

seatonscene

Autumn 2016



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www.shmu.org.uk/press

Image: Ian Talboys

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editorial

Welcome to the autumn edition of Seaton Scene. We hope you enjoy reading this magazine. Inside we have news from the Friends of Seaton Park, the Community Planning Partnership and the Seaton food bank.

Seaton Scene is put together by the good people of Seaton and we need your help to fill the pages. Staff at shmu are on hand to help out with anything you need so please don't hesitate to get in touch.

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**.

Meetings are held at Seaton STAR Flat on Fridays at 1pm on the following dates:

First meeting – 14th October

Second meeting – 28th October

Content deadline – 11th November

Page plan – 18th November

Proof – 25th November

Supported by





Seaton Food Bank

Seaton Network: Working together for change

This is your opportunity to get really involved in your community.

This is a way of getting your voice heard.

This is a way of making a difference – how can we improve Seaton?

Your ideas and contributions to a Seaton Network will be valued.

Being part of the Seaton Network means you will have the opportunity to sit around the table with officers from Aberdeen City Council and elected members to identify issues in your area and come up with ideas to address them.

The Network will invite guests to meetings from committees such as Housing, Education, Health Services, and Police etc. to give information and allow you the chance to ask questions directly to those officers who may have the answer your community is looking for.

It is also a way of developing community action plans for any issues that may be occurring in your community. In the past Networks have provided a great way to keep the communities informed and consulted on developments that are happening. Tillydrone and Woodside already have their own Networks running, it's now time for Seaton to have one too.

It would be great to get a Network running in the Seaton community, let's get involved!

The first meeting of the Seaton Network is scheduled to take place on Monday the October 24th at 6pm in the Seaton Learning Centre (next to Seaton school). You can commit as little or as much of your time to the Seaton Network as you would like. Other networks meet once every six weeks or so but this is decided by members of the Network. The day and time of future meetings will also be decided by the Seaton Network.

In August 2016 the Aberdeen North Food Bank in The Hut on School Road closed and will no longer be providing emergency food parcels. It is hoped that the food bank will be re-started again in the future but in the meantime please find a list of local organisations which offer emergency food parcels and free meals.

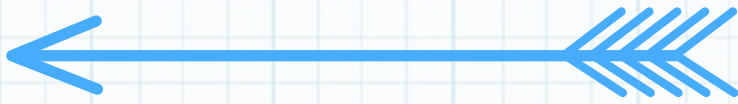
Instant Neighbour are open Monday to Friday from 9am until 4:30pm. They can be found on 5 St Machar Drive and give out non-perishable food parcels.

You can also pick up non-perishable food parcels from the Tillydrone Community Flat on Alexander Terrace, Monday to Friday from 9am until 3:30pm.

On a Tuesday you can get a free lunch from Gilcomston Church on Union Street from 12:45pm.

Cyrenians give out a free evening meal on Tuesdays, Thursdays and Saturdays between 5:30 and 6:30pm. The organisation is based on Summer Street but you need a service user card to claim a free meal. For more information contact 01224 625732.

For more information you can contact Community Food Initiatives North East (CFINE) on 01224 596156.



SEATON TOTEM POLE

THE SEATON TOTEM POLE WAS FIRST PUT IN THE GROUND IN AUGUST 2006. REGULAR READERS OF THE SEATON SCENE MAGAZINE WILL REMEMBER OUR FEATURE ON THE HISTORY OF THE POLE IN OUR PREVIOUS ISSUE

Throughout August 2016, to celebrate the tenth anniversary of the totem pole, Aberdeen City Council, local volunteers and Robertsons Eastern Construction teamed up to give the iconic art project some much needed TLC.

Stephen Bly, Community Engagement Officer at Aberdeen City Council took request from community to refurb the totem pole and got everyone coming together.

He said: "These children weren't born when the totem pole went in the first time so it's great to give them the opportunity to have a shot of painting it. Great opportunity, driven by the community."

Councillor Ross Grant said: "We know ten years ago the impact it had bringing the community together was

massive and the refurb is significant. These projects are always a delight for communities and the totem pole is one of the best examples of that bringing the community together.

