

# seatonscene

Spring 2022



## In this issue:

FRESH COMMUNITY  
WELLNESS

MRS MURRAY'S CAT  
AND DOG HOME

KEEP GROWING ABERDEEN

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

Spring Edition 2022

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## Seaton Community Centre



Seaton Community Centre is located next to the primary school on Seaton Place East and is open for residents to use. Get in touch with the staff team for more information about the activities they have on offer.



# 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 stories major regeneration plans for the Seaton area.

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 if you are interested in getting involved. 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.

Seaton Scene is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

You can be reassured that our distribution company is taking every measure to ensure they are delivering your magazine safely and within government guidelines.

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## KEEP GROWING ABERDEEN IN SEATON

Spring 2022 will see the Keep Growing Aberdeen (KGA) team branching out in Seaton. We are building on the new community growing space built at the STAR Flat last Autumn. The team are working in partnership with FRESH Wellness, who are already engaged locally in a range of exciting greenspace activities with local groups and volunteers in Seaton.

In 2021, we distributed over 400 growing packs and helped build three new growing spaces in Seaton, Northfield and Printfield. We also delivered Grow, Share, Eat! which involved growing and cooking with ingredients after harvest.

We will be continuing our work in the local priority neighbourhood areas of Seaton and Torry. This year we are focusing on a target audience of young people and older residents. As always, our aim is to support and involve individuals and groups to explore the joy and positive outcomes of growing, harvesting,

cooking, and working together. We will strive to bring an intergenerational aspect to the work we do. Giving different age groups an opportunity to come together in a supportive, creative, and learning environment is really important.

In March, together with FRESH Wellness and One Seed Forward, we held a seed and plant sharing event attracting some local visitors and groups from further afield!

KGA hopes to engage with local schools, groups, and sheltered housing to deliver new and exciting growing opportunities for the residents of Seaton.

**If you or your group would like to get involved or find out more as our projects develop, please get in touch with Rebecca at [www.facebook.com/groups/keepgrowingaberdeen](https://www.facebook.com/groups/keepgrowingaberdeen) or FRESH Wellness at [secretary@freshcom.org.uk](mailto:secretary@freshcom.org.uk) or visit their website [www.freshcom.org.uk](http://www.freshcom.org.uk)**





## AN ABERDEEN HOME FOR LOST DOGS

**The Daily Free Press of Thursday 19th September 1889 reported on the opening of Mrs Murray's Home for Lost Dogs. An abridged version of that article appears below. The map extract dates from 1902.**

"Yesterday there was formally opened by Lord Provost Henderson a Home for Lost Dogs, at Brickfield, King Street Road, Aberdeen. The Home has been erected chiefly through the exertions of Mrs Murray of Inverdon, a lady who has for years manifested the deepest interest in the welfare of the lower animals. The Home has just been completed, and the grounds surrounding it suitably laid out and walled in. The building is tasteful in design, and the situation is admirably fitted for the purpose for which it has been erected.

The Lord Provost said that it was to Mrs Murray that all the credit in the matter was due. As a directress

of the Society for the Prevention of Cruelty to Animals she had seen that there were a great many dogs who had strayed and who were treated cruelly. A requisition had been sent to the magistrates urging them to have a home put up for lost dogs, but they did not agree to do this, although, he thought, they might have done so. When Mrs Murray saw this she said that she herself would take charge of the lost dogs, and she had done at her residence in Inverdon. Already 150 dogs had passed through her hands. She had not rested with doing this and had resolved to build the beautiful home which was being opened that day. She had built the house and bought the ground. For the ground, which is now free, she paid £120. The house had cost £430, so that altogether she had laid out £550. It would greatly assist Mrs Murray if the owners of dogs would put a collar round their

dog's neck with the name and address inscribed on it. It would thus be known where the dog ought to be sent. Another suggestion was that for identification the number of the dog's licence should be in some way attached to it. In the home which they were that day opening, it might be mentioned there were as many as 26 dogs at one time.

