

YOUR NEWS

# seatonscene

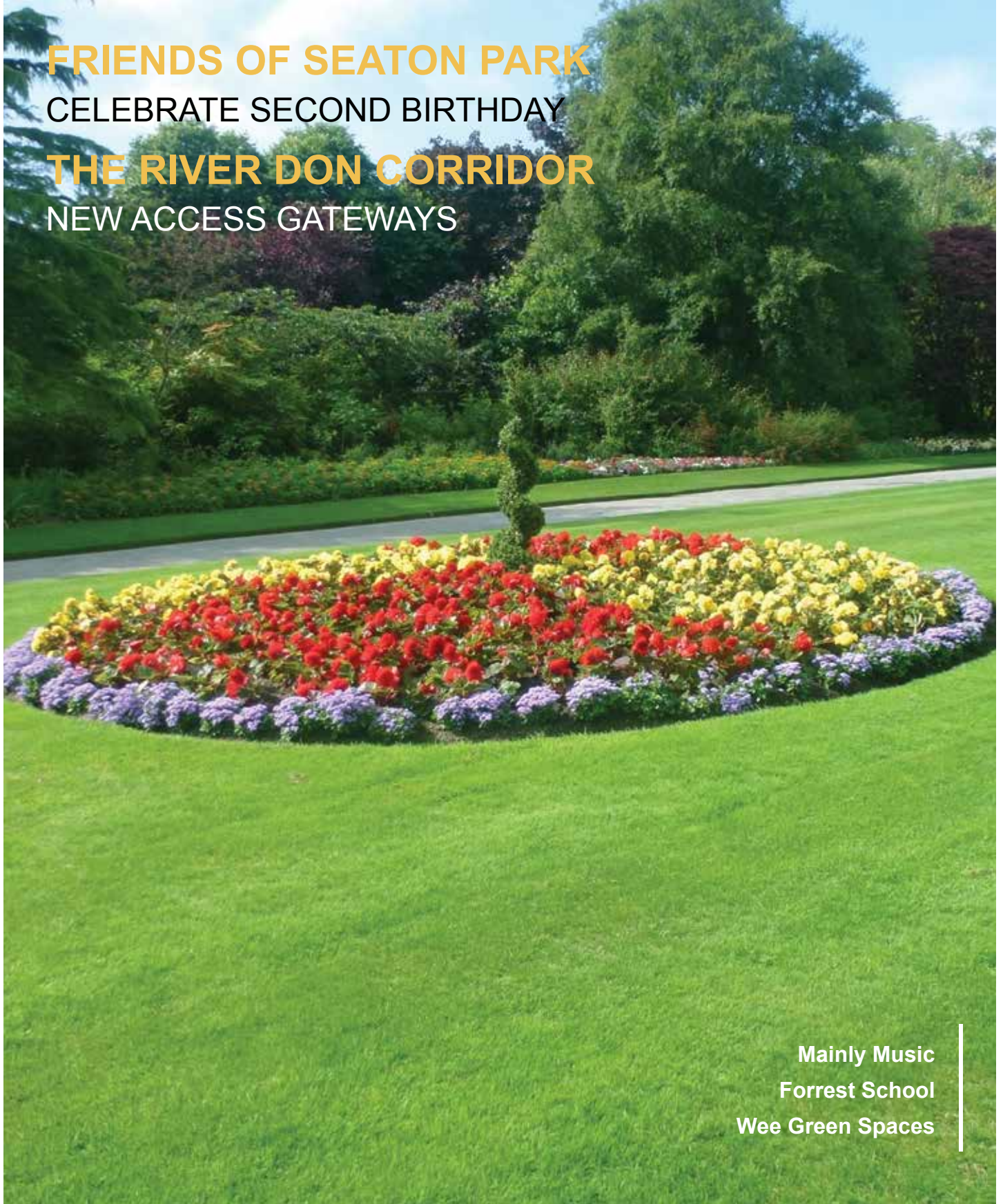
Summer Edition 2014

**FRIENDS OF SEATON PARK**

CELEBRATE SECOND BIRTHDAY

**THE RIVER DON CORRIDOR**

NEW ACCESS GATEWAYS



Mainly Music  
Forrest School  
Wee Green Spaces

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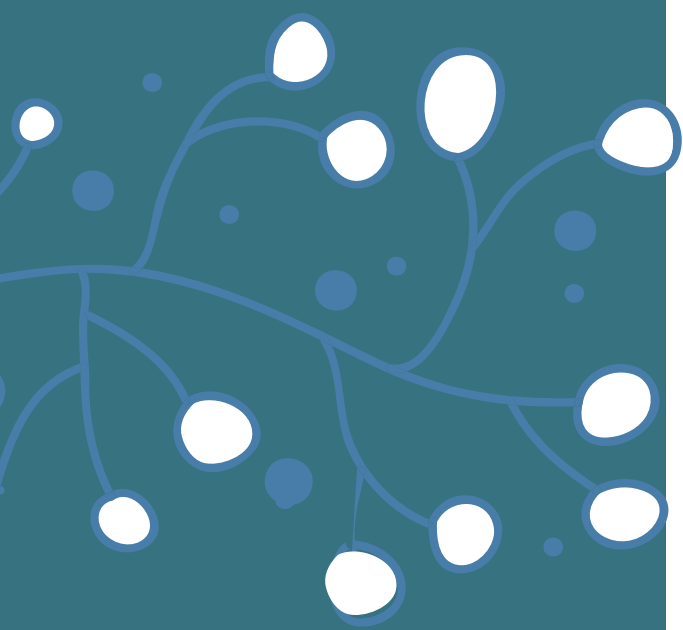
## editorial

Welcome to your summer edition of Seaton Scene.

A warm welcome and a big Seaton smile to Laura Young, SHMU's Community Media Support Worker who is now involved in keeping the Seaton Scene editorial team in order as best as she can. We all wish her well in the community of Seaton.

If you would like to get involved in the next edition of Seaton Scene then you can phone SHMU on 01224 515013 or email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk).

Meetings are held at Seaton Community Project at 1:30pm on the following dates:



Supported by





# Making memories through music

## New Mainly Music project goes from strength to strength

Mainly Music, a new playgroup for babies and pre-school toddlers, was launched in the newly refurbished Seaton Project Hut on 23rd May! During our first term before the summer holidays, we had a great time getting to know the families who have joined Mainly Music already. We still have quite a few places left for new families to join us and a new term of Mainly Music begins on 22nd August 2014.

If you haven't yet experienced this new playgroup, do come along every Friday morning between 9.30am and 11.00am during term time at Seaton Project / The Hut, School Road, Aberdeen AB24 1TU.

***The sessions only cost £1.50 per family each week!***

You can contact Grace on **01224 722285** or **07920 554 261** for more information.

Mainly Music is a fun interactive playgroup for babies & pre-school toddlers and their parents/carers. The first 30 minutes is a session of songs and rhymes which kids enjoy and they also get to play with stretchy lycra, shakers, colourful scarves, and other props. Afterwards, there are snacks and playtime for kids while the adults enjoy tea/ coffee and home bakes.