Murdoch Macleod, a Seaton resident said: "It's a story pole with all the little kites, squirrels and seagulls. After I saw the totem pole I became a member of the art and history group. It got me involved in volunteering – I wouldn't have volunteered if they'd paid me before I saw this totem pole but it was the best thing I ever did.

Allister Pirie, Senior Site Manager for Robertsons Eastern Construction said: "I've been looking after the painting of it this week. It's made a huge difference to the totem pole just in the last couple of days.

On Sunday August 21st the totem pole was put back in the ground and there was an official blessing by Kenny Grieve, a woodsman who was involved in the totem pole the first time around. The community came out in force to witness this unique event and several people who were involved the first time round came back to celebrate the tenth anniversary of the Seaton Totem Pole.





STAR flat

Volunteers Week

ACVO joined Kevin Stewart MSP and Scottish Government Minister for Local Government and Housing on a brilliant visit to STAR (Seaton Taking Action for Regeneration) Community Flat during Volunteers Week 2016.

Sheila Strachan, Chairperson of the STAR Community Flat along with Seaton residents and volunteers were delighted to meet with Kevin and discuss all that is happening in Seaton.

The STAR community Flat was packed with people using the excellent facilities and services the Community Flat provides such as St Machar Credit Union and the food co-op outlet with CFINE. Kevin also saw the

sensory room at the Flat. Murdo Macleod updated Kevin on the great work of the Seaton Backies Project and his involvement on the editorial team of the Seaton Scene community magazine. Matthew Reid, Business Development Manager at Langstane Housing Association further discussed the terrific support Langstane Housing Association provides to the STAR Community Flat and communities across Aberdeen.

Kevin thanked all the volunteers in Seaton and across Aberdeen stating 'the STAR Community Flat is an example of a project which works so well because of the enthusiasm and dedication of volunteers.'

Volunteers sit on STAR's board of directors, offer money advice and even help local residents to get them online. This work doesn't just benefit and empower the local area but it gives volunteers confidence, it improves their CV and skillset and allows them to meet new people and get a real sense of community spirit.

Volunteers' Week is an opportunity to thank and recognize the commitment and dedication of volunteers working hard to address inequalities in their communities across Aberdeen and Scotland.'

For more information about the STAR Flat please contact info@stargroup.org.uk or call 01224 524209.



THE SEWING BEE

The class meets on a Monday afternoon from 2-4pm and is free. You can learn to use a sewing machine and some ladies have made tops, dresses and pyjamas.

Great for altering charity shop finds to fit and alter all those trousers that are just too long. We would be happy to have some new members. Come along to the STAR Flat and get involved.

The ladies from left to right areMargaret ,Saji Poole (Class Teacher), Murdoch Macleod (not a lady ...lol) and Rosalynd.



Self-Directed Support Project

Louise introduces a scheme which is offering funding to new groups in Seaton

At some point in life we all need support to get to where we want to be. In-Control Scotland is a charity that believes that self-directed support is there to make sure that you have a good life; that the support you get makes sense and suits you. We are here to help you find the right support, to help develop new forms of support and to link you with others who have been through a similar experience.

We have received funding from the Scottish Government to develop this project and have appointed community facilitators to promote it. They will do this by linking with local people and with others with a community development and/or self-directed support remit in their area, including any local Area Co-ordinators/Capacity Building Officers.

In the Seaton area, Louise Farmer is the In-Control Scotland Community Facilitator who can support you to live the life you want to live.

If you receive Self-directed support or care for someone who does or

you want to help people who get Self-Directed Support, get in touch with Louise on 07786 041 802

We are also introducing Small Sparks to Seaton and the surrounding area. This is a small grants programme that helps people do new and exciting things in their community. People have great ideas and mostly they don't cost very much money, usually around £250. They just need a little spark, a little support to develop their idea.

Small Sparks is a grant is to enable local people to make real connections in their community and create projects that benefit everyone; help local people create a better community for themselves and each other

People living or working in the area can apply for a small sparks grant via a very simple form. A small panel of local people will make the decision about the application and you will be advised in a very short time if you have been successful or not.