Rev. Mr McClymont, chairman of the S.P.C.A., said the generosity and public spirit of then lady who had founded the home was sure to meet



a felt need. Now that the home had been opened, the inspector would have to shoot far fewer dogs that he used to. In a city like Aberdeen, where there were sheep markets and many shepherds coming in with their dogs, the dogs often strayed. The larger class consisted of those who had been turned off by their owners to avoid paying the tax. In this home there was a refuge for such and provision for the boarding of dogs at a moderate expense. Against the unworthiness of those who neglected their dogs was to be set the generosity of Mrs Murray. But in that regard there was room for cooperation as well as admiration and the large audience present that day showed the sympathy that was

extended to Mrs Murray in her good work.

The dogs are to be quartered in a substantial stone building divided off into kennels. The kennels - 23 in number - are ranged along each side, while a passage runs down the centre. In the matter of light and air the building is everything that could be desired, and the fresh woodwork of the kennels was at once pleasing to the eye and suggestive of comfort and cleanliness. The compartments are thoroughly partitioned off from each other. They are entered from the passage, and on the entrance side the woodwork gives place to wire netting. Through this the visitors yesterday were enabled to

get a peep at the dogs inside. To the fact that they were well cared for, their sleek coats and contented aspects bore witness. Almost every one of the dogs seemed perfectly at peace with his surroundings, and this was all the more wonderful in view of the fact that they were all dogs that had strayed. The dogs in Mrs Murray's Home had hardly anything of the woe-begone, forsaken aspect that the strayed dog almost invariably wears, and this the visitors yesterday did not fail to note. In addition to the Dog Home proper there is a keeper's house - a neat cottage - and a small house to be used for quarantine purposes. There is also plenty of space for the dogs to be exercised in the yards that surround the buildings."

## FAST FORWARD . . . .

Fast forward to 2022 and it's fair to say that the centre has expanded a lot since Mrs Murray started it. They can now take in much more and a wider variety of animals and the staff are looking forward to getting into their new reception space.

The renovations started in late 2021 and the aim is that the new building will be open in the summer of this year.

The idea is to totally rebuild the reception area of the home to provide a better and larger welcoming area for visitors, improve facilities for staff and have all the resources under one roof.

The building will be two-storey including a large reception space, two private rooms for people who have made the difficult decision to rehome their pet, a new vet room and new dog grooming facilities. There will also be a new access for the

police for dealing with stray dogs and a display and retail space.

Once this has been completed the team are looking to move on to phase two of the redevelopment which will involve a rebuild of their dog block. They will be fundraising for this so if you would like to help with the journey keep an eye out on their Facebook page.

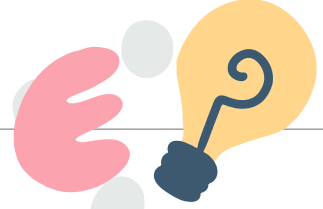
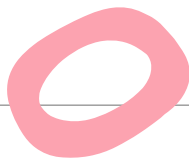
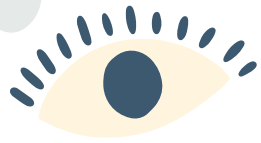
As well as rehoming Mrs Murray's also provides a pet food bank which can sometimes be the difference between people having to rehome their pet or being able to keep them while they get out of a rough patch and the staff are happy to help.

Approximately 1000 animals pass through Mrs Murray's every year.

**For more information about the centre email [mrsurrays@btconnect.com](mailto:mrsurrays@btconnect.com) or call 01224 483624.**



# FRESH



There are great plans afoot for developments in Seaton which are being spearheaded by local group, FRESH Community Wellness.

There's everything from community gardens to walking trails to sport sessions for residents, young and old.

Read on to hear about what they have been up to and if you would like to know more about any of their activities you can get in touch with them on [info@freshcom.org.uk](mailto:info@freshcom.org.uk).

