been a part of Seaton for over 13 years and has been able to support those in their substance use recovery journey and give advice to those affected by others use. However, as some may be aware, in July 2017 the SRP moved from their previous home on School Road to new premises in the Seaton Community Centre. It was hoped that this move would help reform the project, to improve the service it provides and to make it accessible to the community.

In the space of eight months, the SRP has transformed its services and it now acts as a community-based recovery resource that focusses on teaching life skills, education and providing support. For those in recovery, it offers a wide-range of services including one-to-one confidential and professional support, drop-in sessions, referrals to partner organisations and assistance in accessing other community programmes. The SRP is also developing a bid to the Big Lottery Fund in partnership with Alcohol & Drugs Actions (ADA) to further develop the activities offered by the project. So far, these activities have been very well received and regularly used. Individuals who attend the service have noted how much the project helps them, with one client commenting that the SRP is "somewhere for me to go, to support me and to help me".

The service has also aimed to engage with and support the wider community of Seaton. The project now offers a number of activities such as cooking, computer and art history classes, where anyone from the wider community can

attend. The Confidence to Cook classes were particularly well attended, where participants were able to cook healthy meals, learn more about how to cut costs when cooking and meet other people from Seaton. The music has been a source of learning whilst also being a means of therapeutic benefit for participants to take away and replicate.

If you know of someone who might benefit from the service, referrals can be accepted from individuals, groups or partner agencies. Initial referral can be as straight forward as a telephone call to the staff for an informal, confidential, no obligation conversation.

The reform of the project has been a significant change, but it is hoped that it will ensure that the SRP is a sustainable, accessible and welcoming service that benefits both those in recovery and the wider community.

If you have any questions about the Seaton Recovery Project or would like to get involved, please contact Graham Donald, Community Development Officer at [grdonald@aberdeencity.gov.uk](mailto:grdonald@aberdeencity.gov.uk) or Marion Watson, Community Worker at [mariowatson@aberdeencity.gov.uk](mailto:mariowatson@aberdeencity.gov.uk). The Community Centre phone number is 01224 277927. Alternatively you can come to the SRP drop-in sessions on a Monday, Wednesday or Thursday from 12noon to 1.30pm.





# Beware of Sneak-in Thefts



## Alan Parker

Whilst not highest security I assumed putting the chain on the open door should keep would be daytime thieves at bay, at the same time allowing Millie to come and go as she pleases. My turn for a cat-nap I put my phone on the bedside table. Confused when I woke, I couldn't find it. Knocked on the floor? Nope.

The front door chain was hanging free, but I definitely remember attaching it, it was only when I noticed my money savings bottle missing that the penny dropped, or in fact was stolen along with my phone and other electronic items. Thankfully there are phone-boxes in Seaton, and the police were genuinely helpful, visiting the following day to take a statement.

Not having had a good night's sleep I was just getting up. Millie was still quite nervous. She was lying on my bed, preparing for her post-breakfast snooze, when the bell rang. She shot along the bed and sat at the end, growling like a dog, as I let the officers in. It turns out that the door-chain, which I thought was enough to

keep people out, can be easily removed from the outside with two household items. It also turned out that Seaton had seen a recent spike in crime.

PC Bob McKinney works within Police Scotland's Crime Reduction Unit, and regularly guests on my Packed Lunch show (shmu 99.8FM, Tuesday, 12pm). He offered to do a security survey of my house and offer tips for greater security. My only weak spot? The door chain. Bob gave me several battery portable alarms, including one that rings if somebody touches the outside door handle. Since then I have also installed CCTV, all for much greater peace of mind.

At this time of year we open our houses to clear winter's cobwebs. We need to think about keeping our house safe. Both Millie and I were shaken up by this, and she's still quite jumpy. For your own peace of mind ask Police Scotland to help you with your home security. Give PC Bob McKinney a call on 101.

You can also hear Alan on shmuFM on Sundays. Aberdabbadoo from 11am.

I recently learned a new phrase, sneak-in thefts. It's one of those 'it couldn't happen to me' things, but it did. When it comes to my home security I thought I was doing it right, shutting windows at night, putting the door chain on after locking it, that kind of thing. What I hadn't banked on was Millie, my cat. She's taken to life in Seaton and, after encouragement, seems to enjoy exploring her new neighbourhood.