We look forward to welcoming you to Mainly Music!





## Local Kids Enjoy Forest School in Seaton Park

- by Simon Whitworth -

**S**traight after this year's Easter holidays I ran a Forest School for the Primary 5 class of Riverbank School. In the grassy areas and woodlands close to the River Don in Seaton Park, Forest School ran for five weeks in a lovely place full of sensory stimulation, things to see, hear and do.

Some of the class knew the park really well but in Forest School they gained a different perspective on the trees and grass, as they explored their way through a variety of activities from natural art to shelter building.

Every child (and the adult helpers) had to choose a Forest School nickname, which was an animal beginning with the same first letter as their human name, for example Simon Snow Leopard. Believe it or not these animal names help me remember the children's actual name!

The first day of Forest School saw the kids exploring the

boundary of the area (marked out by posters the children had made) and mapping it in pairs or small groups. Much excitement was had as the children ran around the open space with their paper and pens, creating maps while having fun outdoors.

The following week the class put their hands to creating works of art using only natural materials they found on the forest floor such as leaves, twigs, stones and branches. Any guesses as to what was created by the hands and minds of the kids?

A castle (in full 3D), countryside cottages, a garden centre, a swan that was floated on the River Don in full view of two real swans, and some stick people. It was all excellent work! The children were also given lumps of air-drying clay with which they made faces on the trees at Forest School base. Moss, twigs and leaves were added to these visages to further enhance their wacky appearances!

In other sessions the children built giant bird nests out of logs transported to the park by Woodlands Community Ranger Stephen Bly and, using these same logs and branches, constructed natural shelters big enough to contain ten of the Forest School pupils.