## SEATON TRAILS

The team at FRESH were delighted to do a presentation for Aberdeen St Nicholas Rotary club last year, explaining where we were as a grassroots charity, and with the start of our community efforts. The rotary team remains supportive and will help launch the first 6 stop and rest seating areas on the Seaton Trail. These areas will be built with residents, with an idea for them to personalise them and have some ownership. Free Internet access will be provided for these stops too. It will also create an area to connect with nature, your fellow residents, welcome any guests to visit you and this builds up good mental health.

Ian Dow, from the rotary club is an experienced mental health ambassador, and will continue supporting us, launching conversational cafés styled outdoor chats. We have also been engaging with Jacob Campbell from Aberdeen Housing Rights Defenders to provide housing support and empowerment to residents.

The Seaton trail will have local landmarks marked with a post, badge

and QR code and they will all plotted on a map. These sit and rest areas will also have posts, with images and names for each selected by residents. This will include playparks, groups, services and more. We must thank the Coastal Communities Fund, for our award for trails and signage to enable the start of this, along with ST Nicholas Rotary.

Visit [www.freshcom.org.uk/projects/t-r-a-i-l-s](http://www.freshcom.org.uk/projects/t-r-a-i-l-s) to find out more.





## SEATON SPORTS RETURNS

In 2021 FRESH Community Wellness took on a new committee member, Suki Pooni, who has, and remains a driving force for change in the area. He is a member of the local Sikh Sanghat and he encouraged us to join in already successful outdoor sports sessions, the brainchild of Aberdeen Sikh Gurudwara and supported by Church of Jesus Christ Latter Day Saints (JCLDS), with a purpose of uniting communities and faiths. This venture was not only successful, but it was also one of the busiest free outdoor activities on offer, every week, in the Seaton area.

Attendance averages between 15 and 30 people each session and is aimed at anyone over the age of 10. As soon as we saw this hidden gem, we were committed to doing further work with their team. These sessions take place in the green space by the Sikh Gurudwara (the former Timber

Kinder Nursery). The outdoor football sessions continued until the weather got a unreliable in the Autumn. They then started indoor basketball and badminton too hosted at the sports facilities of Church (JCLDS) who offered their sports hall free of charge.

Between the groups we agree this needs to expand. Football restarted in April. There is an aim to have a weekly semi-professional coach, as well as a youth group and sessions for under 10's too. There will be different sports included as requested by the local community, and thanks to Fairer Aberdeen Fund award, more can now be done.

Sessions run on Wednesday evenings and normally start around 6/6:30pm and are free. We would be looking at the youth session running between 4 and 5pm with multiple outdoor activities.

We are humbled to remain in partnership with Aberdeen Gurudwara, who are fun, friendly, welcoming to all, and out to promote unity and wellness for everyone, for free. We would love to hear some ideas or suggestions from the local community, especially parents on what outdoor activities their kids would like to see. Are you a student, but qualified to teach basic sessions? Would you like to volunteer some time? Which sport based activities would you like to see for free? Please contact Suki via [suki@freshcom.org.uk](mailto:suki@freshcom.org.uk) or visit [www.freshcom.org.uk/projects/sports](http://www.freshcom.org.uk/projects/sports)

Seaton is blessed with so much green and open space. Let's all work together and start putting it to great use for our local community!





# FRESH & RGU

**The team at FRESH Community Wellness are working with students from The Scott's School of Architecture & Built Environment (SSS) at Robert Gordon University (RGU) to help regenerate the Seaton community.**

Residents of Seaton are working with the third-year students to improve local amenities and create new social spaces.

The Seaton Community Regeneration Project forms part of the students' university course and their plans build upon the Seaton Totem Pole Project, which first came about back in 2006. The Totem Pole had to be removed from its location a few years ago as it had fallen into disrepair and there were safety issues.

To launch the project there was a community event where students got to meet local residents and volunteers and find out what was important to them in terms of revitalising the area.

The current Seaton Community Regeneration project aims to restore the Totem Pole and build upon this early success with the students identifying a further 9 areas in Seaton that could be improved with new social spaces and travel routes. The ideas range from sheltered

outside areas could be created near the high rises, new walkways to connect to eh beach, seated areas and a new skateboard park. It's also hoped a community-based garden of around 2000 square metres, would be set aside for food growing and planting and that this area would be managed by the residents themselves.