She tells me when she wants to go out, trotting towards the front door tail aloft, sitting impatiently as I unlock it. On disagreeable days she will be back in minutes, blaming me for the weather before settling down and falling asleep. On nice days it's like she's training for the hokey cokey, in and out. With a cat-flap this would not be an issue, but there isn't a spot for one in the house.



# cakefest5

CakeFest5 is a sweet success for Friends of Seaton Park



Sheila Gordon

**More than 100 people made their way to the Dunbar Street Halls on March 24 for Friends of Seaton Park's (FOSP) very popular annual CakeFest event... and they all had the opportunity to sample a selection of the 32 cakes entered for judging.**

The first-ever CakeFest was held in March 2014 and the original concept was a bake off along similar lines to the Great British Bake Off. However, our concept has evolved so that CakeFest has now become a unique experience - part bake off/part coffee morning and much loved by everyone who attends. And CakeFest5 has boosted FOSP's coffers by over £1000 which will go towards enriching the attractions and facilities in Seaton Park.

Preparations for CakeFest6 already got underway in April; later a date

will be identified; and early in 2019 a small group will meet to plan the finer details.

Bakers are asked to submit their best bakes. We don't usually have specific categories. The judges are the public who paid a £3 admission fee which entitled them to choose three pieces of cake and vote for their favourite. The cake with the most votes wins.

This year's winner was Graeme Stephen with his "Prodigious Pavlova". Second equal were Neil McMillan (New York Cheesecake) and Maria Morales (Tablet Cheesecake), and third place went to Elaine Cordiner (Hummingbird Cake).

The first prize of the coveted CakeFest Apron was a special triumph for Graeme - his wife Mary won top prize at CakeFest4 last

year. Certainly, a very talented team! And their grandchild won the decorate a cup cake competition, so it looks like the Stephens will be keeping it in the family!

CakeFest patrons could also visit the craft stall and take part in the raffle. Many members of the public donated prizes and a special thank you from Friends of Seaton Park goes to local businesses - the Brig O'Don family restaurant, Casa di Gelato ice cream parlour, Morrisons plc, Shish Tandoori Restaurant and Websters Pharmacy - all of whom donated splendid prizes.

FOSP would also like to thank the volunteers, friends and family who helped on the day - including Mary Mac, Alexis, Iris and Kelly & Co. You are all stars!

Pictures by Shelia Gordon





## CROCUSES CREATE A STUNNING VISUAL DISPLAY IN SEATON PARK

**Sheila Gordon**

Anyone who happened to be in Seaton Park on a sunny day in late March would have been treated to a stunning visual display of crocuses near the attractive and intricate ornamental fountain. This display will only get better and better each year as the crocus bulbs mature.

This particular display was the fruition of 70,000 crocus bulbs planted in October 2016 to mark 2017 as the 70th anniversary of Seaton Park coming into public ownership. The flowering in 2017 was a bit underwhelming... but to see the magnificent display this year was great reward for all who helped in the gigantic planting project over a whole weekend in 2016. Please visit the park every year in late March to witness our aim to behold a large carpet of crocuses.

February and March have been especially busy for Friends of Seaton Park (FOSP). The first weekend in February was our grand "Barkathon" where bark was spread in the flower beds of the Walled Garden. Spreading bark helps keep the weeds at bay and means less work later in the year.

This can be heavy work and we had reserved the whole weekend for the task. However, so many folk turned up on the Saturday that many hands made light work and it was all done within a few hours!

The third weekend in February saw us pruning the fruit trees in the Community Orchard. Well, I should correct that statement - Ian Talboys, of Aberdeen City Council's Countryside Rangers provided us with a tutorial in pruning. The rest of us watched and learned from Ian's skills, held the ladder, and picked up all the pruned branches.

Soon the fruit trees will blossom and then, in the Autumn, some of them will produce fruit. However, please note that the fruit trees are still young, so it will take some years for them to come to maturity and hopefully produce plentiful fruit.