Sadly due to time limitations I was unable to get the children involved with safe outdoor fires but next school year I'm hopeful that I'll be able to lead a one off Forest School session to cover these fiery activities for the new Primary 6 pupils.

I really enjoyed running five sessions of Forest School for the Riverbank P5s, and though there were challenges and setbacks along the way I think the children and adults enjoyed their outdoor experiences. I certainly had a great time at Forest School in Seaton Park and look forward to leading more sessions there in future years.





# WEE GREEN SPACES

**Children and staff from Seaton Developmental Nursery are taking part in a new project to make use of Seaton Park.**

The Wee Green Spaces project is one of the improvements being taken forward in Aberdeen to encourage the frequent and regular use of local green spaces by early learning and childcare services in Aberdeen.

Janice Read, a nursery nurse, has been developing this with staff and children of the Pre-School Additional Support Needs (PSASN) Service at Seaton Developmental Nursery. Janice thought that Seaton Park would be the ideal green space for the nursery to visit. She has had to work collaboratively with the Seaton Park staff and has enjoyed the support of Juliet Robertson to accomplish the above aim.

Children, all with additional support needs, went to the park and explored. The children discovered the small walled gardens within the park and enjoyed the space so much that it was decided to make that area our designated green space.

Children visit every week, whatever the weather, and can see the changes in the garden over an extended period. Children walk, if able, from the community entrance at Seaton Primary School to the park which has improved their general fitness (as well as that of the staff). Children have also learned the small micro routines involved with preparing for a journey, such as putting on appropriate clothes, packing our rucksacks and taking a snack with us.

In the garden children can touch and smell the flowers, look for beasties, run around in the fresh air and also enjoy a picnic. Children collect leaves and twigs and take them back to our outdoor area in the nursery.

Although some staff and parents were unsure that this activity would benefit our children, it definitely has been a worthwhile project.







# FRIENDS OF SEATON PARK CELEBRATE THEIR SECOND BIRTHDAY



*by Hamish Mackay*

The Friends of Seaton Park (FOSP) are an informal voluntary organisation, which works closely in association with Aberdeen City Council. The group has recently celebrated its second birthday by holding a public meeting in Dunbar Hall, Old Aberdeen on Saturday the 28th of June.

The meeting was held to bring current Friends and members of the public up to date with what has been happening in what is one of Aberdeen's most beautiful natural parks. The meeting also formally adopted a constitution for the FOSP.

In recent years Aberdeen City Council's Environmental Department which is headed by Steven Shaw, has been predominantly concentrating its resources on developments in other parks, and it is now Seaton

Park's turn. Fortunately at a time when the City Council has been allocating increased funding to the city's parks in general.

Seaton Park was part of what was once Seaton Estate. It was bought by the city for use as a public park in 1947. The major issue at Seaton Park is improving drainage - especially at the part which has become a natural small "lake".

A group of City Council Officers and Councillors, Ramsay Milne and Jim Noble, recently had a very productive "walkabout" around the park. Some of the issues examined were the upgrading of the childrens' play area, and restoration work on the famous Mr Therm engine and the picturesque fountain. Repair work will be carried out on the roads and paths within the park including the path leading to the Brig of Balgownie.

Meantime, FOSP are working on a series of information boards and maps to be located at strategic points within the park and which have already attracted match funding from the City Council.

Aberdeen Kayak Club, which has its home within the park, is seeking remedial work to the banks of the River Don where it meanders through the park, and other improvements to enhance its facilities.

FOSP already has more than 70 members and is anxious to boost that total. It also is seeking interest from people who would like to join the steering group. All inquiries should initially be forwarded via the group's e-mail: [seatonpark@oldaberdeen.org.uk](mailto:seatonpark@oldaberdeen.org.uk). FOSP also has its own website and Facebook page.



# Silver City Surfers @ Seaton every Monday!

## Free tuition on using the Internet, laptops, and tablets

Silver City Surfers (SCS) are a charity which teaches people over the age of 55 how to use laptops and tablets. SCS also helps older people with browsing the Internet and helping them to connect with friends and family online in a safe manner.

Our friendly and experienced computer tutors help people get the best out of their laptops and 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, Aberdeen**

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!

On the second Monday of every month, Silver City Surfers present an information and motivational talk at Satrosphere Science Centre. Each talk focuses on a different aspect on using the internet or computing. To find out more, visit our website [www.silvercitysurfers.co.uk](http://www.silvercitysurfers.co.uk) or call **07799 371329**.