Sam Raion, Chairman from Fresh SCIO, said; "Our goals are to work with the residents of Seaton to create new, usable spaces and to encourage a sustainable future for the area, where spaces are created and managed by the local neighbourhood.

"As a group, FRESH is trying to unite different groups and want to remove any barriers. From experience, this is often from community not knowing or understanding other members of their own community. Putting health and wellness at the centre of the regeneration plans will help and working with the team from The Scott Sutherland School at RGU offers huge potential for the area."

Course leader from The Scott School of Architecture & Built Environment, Dr Quazi Zaman said: "We want to improve the Totem Pole area but also have bigger aspirations to revitalise the whole of Seaton. We've identified nine other sites that could be improved and are


recommending new areas for young children to play and usable spaces to better connect the local community.

"Working in partnership with residents and the Fresh SCIO charity, we believe there is huge potential for Seaton. There are many unused spaces and it's about reimagining how best to improve the area. These spaces are waiting to be re-invented and we want to work with the local community to help them achieve this."

Sam also emphasised the fact that these ambitious plans are based on draft designs and nothing will proceed without further consultation with the community. The students have done an extensive amount of research into the work, but they want to ensure that the plans are approved of and welcomed by the community.

We at Seaton Scene can't wait to hear more about this project as it develops and we'll be including updates in the magazine as it goes along.

**You can find out more about the project and keep up to date by visiting [www.freshcom.org.uk](http://www.freshcom.org.uk).**







# THE S.N.U.G - SEATON NEIGHBOURHOODS UNITED GARDEN IS FOR EVERYONE

You can find the SNUG at the green space by the School Road high rises.

What a year - gaining permissions, planning, creating the charity and achieving some funding, big changes are now afoot. A huge thank you to Steven Shaw for continued support into year 2! Elaine will now lead the SNUG development, assisted by skilled volunteers and residents keen to learn and all sessions are open to all. We are keen to have anyone with gardening knowledge come and share their experience so they can learn too.

Phase 1 developments are underway, and we will work within guidelines of possible long-term regenerations. The mound will be moved from the front to create easily accessible planters and planting, for all to enjoy. Planters are being built and stained, ready for the first batch of potatoes, with thanks to Bob from One Seed Forward, and flowers to be planted. This will be an ongoing process throughout the year.

Requests have come in for food growing and we will work with Keep Growing Aberdeen and others to help achieve the best results, with their expert help. Other requests have been for colour and planting – especially on the banks from the Sport Aberdeen side. This has been

from multiple residents in person, but also many who are housebound or have limited access, would like something pleasant to look down upon. Elaine met with Nigel Spencer yesterday and plans can now be made to take this forward.

Thanks to the Woodland Trust donation 350 hedges and trees were planted in March, by residents, guest from groups such as Earth & Worms, Aberdeen Gurudwara, ACC and volunteers. This will give much needed shelter to the garden and those volunteering in it.

We had around 40 staff from Shell ROV Aberdeen helping end of last year and within a few hours a fence was sunk, and bulbs were planted. So, this could be a great way of continuing working on larger projects, and we would welcome guest groups, services or businesses to take this forward.

March 24th we were invited by Clean Up Aberdeen to host a tidy up launch, during Climate Week Northeast 2022 and this was a great success. We had guests from Aberdeen Countryside Rangers, the environmental and recycling teams, North East Scotland Climate Action Network and collected around 30 bags of waste!

Please pop along for a chat and a cuppa. The safe social space offered (2,000 square metres), is one of the main reasons for this development. With the new outside storage, as well as outdoor base premises, we can achieve a lot more. Thanks to the Health Improvement fund award, some of those funds will enable real progress here.

Please get in touch with the SNUG lead Elaine, [secretary@freshcom.org.uk](mailto:secretary@freshcom.org.uk) | 07359201649 who would love to hear your ideas for planting, both fruit and vegetables and flowers, herbs etc., within the space. We want to establish a children's garden and already have someone working on plans for a sensory garden.