*\* Sheila Gordon is Chair of the Friends of Seaton Park management committee.*

## PICNIC AND PILGRIMINAGE

Picnic and Pilgrimage in the beautiful Walled Garden of Seaton Park organised by St Ninian's Church. on Sunday 1st July. Please gather in the courtyard of Seaton Stables at 10.30am to start our walk together. There will be fun activities and prayer stations along the way and we shall share lunch together – bring your own sandwiches! If possible, please bring some folding chairs or a blanket to sit on. If you would like transport up the hill from the church (and back again), please email Rev Joan Lyon ([joanblyon@gmail.com](mailto:joanblyon@gmail.com)). The garden is just bursting into bloom and we look forward to meeting new faces in these beautiful surroundings.

**Everybody welcome**



## Shmu needs you!

Have you ever fancied learning more about what the media is like? Shmu is your local community media charity and we are always looking for more local people to get involved.

We have Seaton Scene which is your community magazine, delivered through every door in the area and is your chance to help celebrate the great things happening in the community and tackle things that need changing. You don't need to be a hot shot journalist, graphic designer or photographer – staff here at shmu are on hand to help with the production of the magazine. There are roles for everyone, from writing to proof reading, helping contact groups and organisations in the community about the magazines and helping out with the distribution

of the magazine. If you would like to find out more look up Seaton Scene on Facebook. If radio is more your thing we have opportunities for you as well! shmuFM broadcasts across 99.8FM and online at [www.shmu.org.uk/fm](http://www.shmu.org.uk/fm). All our presenters are volunteers and they've been trained by staff here at shmu – anyone who lives, works or volunteers in the Seaton community can try their hand at it and get involved. We run training courses throughout the year so if you want to give radio a try get in touch.

For more information about any of our volunteering opportunities email Laura on [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) or call 01224 515013.

## MAP Graduation at HMP Grampian

The sixth MAP (Media Access Project) Graduation took place on Wednesday 18th April in the Creative Media Unit at HMP and YOI Grampian. The Media Access Project is funded by the Big Lottery for two more years and aims to support prisoners in HMP and YOI Grampian to return positively into the community, having engaged with shmu. We use media as a way of working alongside prisoners to help address a range of issues and offer support before and after their release.

The graduation is an opportunity for prisoners to celebrate the media skills they have achieved from taking part in courses in film, radio and music and the transferrable skills which they can use when released into the community such as self-confidence, planning, team building and communication.

The event was hosted by the Pass Man - a prisoner, who works in the Creative Media Unit every day and supports the shmu team with delivering sessions. Various clips were shared of the media produced in the radio,

film and music courses and several prisoners gave very positive feedback of their experience of the courses. There was also some great feedback and encouragement shared from past participants who are now in the community, via film and audio clips.

At the end of the event an SPS Activities Manager presented the participants with certificates of their achievements. Over twenty prisoners received awards for taking part in radio, film, music courses and some of them received SQA Level 5 awards in Radio Broadcasting and TV Production.

The event was well attended by prisoners, shmu staff and SPS staff. Our Funding Officers, David Lamont from the Big Lottery and Susan Thoms from the Fairer Aberdeen Fund were also in attendance and said they were impressed with the event and the work that had been undertaken by participants and the MAP team.

# enough of This Keigh

Alan Parker

There are many urban walks to be enjoyed around Seaton, most of them untroubled by heavy traffic. I've enjoyed strolling various streets, thinking about the history of the area, enjoying some fresh air or just getting some exercise. The number of people out and about shows I'm not the only person who enjoys this as an activity. Many people are out walking their dogs.

I admit I'd love to get a dog, but I don't have the time it takes to train one properly. A cat that behaves like a dog will have to do! Besides a cat is a lot less work. As long as her litter tray is regularly cleaned she's happy. On the one occasion I left it too long she let me know about it, in no uncertain terms. Dealing with their poop is one of the conditions you accept with a cat.

It's the same with a dog, though whilst cats will let you know their poop needs cleaning up a dog will generally scratch around a bit and run off, leaving the cleaning up of their business to you. Much like a cat does. It's the job of the animal's human guardian to finish their business by disposing of the poop, making sure that any potential health threat posed by the excrement is minimised.

Did you know there are several diseases that can be transmitted from dog-faeces to humans? Not surprising really, when you discover that dog poop can contain viruses, bacteria, fungi and parasites. Infected poop can be from healthy or sick animals,

and can cause many illnesses, including E Coli and salmonella. Toxocariasis, another infection, can be dangerous for young children, but also affects adults.