## Aberdeen's ChildLine office celebrates 10th birthday

Esther Rantzen, founder of ChildLine, joined staff and volunteers in Aberdeen last month to celebrate 10 years of ChildLine in Aberdeen. During this time the Aberdeen office has handled more than 72,000 counselling sessions, with more than 3.2 million children nationwide benefitting from the service since it began in 1986.

The NSPCC's ChildLine service is currently looking for additional volunteers to join the team. Aberdeen's Volunteer Co-ordinator Kerri Stewart says 'Increasing our volunteer team will enable us to reach even more children and will ensure that we continue to provide a life line for young people in distress'.

Thousands of children speak to a ChildLine in Scotland volunteer counsellor every year because they feel they have no else to turn to about their worries or concerns. Counsellors listen, assess and explore feelings and options with callers, who contact ChildLine by phone and online about a range of issues including bullying, abuse, neglect, sexuality and pregnancy.

Formal training or qualifications in counselling are not required, as full training is provided to all successful applicants. All that's needed is a commitment to children, an open mind and an ability to listen and support young people who need to talk.

Applications to volunteer can be made on line via the NSPCC website: [www.nspcc.org.uk/volunteer](http://www.nspcc.org.uk/volunteer). You can also call the Aberdeen office to talk with the Volunteer Co-ordinator on **0844 892 0200**.





## Gold award for S.T.A.R volunteers

Five volunteers from the Seaton STAR Flat have been awarded Gold Awards.

Volunteers at S.T.A.R: Seaton Taking Action for Regeneration Community Flat received recognition for the fantastic contribution they make to the Seaton community and Aberdeen City. Five volunteers were presented with Gold Awards from the Lord Provost of Aberdeen City, Councillor George Adam and ACVO Chief Executive Joyce Duncan.

Acky Stewart, the S.T.A.R. Chairman, Sheila Strachan, the Treasurer, Margaret Ritchie, our fruit, veg and fish lady and Ian Thomson our gardening man were all presented with the Gold Awards. Chrissie Wood the S.T.A.R Secretary was unfortunately unable to attend to receive her certificate.

The afternoon was a surprise as the volunteers didn't know about the certificates or the Lord Provost's appearance.

The volunteers provide great service to the Seaton community and help in the success of the S.T.A.R Community Flat, which is an essential one-stop shop for local residents, agencies, community groups and organisations working in the area.

The Gold Awards are co-ordinated by ACVO and are supported through the Reshaping Care for Older People Change Fund to recognise the contribution older people (aged 55 years and over) make through volunteering and encourage more people to volunteer. The Awards help to increase further the many health and well-being benefits for older people that volunteering brings. The Gold Awards have proved a fantastic success with over 280 older people in Aberdeen City achieving the Volunteer Gold Awards.

A very surprised Acky Stewart said, "We do not do this for any reward or recognition. These awards are for all the people who

work towards making Seaton a happier and safer place."

The Lord Provost of Aberdeen, Councillor George Adam said: "What a great group of people there are in Seaton. The S.T.A.R Flat is a wonderful community resource. We have a huge number of volunteers in the city who are over 55 and I am delighted to see them rewarded for their hard work."

Joyce Duncan, Chief Executive of ACVO stated "I congratulate the volunteers at the S.T.A.R Community Flat. ACVO is delighted that the Gold Awards are proving so popular and successful. It underlines the incredible contribution made within Aberdeen City by older volunteers and builds on the ACVO/Reshaping Care for Older People Change Fund partnership which has stimulated so many positive health and well-being outcomes."



# The S.T.A.R. Community Fund

**Are you based in Seaton?**

**Do you have a community idea?**

**Do you need some funding?**

If you have answered yes to all of these questions then perhaps we can help you!

The S.T.A.R. Community Fund has a yearly budget of £10,000 to be distributed to charitable activities that benefit the people of Seaton. If you have a project idea and are looking for funding we may be able to help.

Agencies and groups that have so far successfully applied and received funding include the following –

**The Seaton Weight Management Group**

**Funding Bus Runs for Local Residents**

**OAP Educational Computer Classes**

**The Hut Regeneration Project Pensioner’s Christmas Lunch**

There is no minimum funding request amount but the maximum amount that can be requested is £5,000. If you have any questions please feel free to contact the S.T.A.R. Community Flat on 01224 524209 or drop in past. The flat is open 10am – 2pm Monday to Thursday and 9.30am -2pm on a Friday.