**You can find out more on [www.freshcom.org.uk/projects/s-n-u-g/](http://www.freshcom.org.uk/projects/s-n-u-g/)**



## COMMUNITY ENGAGEMENT EVENT

We will be hosting another engagement event at some point in May (date TBC) to promote where things are at now.

We also want to talk to people about our ongoing activities as well as try and encourage young adults to get involved with two funded projects. Thanks to the Fairer Aberdeen Fund we have

been awarded funding to tidy up and add street art to three building panels and the underpass. The idea is that we will allow young people, aged between 12 and 18, to express themselves and feel part of the community, while improving it for all.

We received a second award from Fairer Aberdeen Fund which will

go towards an outdoor gym which we think will likely mostly be used by young adults. The start of these projects is scheduled for June/ July so we are looking to start to get comments from the community during our May engagement.

**Please stay updated by checking [www.freshcom.org.uk](http://www.freshcom.org.uk) and email [chair@freshcom.org](mailto:chair@freshcom.org).**

## TBIRDS THURSDAYS

Ladies, mums, kids and crafts – are you interested? Tbird sessions are every Thursday, and this may well be what you need. Relaxed, friendly, safe space with safe choices, crafts, refreshments and fun activities for all ages. These sessions are run by the team and Ewa, with guest services and speakers coming along to chat to the group, as and when they decide they want them to.

The sessions take place every Thursday morning at the common room of Northsea Court (entrance at the rear of the building) between 9:30 and 11:30am.

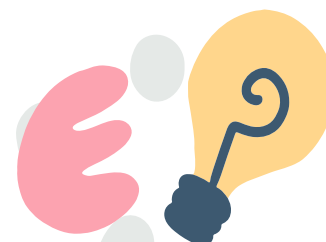
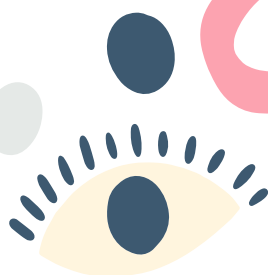
As with all sessions these are fully inclusive, but we kindly request that they are predominantly for ladies, mums and young kids. Other parents may be permitted, but please ask when booking a session. **You can contact [ewa@freshcom.org.uk](mailto:ewa@freshcom.org.uk) or call 07359201638**

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*Serdecznie zapraszamy panie, mamy i dzieci na czwartkowe spotkania grupy Tbirds. Podczas zajęć można porozmawiać, poznać nowych ludzi, wypić kawę w miłym towarzystwie, wymienić poglądy. Dzieci mają do dyspozycji zabawki,*

*przygotowywane są również zajęcia plastyczne zarówno dla mam jak i dla dzieci. Sesje prowadzi Ewa.*

*Zapraszamy polską społeczność zamieszkującą Seaton i nie tylko do uczestnictwa w organizowanych spotkaniach. **Jesli masz jakies pytania prosimy o kontakt w jezyku polskim, [ewa@freshcom.org.uk](mailto:ewa@freshcom.org.uk) lub o telefon badz wiadomosc na numer 07359201638.***



# FIBROMYALGIA

## *Fi-bro-my-al-gia?*

I have suffered from this nasty problem for close to six years now and I was recently asked what it is, people know I have got it, but they do not really know what it is.

When I thought about it neither did I, I had always just accepted what the professionals told me, it is chronic, incurable, and extremely unpredictable.

It causes pain which can be mild to extreme, it can affect specific areas or be widespread. There may be a trigger or maybe not, the onset of flare ups can be gradual or rapid. It can cause the sufferer digestive and bowel problems. Often there will be memory and speech issues, "Fibro Fog." A lack of balance, dizziness and clumsiness is common and my personal favourites, sensitivity to things like light, noise, and temperature. Oh, and do not forget the difficulty sleeping. There will be good days and most certainly bad days. One thing is certain though, it is random, unpredictable and to the observer it is often invisible and that in itself can be a disability.