For more information, contact Louise on 07786 041802





The Seaton Backies Project:

In June 2016 the Seaton Backies Project got to officially open two play areas in the backies of Seaton Gardens and the top of Seaton Avenue (away from School Road). The Backies Project was set up eight years ago by mums who wanted to improve the environment and equipment in areas where their children would go to play. There are plans to do up some of the other backies in the Seaton area but the group need community support. If you are interested and can lend a hand then please contact Emma McPherson on EMcPherson@aberdeencity.gov.uk.





Seaton Wetlands Project

The Seaton Wetlands Project has turned a former floodlands into a feature through the recent planting of wildflowers. Volunteers and members of Friends of Seaton Park turned out to help Aberdeen City Council put the finishing planting touches to the new wetlands.

The wetlands were created after the area had been badly flooded and rendered unusable. So it was decided to embrace the changes as large parts of the park had originally been a swamp-like area before it was turned into a grassed area.

A man-made wetlands surrounded by natural plants and a wooden viewing point was created which will enhance the natural biodiversity, attract more wildlife to the space, and encourage greater community use.

The works at the park included digging out the wetland, repairing drainage and paths, planting as well as the viewing areas.

Along with the funding from Aberdeen City Council, some of the funding came from Aberdeen Greenspace, and sustainable transport charity Sustrans.

The work started at the wetlands project in March, and soon after contractors working at the site dug up a glacial rock believed to be thousands of years old and a tree trunk buried under layers of silt and eventually grassed over.

The rock was dug up near the sports pitch area and is believed to have been washed down during the ice age – it is a glacial erratic, a piece of rock that differs from the size and type of rock native to the area in which it rests.

The large tree trunk, which was also found beneath the pitch, is believed to have been deposited in the spot it was found when Seaton Park was actually still part of the River Don. The contractors have asked a university expert to look at a sample of the tree and try and work out what species it is and determine how old it is.

The Seaton Park Wetlands Project was inspired by the success of the East Tullos Burn Environment Improvements Project at St Fittick's Park, where flooding was alleviated with the inclusion of wetlands to manage water levels from the burn, as well as improved access and increased biodiversity.



Seaton Park proudly flies the Green Flag

by Hamish Mackay

The national profile of Aberdeen's Seaton Park has been given another major boost by winning a Green Flag Award.

The Green Flag Award is in recognition of the Park's high standards and provision of quality outdoor space - and is regarded as a benchmark for green space by Keep Scotland Beautiful (KSB) which administer the award in Scotland.

In congratulating the parks in Scotland which have newly achieved this prestigious benchmark, the Scottish Government's Cabinet Secretary for Environment, Climate Change and Land Reform, Roseanna Cunningham, said: "It is pleasing to see that the number of Green Flag awards in Scotland is steadily increasing year-on-year.

"The availability of high-quality local greenspace and parks is important for both the Scottish economy and the vibrancy of local communities. I would like to thank everyone for their hard work in maintaining

such high standards and Keep Scotland Beautiful for supporting everyone's effort to improve our local environment."

All parks are assessed by volunteer judges with a background in parks management, conservation or ecology. Seaton Park was judged against testing criteria which includes assessing whether the park is welcoming, safe, well-maintained and secure.

Dr Lindsay Montgomery, chairman of Keep Scotland Beautiful, emphasised: "Good quality green space is vital to the health and wellbeing of local communities, families and individuals - that is why it is fantastic to see Scotland's parks and greenspaces going from strength to strength."

Aberdeen City Council Communities, Housing and Infrastructure vice-convenor Councillor Jean Morrison was delighted. "This is the first time Seaton Park has achieved the accolade which is a testament to all the hard work and dedication from our parks staff and Friends of Seaton Park volunteers."

"It is testament to the volunteers who have put in so much hard work, time and enthusiasm to breathe new life into the park. And it is heart-warming to see the



Image: Eric Kiltie

Friends credit both the council and the public for helping them earn this prestigious prize. This achievement-echoing similar awards for Duthie and Hazlehead parks - shows how the deep roots of community spirit in the Granite City help Aberdeen flourish."