An application form is available from the S.T.A.R. Community Flat, 14A Seaton Drive.

# Family Learning Team at Home

You may have heard or taken part in some of the Family Learning Teams groups (i.e. I’m a Parent/Maths and Language) but we now have a new service which offers support to parents with children 0-3 year in their home. Home Support workers can reassure parents and carer about the things they are doing right and also will support to discover how to help your child to learn even more.

The sound of being supported at your home can be intimidating or scary, but the home support workers are very friendly, non-judgemental and see each family as individual and unique.

The support is very informal and relaxed. The home support worker will provide 1 to 1 learning in topics identified by parents. This ensures that the learning process is family driven.

As part of support identified needs from the families, family learning will help with topics, such as:

- *Setting boundaries and routines*
- *Building confidence in your parenting skills*
- *Communicating and bonding with your child*
- *Looking after yourself and increasing your self esteem*
- *Giving clear, honest advice and guidance on further learning opportunities*

**“Since the home support worker came through to help, I have learned how to set boundaries and sticking to routines which I could think that I will managed to do it.”**

*Supported Parent*

**“My Home support worker helped me with other issues as well. They told me where to go from advice and stuff: not just what we said what we would work on. It showed me they really cared”**

*Supported Parent*

**“It was just right. The Home support worker worked around me and I got what I felt I needed each week”**

*Supported Parent*

Being a parent is the hardest job in the world it doesn’t come with a manual; if you are like most parents you suddenly realise you don’t know all the answers. Remember you are not alone.

If you feel that this service would be useful you can contact the Family Learning Team on; **01224 764700**



# Further Regeneration of Seaton's High Rises to go-ahead

*Aberdeen City Council  
has released plans to  
regenerate more social  
housing in Seaton.*

**T**he go-ahead has been given to replace the windows and over-clad Linksfield, Promenade, Regent, Bayview, Beachview, Aulton and Northsea Courts.

The renewal works to the three blocks in Regent Walk will commence in spring 2015, while the works to the Seaton Crescent blocks will follow-on in 2016. The works will be similar to those recently completed to Inverdon, St Ninian and Balgownie Courts in 2010.

These renewal works are part of Aberdeen City Council's commitment of reducing the city's greenhouse gas emissions and ensuring its social houses are economic to heat. The over-cladding work follows on from

the recent installation of district heating. These measures, taken together, will help to reduce fuel costs within these blocks, for the foreseeable future. These measures will also tackle the rising repair costs and increasing problems with penetrating damp that have been experienced with these blocks, due to their age.

Cllr Jim Noble said: "As more people are connected to Aberdeen Heat and Power people realise the benefits of affordable energy. There is also an unlimited supply of hot water at no extra cost. It really has been a success story in Seaton."

The renovation of the flats will cost £20,000 per flat and there will be financial help available for private owners.

The Council has modernised the bathrooms and kitchens to these blocks. Once the over-cladding works are completed the entrance foyers will also be renewed. The investment in renewing both the external and internal fabric of these blocks is part of the Council's management plan for ensuring its social housing continues to meet the expectations of its customers, over the long term.

**"The renovation  
of the flats  
will cost  
£20,000 per  
flat"**



# Cash In Your Pocket Partnership

Have changes to the welfare system affected you, or someone you know?

If so, there may be help available to you.

Getting the right help is not always easy and it's often confusing, or difficult to know who, or where to contact for advice.

The Cash In your Pocket Partnership's new phone line and directory service makes it easier for anyone looking for advice, or information on matters relating to their finances, to get the help they need. With a wide range of partner organisations, Cash In Your Pocket can allow you easy access to services available.

If...

- your benefits have been stopped or reduced because of sanctions,
- you've been found fit for work and want help to challenge, or appeal the decision,

- you're in arrears, or struggling to pay rent or council tax,
  - you want check your entitlement to benefits/ tax credits
  - you need support to find work,
  - you're having difficulties budgeting or paying bills,
  - you're struggling with debt
- ... Or you would like help with any other financial matter, then please get in touch.

By letting us know about the difficulties you are having, we can put you in touch with the organisation(s) best placed to help you.

Contact the Cash In Your Pocket team to make a telephone referral using our new phone line service on 01224 686077 (Monday-Friday 10am-4pm). Calls will be charged at local rate, but if you let us know your number, we will call you back straightaway.