Fibromyalgia is a strange beastie, there are between 1.5 to 2 million diagnosed sufferers in the UK alone, yet little has been achieved in relation to a cure. The current approach is simply to treat the symptoms. As the most common symptom is pain

that is often the focus of the medics when faced with a sufferer. Sadly, over the counter pain relief is seldom effective and that leads to the use of prescription pain relief, usually opiate based in the form of morphine. Now I am not going into the stigma often associated with regular opiate use, that is just another branch on the tree that sufferers must deal with. For many it is the only way to find relief from the constant 24/7 pain as well as dealing with potential side effects from medication, indeed it is not unusual for the side effects to require mediation.

It is hardly surprising that sufferers often suffer from crippling mental health issues, experiencing pain twenty-four hours a day often with little or no relief. Facing the inability to perform simple daily tasks from opening a coffee jar to dealing with personal hygiene. Everything is a challenge and the reliance on others for support is fraught with issues. Then you hear seemingly innocent comments like "well you don't look disabled" or "it can't be that bad, you look fine to me." But we are not fine and facing the additional challenge of having an invisible disability is often a step too far for sufferers

Another often forgotten aspect of dealing with disability is the role of the carers. Often untrained and unpaid

spouses or family members. These largely unsung heroes often suffer both physical and psychological problems from performing their support roles. Physical from having to perform tasks that would normally be undertaken by two paid carers, bathing for instance, lifting and physically supporting sufferers. On top of these massive tasks and providing emotional support they must deal with the pain of watching their loved ones suffer. Oh yes and then they might find time to work and have a life of their own. Not a great job description is it.

It has been said that we often "look but do not see and listen but do not hear." Now that may be true but sometimes there is nothing to see or hear, when that happens we must rely on that rarest of senses, our common sense. Try to see what is not obvious and not judge when we do not know the facts, an ounce of compassion is a wonderful thing, use it wisely.

Support group contact info:

**Fibromyalgia Action UK**  
**Suite 3006, Mile End, 12 Seedhill**  
**Road, Paisley PA1 1JS**

**Tel: 0300 999 3333**

**(national helpline)**

**web: [www.fmauk.org](http://www.fmauk.org)**

**email: [charity@fmauk.org](mailto:charity@fmauk.org)**



## CFINE Mobile Food Pantry

CFINE now have a mobile food pantry which visits the Seaton community every fortnight on a Thursday at 2pm at Aulton Pavilion on School Road.

Community food pantries are a way to help people access affordable and healthy foods, as well as toiletries, baby products and household items at a low cost.

The pantry is a service that allows users to visit on a fortnightly

basis where they pay an annual membership fee of £3.

Members are able to attend the van on a fortnightly basis where they will have access to various foods for £2.50 shopping fee and low-cost fruit and vegetables.

The estimated value of this weekly items members pick up is £15.

**To find out more details please contact [pantry@cfine.org](mailto:pantry@cfine.org) or call 01224 596156.**

## Pathways in Seaton

Our Keyworker, Stan Smith has been working in the Seaton area for over 10 years now, helping clients to find suitable employment.

A gentleman came to see Stan at the STAR flat in Seaton for advice on how to find work. After a few appointments Stan had created a CV for the client, set up an account for the Indeed app and an email address. At a further meeting the client disclosed that his mental health had not been too good over the last few months. Stan asked the client to make an appointment with his GP and also arranged counselling sessions for them at Pathways. After a few weeks the client was confident enough to begin applying for jobs again and Stan coached him through interview techniques and practice questions. This went so well that at his first interview he was successful in gaining employment. The client stated, "I really enjoyed my time with Stan at Pathways. Stan helped with my CV and personal matters and if I were off work again I wouldn't think twice about giving him a call."

Stan meets people in Seaton at the STAR Flat on Wednesdays between 10am and 12 noon.

**As Stan's diary is always busy please phone 01224 682 939 to arrange an appointment or to find out more about how Pathways can help you! (You can also email Stan at [s.smith@pathways-online.org](mailto:s.smith@pathways-online.org) or follow us on Facebook at [www.facebook.com/PathwaysAberdeen1A](http://www.facebook.com/PathwaysAberdeen1A)**

PATHWAYS – A Brighter Future!