NHS advice for people cleaning cat litter trays is to wear throwaway gloves, dispose of the poop in the general waste and thoroughly wash your hands when you've finished. Dog owners, whose four-legged friend has left a pile in the middle of the pavement, should put an inverted bag over their hand inside a plastic bag, pick up the poop, tie the bag shut, throw it in a rubbish bin and wash their hands as soon as possible. There are gadgets that help with this task, but dog poo bags are your cheapest option, and essential kit for every dog owner.

At least they should be. The amount of uncollected dog poop blighting Seaton's pavements seems to be growing and, whilst leaving the full poop bag on the pavement might save somebody trailing your dog's mess into their home, that is not playing the game. There are plenty of black bins around Seaton, why not put them in there?

Several ideas have been tried around the world to solve the orphan poop problem, from DNA testing dogs to increased patrols, and the lack of dog-mess bins in the area is an issue, but in reality, there shouldn't be a problem. You own a dog, you give it food to eat, it poops, you clean up after it.

## Celebrate Aberdeen

The parade returns to Aberdeen for its seventh year and is set to be even bigger than previous years. Celebrate Aberdeen invites third sector organisations to come together and walk the length of Union Street to show off the work they are doing in the city and shire.

During the weekend there are running races and a variety of musical performances throughout the weekend in different venues across the city.

This year the team behind Celebrate Aberdeen are also organising the first ever Celebrate Aberdeen Awards which will take place on the 8th of September. Award categories range from large and small charity of the year, heart of the community, volunteer of the year, staff member of the year, fundraising event of the year, social event of the year, fundraising campaign of the year, corporate partnership of the year and young supporter of the year. The deadline for nominations is Friday the 29th of June so if you know of a person or charity deserving of an award head to [www.celebrateaberdeens.org/awards/how-to-apply](http://www.celebrateaberdeens.org/awards/how-to-apply).

Head down to Union Street on Saturday the 25th of August from 11am to support a huge number of third sector organisations and Celebrate Aberdeen!

# Community Contacts

## Alcohol

Alcoholics Anonymous 0800 9177 650  
Drinkline 0300 123 1110

## Crime

Crimestoppers 0800 555 111

## Drugs

Drugs Action Helpline 01224 594700

## Dentist

Emergency - G-Dens 111

## Doctors

NHS 24 Emergency 111

## Electricity

If you have a power-cut 105

## Family Planning

Aberdeen Community Health 0345 337 9900  
and Care Village

## Gas

Gas Emergency 0800 111 999  
Gas emergency with a meter 0845 606 6766

## Housing

Emergency Repairs 01224 219 282  
Call Centre Emergency 0845 608 0929 or 116 123

## Police

Non-emergency 101

## Samaritans

Need to talk 01224 574 488 or 116 123

## Social Work

Social Work Duty Team 0800 7315520  
Emergency Out-Of-Hours 01224 693936

## Young Carers

01224 212021

## Water

Scottish Water Emergency 0800 0778 778

## CFINE

01224 596156

## Home-Start

01224 693545

## Pathways

01224 682 939

## Cash in your Pocket

0800 953 4330

## Citizens Advice

01224 569750

## Terrence Higgins Trust

0808 802 1221

LGBT Youth Scotland [ehepburn@aberdeencity.gov.uk](mailto:ehepburn@aberdeencity.gov.uk)

## Seaton STAR Flat

01224 524209

## Seaton Project

01224 277930

## Seaton School

01224 277920

## Local Councillors

### Councillor Ross Grant

01224 346621

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

07738688458

### Councillor Alexander McLellan

01224 346633

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

07500 99952

### Councillor Jim Noble

01224 522051

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

07748 760557

## Andy praises otters in pictorial exhibition

Well-known Aberdeen photographer Andy Coventry is staging an exhibition in Powis to celebrate and raise the awareness of otters. The exhibition will run from Friday, May 25 to Friday, June 1 in the cafe at Powis Community Centre at 11 Powis Circle. The cafe will be open from 10am-2pm Monday to Friday and 11am-1pm on Saturdays and Sundays.

The exhibition will also put the spotlight on World Otter Day on Wednesday, May 30.