Visit our website at [www.ciyp.co.uk](http://www.ciyp.co.uk) for more information, or to make an online referral.

This will highlight a list of issues that may be affecting you. By making a selection, you will be able to obtain information, or self refer.

Referral leaflets can also be picked up from various community outlets including community centres, GP surgeries and libraries. Completed forms can be returned using our freepost address.

Cash In Your Pocket also hold regular information stalls at local community events and locations. As well as being on hand to offer advice, anyone visiting a Cash In Your Pocket stall can enter our free prize draw for £100 of shopping vouchers. Look out for an event taking place in your area and come along for your chance win.

The draw will be made on 1st December – just in time to do your Christmas shopping !

Get **help** with:



**BENEFITS Pension Universal Credit**

**HEATING YOUR HOME? STOP SMOKING**

**LOW COST LOANS FIRE/HOME SAFETY CHECKS**

**SAVING & BUDGETING Too Many Bedrooms**

**Repairs & Adaptation Food Parcels**



## Newly launched community trust reflects on 2014 so far...

2014 has been an exciting year for Aberdeen FC with great success on and off the pitch. The main success off the football park has been the launch of the new AFC Community Trust, which is an official charity that stands alongside the football club, and is based at Pittodrie Stadium. The vision for the Community Trust is "to provide support and opportunity to change lives for the better" and already in the first half of the year we have been delivering a wide range of programmes to a wide range of participants.

One programme that AFCCT deliver, funded by the SPFL Trust, and, more recently, NHS Grampian is Football Fans In Training (FFIT). This is a 13 week programme designed to help men aged between 35-65 to lose weight, gain more knowledge of healthy eating, and to help them sustain their new found healthy lifestyle. A Female Fans in Training programme has just started and both have been received very well. One male said: "I am much happier which

led to an improvement in my home life. My relationship with my daughter improved significantly especially with physical activities." One female said: "I have type 2 diabetes and since starting FFIT my nurse has been so impressed with my readings. Girls, thank you so much for helping me to feel great!"

**"His confidence and self-belief has sky rocketed"**

Along with working with adults, we also have various programmes working with youngsters from Aberdeen City. One of which is the Footy Tea programme, funded by the Tartan Army Children's Charity (TACC). The young people are chosen from Seaton Primary. The pupils get an hour of football coaching, and then get taken to Pittodrie for a healthy meal. This encourages a healthy, active lifestyle and also promotes good manners, educates the young people on

life skills, and helps them access top class facilities in Aberdeen - something they would not otherwise be able to do. Some of the young people have serious issues with behaviour, issues with family, and a real lack of confidence. To see them progress over the 9 month programme is fantastic. One parent said: "A few years ago my son would not have walked into a room of strangers. Over the past few months his confidence and self-belief has sky rocketed and everyone comments."

Another programme we deliver, which is funded by the SPFL Trust, is the Still Game programme. Still Game is designed for over 65's to come and make new friends, remain active, learn about what is on offer throughout Aberdeen for the elderly community and to try new activities and gain new experiences. One Still Gamer stated: "I look forward to every Tuesday. By attending Still Game we feel that we are still part of a community."





# Gateways to the River Don

- by Quinten Pellegrom -



**Three new access gateways to the River Don Corridor are to be created, mixing art with landscape architecture, as part of a new project to further improve access to and perceptions of the area.**

Aberdeen City Council has appointed land artist Jim Buchanan and landscape architect Duncan McLean of Land Use Consultants to work with the community to help design the gateways, reflecting the character and culture of the area.

The River Don Gateways project is a legacy from the recently completed EU-funded Sustainable Urban Fringes (SURF) Project, which aimed to develop better planning and management of the River Don Corridor, and included a long-term planning framework for the area. Objectives of the framework included improving access and perceptions of the

River Don Corridor and including communities in the processes. The Gateways Project aims to help deliver on these objectives. In June Jim has held three interactive design events, one at each Gateway, at which he worked with community members on designing gateways.

While helping to improve access and amenity of the River Don Corridor, the new access gateways will also help to raise the profile and quality of the area as a destination for recreation, sport and education.

Each gateway will have several facilities like bicycle parking,

local information, a map, seating and shelter.

The design stage has since been finished and over the coming 12 to 18 months the Aberdeen City Council aims to deliver the three gateways.

In the future other smaller secondary gateways and interpretation panels might be installed in the River Don Corridor.