## Adult Services

Our Adult Services Making Recovery Visible project is coming to an end with our final courses now running. Making Recovery Visible is bringing together individuals from the recovery community to express themselves through media. We have previously run a music course with the group as well.

Ross has a film group at shmuHQ with Ayesha down at The Credo Centre with a podcasting course. We are looking forward to seeing what these groups create and sharing participants work with you over the coming weeks – keep an eye out on our social media channels to see what they have been creating!



## shmuTRAIN

Our Positive Transitions group have been busy again with more visits to workplaces and getting through the arduous work of interview prep.

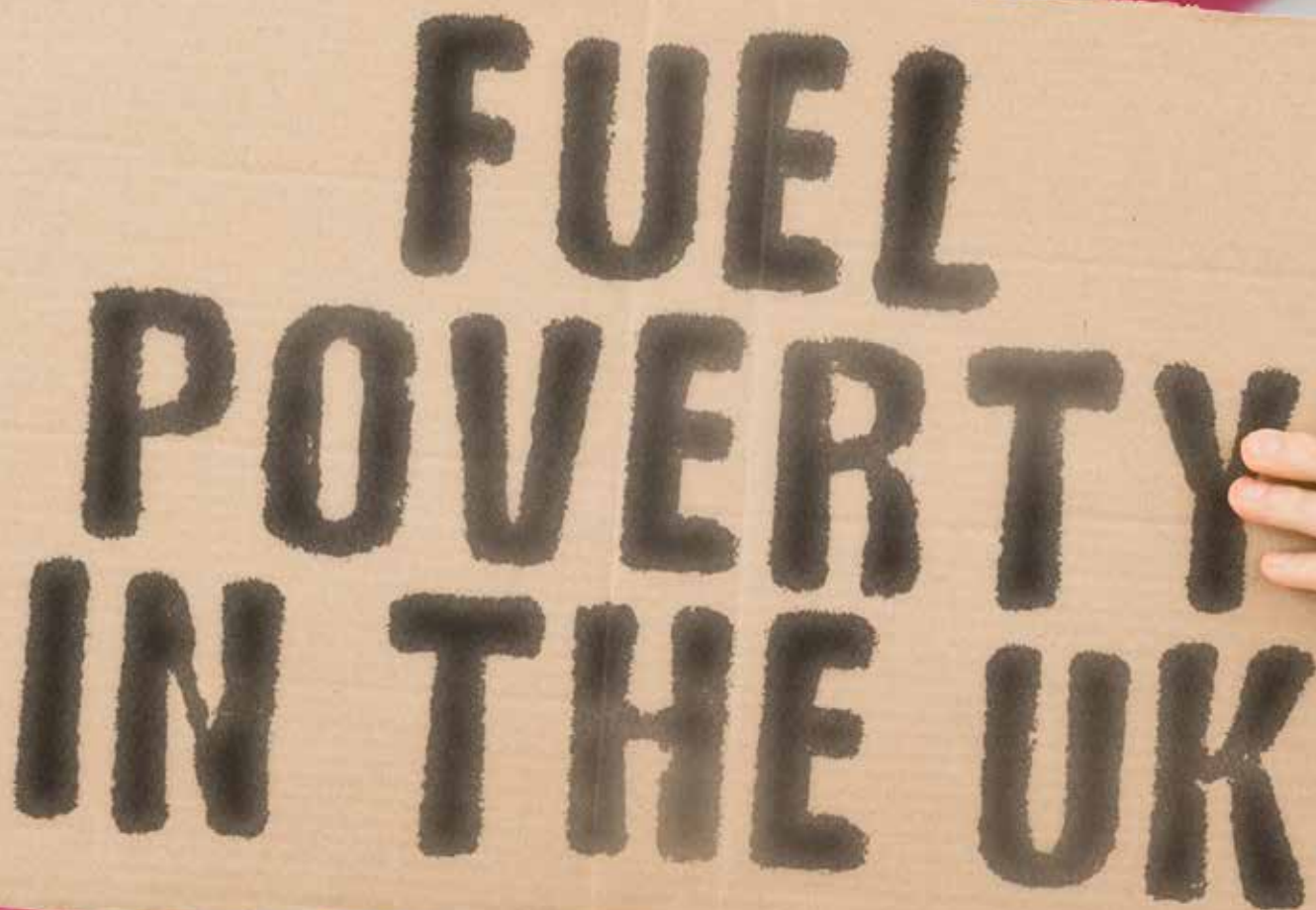
We have had a visit to Bonny Café that is situated just off Bonnymuir Place and sits within Bonnymuir Green Community Trust. We got shown around their community garden, where they grow lots of vegetables

and also had a chat at their cosy café, learning about the roles and events happening there.

We also visited the Get Active @ Jesmond Sport Club via Sport Aberdeen and had a tour of the premises as well as a presentation from the marketing team and gym staff about their journeys to their current roles and skills required in their jobs.

Laura Walker from Laura Walker Fitness visited us at shmu too and spoke about her social enterprise and what to do if you want to set up your own business. She also explained the importance of social interactions and networking when it comes to getting your business off the ground. Our young people found it all very interesting and as always big thank you to these businesses!





**FUEL  
POVERTY  
IN THE UK**

## **Charity on hand to help with the fuel debt crisis**

With fuel bills on the rise and the cost of the living crisis escalating, Scarf is on hand to help householders who are in or at risk of fuel debt.

In recent times many of the queries coming through the phones are from people who have no credit on their meters or have had their gas or electricity cut off. In this case, the first point of call is your energy supplier. But there are a few things you should have to hand before you pick up the phone:

- **A copy of your most recent bill**
- **Proof of any benefit you receive**
- **A pen and paper to take notes**

If you need help talking to your supplier about your bill you can contact Scarf and a member of the home energy advice team will support you. **Visit [www.scarf.org.uk](http://www.scarf.org.uk) or call free on 0808 129 0888.**

Lawrence Johnston Co-Chief Executive said: 'This is a worrying time for lots of us as prices continue to increase. With news of the cost of living crisis hitting the headlines on an almost daily basis, it's no surprise we're seeing increasing numbers of customers calling us for help.

'At Scarf we have a range of measures to help support you if you're in or at risk of fuel debt

including the ability to access financial support.

Although it's always important to remember that the cheapest energy is the energy you don't use which is why energy efficiency is a key part of our home visits.

For more advice on how to make your home more energy efficient and help get you in control of your bills take a look at our website **[www.scarf.org.uk](http://www.scarf.org.uk) or Home Energy Scotland [www.homeenergyscotland.org/reduce-home-energy-bills-tips-support-funding](http://www.homeenergyscotland.org/reduce-home-energy-bills-tips-support-funding).**

# Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

## ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

## CRIME

Crimestoppers - 0800 555 111

## DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

## DENTIST

Emergency - G-Dens - 111

## DOCTORS

NHS 24 Emergency - 111

## POLICE

Non-Emergency - 101

## ELECTRICITY

If you have a power-cut - 105

## GAS

Gas Emergency - 0800 111 999

## WATER

Scottish Water Emergency - 0800 0778 778

## HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

## SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen City Carers Service- 01224 914036

Age Scotland - 0800 1244 222

**CFINE** 01224 596156

Financial Advice at **CFINE** 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Penumbra First Response 01224 276994

**Oldmachar Medical Practice**

0345-337-0510

**Old Aberdeen Medical Practice**

01224 486702

**Tillydrone Clinic**

01224 276723

**Woodside Medical Group**

01224 492828

## DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

### Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

**National Domestic Abuse Helpline Free** and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: [sdafmh.org.uk](http://sdafmh.org.uk)

### Grampian Women's Aid

Telephone: 01224 593381. Website: [grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932.

Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)

### LGBT Domestic Abuse Helpline

Telephone: 0300 999 5428 or email [info@galop.org.uk](mailto:info@galop.org.uk)

### Men's Advice Line

Telephone: 0808 801 0327