Any concerns or queries regarding the project can sent those to:

**Sinclair Laing at [silaing@aberdeencity.gov.uk](mailto:silaing@aberdeencity.gov.uk)**

## GOODBYE MARY CLARE

Over the past four years I have worked with the Seaton Scene team, and it has been an utter privilege working with such a passionate group of people. Everyone who is involved in the editorial process is extremely dedicated to producing a magazine that their community can be proud of, and I feel very privileged to have been involved in it. I wish the editorial team every success with future issues, as I have no doubt that their magazines will continue to thrive. (I will, however, be checking the magazines online during my lunch break!)

All the best for the future guys,  
Mary Clare



## CREATIVE COMPOSITIONS

Station House Media Unit (shmu) will launch a cross-cultural music and film project this summer with the Aberdeen Multicultural Centre and Aberdeen's Ethnic Minority Forum. Collective Compositions, which will be the first of its kind in Aberdeen, was funded by Creative Scotland and will bring together musicians from a diverse range of minority ethnic backgrounds to record and perform a range of unique pieces of music. shmuSOUND supports the local music scene and focuses on supporting artists and bands to record, promote and broadcast new music.

The project will be filmed by a team of volunteers and turned into a 'making of' documentary which will be premiered later this year. Collective Compositions aims to raise the profile of the city's minority ethnic musicians while creating a space where people from different cultures can learn through music.

Simon Gall, shmuSOUND Development Worker said: "It's important that cultural organisations in the city start to properly reflect the changes which have taken place over the last 10 to 15 years in the demography of Aberdeen. This is a valuable project which represents and celebrates the true cultural landscape of the city."

*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.*

## LIVE LOCAL MUSIC FROM THE BAND OF THE WEEK SHOW

We've just released another free compilation album, this time with a twist – it's the Band of the Week Unplugged: Volume II!

Every performance was captured LIVE on the Band of the Week Show.

It features: Ashley Park, Suburban Saints, Nicky Aiken, Dave Angus, Descena, Margaret Finlayson, Victoria Sponge, Leanne Smith, Daniel Mutch and Will Leatherbarrow. Each of these artists has previously been featured on shmuFM.

To check out the album, visit our website <http://www.shmu.org.uk/sound/band-week-unplugged-vol-i>

We also have more free compilation albums available on our Bandcamp page - these contain 12 studio tracks each from previously featured bands, for free.

For more up-and-coming local talent, make sure you tune in to the Band of the Week Show on Monday nights from 8-10pm on 99.8fm. Alternatively, the show repeats on Fridays at midnight and you can stream it from our site, either live or as a repeat whenever you'd like by using the listen again feature. Enjoy!



# CFINE

Community Food Initiatives North East or CFINE is your local outlet for fresh fruit, vegetables, pulses and healthy snack and more! CFINE contributes to regeneration, increases employability within designated disadvantaged communities, and encourages and supports volunteering within these areas. This then brings a whole range of personal, family and community benefits.

Across the City CFINE have 70 community food outlets (CFOs) operating in various local venues.

Presently CFINE have reduced their prices at community food outlets by a whopping 10% as from June! So, why not visit your local CFO and check out the produce and the great low prices?

Your nearest The Star Flat, 14a School Avenue on Fridays between 10am and 12 noon.

**For more information, contact Rod McDermid, Development Worker at CFINE, 4 Poynerook Road on 01224 596156 or email [info@cfine.org](mailto:info@cfine.org) to find out more.**



## Gardening Secrets

The tiny and increasingly rare wild Scottish primrose, the primula Scotica, a dark purple flower with a pale yellow eye and growing to a height of no more than 5cm is thought to have survived through the last ice age which ended 12,000 years ago by growing in small ice-free refuges. Ninety per cent of the world population of this delicate wee flower, some 22,000 plants are to be found on the far flung Orkney Island of Papa Westray. Is there any growing in Seaton?

The primula usually flowers twice during the short Orkney summer and the location of the Papa Colony is kept a closely guarded secret in the community. Anyone breaching the code of silence is forced to eat spoots (razor fish) in a hot curry sauce.

### ***Mo the Grass***





# 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

DA **01224 594700**

## Dentist

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

## Doctors

NHS 24 Emergency **111**

Dementia Helpline **0808 808 3000**

## Electricity

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

## Family Planning

Health Centre **0845 337 9900**

## 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**