Sheila Gordon, chairwoman of Friends of Seaton Park, was quick to point out the award was for a team effort with the Aberdeen City Council staff taking the lead - especially Derek McKay, head gardener at Seaton Park, his assistant Katarzyna Myslek and seasonal helper Bob Barnlet.

The award came just months after serious damage from flooding at the Park. Sheila said: "Now, you wouldn't know the flooding had happened. People just got on with it. We got so much help from people all over Aberdeen."

Lord Provost visits Seaton Park

Aberdeen's Lord Provost George Adam has been touring the city's award-winning Seaton Park and was surprised but delighted to do a spot of planting himself!

When the Lord Provost reached the famed Walled Garden he was presented with gardening gloves, a hand fork and a kneeler and asked to plant some Leopard Lilies.

Friends of Seaton Park (FOSP) have long wanted to plant Leopard Lilies as they reflect the leopards on Aberdeen's official coat of arms.

The Lord Provost was shown around the Park by FOSP chairperson Sheila Gordon and gardening coordinator, Margaret Sleeman and heard how more than £300,000 has been invested in the Park recently and played a leading part in bringing major horticultural awards to Aberdeen.



Successful First session at Cook at The 'Nook!

A number of CFINE volunteers were the first to undertake a cooking session at "Cook at the 'Nook"-CFINE's brand new Community Training Kitchen. The volunteers cooked two large pots of delicious vegetable soup, made using surplus veg from CFINE. This was accompanied by crusty bread donated by Tesco through the FareShare FoodCloud scheme (which distributes surplus food from Tesco stores at the end of the day). A great time was had by all and the soup went down very well!

"The veg looked a bit bashed but tasted great. It just shows what you can do with stuff that you might normally throw out"
– Andrew, Volunteer

Based at CFINE's premises on 2 Poyner Road, the kitchen was recently completed and equipped, the focus being on community learning and development, with courses on cooking with waste food, healthy cooking on a budget and reducing waste.

Angela, Zero Waste Development Worker said: "This has been a great start and something we can build on for the future. I think everyone had a ball and hopefully learnt something too."

There are also cook school style courses available for paying

customers, with the income generated being used to support free access for low income groups.

Funding for the kitchen was secured through the Landfill Community Fund and took shape over the course of a number of months.

For more information about the courses on offer, or to make a booking, please contact info@cfine.org or call 01224 596156.



Outdoor learning in Cruickshank Botanic Gardens

Read on to find out more about Aberdeen Biodiversity Centre's exciting new programme of outdoor activities!

John Muir Award

The John Muir Award scheme is an initiative which aims to get people to connect with nature and appreciate the great outdoors by exploring a wild place. It is open to people of all backgrounds and ages from upper primary to adults, who will gain the opportunity to have fun exploring the gardens whilst taking measures to protect the environment and wildlife within it. It is a great opportunity to learn more about the natural world as well as building confidence, and developing team working and problem solving skills. We really enjoyed getting the programme up and running this summer and are keen to hear from more individuals and groups in our local communities who are interested in doing the award. Participants only need to cover four days of activities to gain the first

level of the award. Get in touch if you're interested!

This project has been kindly funded by the Moffat Charitable Trust

Family fun sessions

We ran a number of popular family fun sessions in the gardens during the Summer holidays and are currently planning more sessions for the October holidays. Autumn is a great time of year to get out and about and observe the changing colours and wildlife in nature. The sessions will run on Thursday afternoons throughout the October holidays from 2pm – 3.30pm and will cover a range of activities including autumn themed arts, crafts and science activities. These sessions need to be booked in advance and priority will be given to people from our local communities.

More details will be on our website soon!

Community gardening

We are continuing to support local community gardening projects with advice, outreach and workshops on gardening for wildlife. Feel free to give us a shout if you're involved in a gardening project and would like some support from us!

Group bookings

Do you run a group who would be interested in an outdoor activity in the gardens? We are open to taking group bookings for the gardens and can tailor sessions to suit your groups. Please contact us for more details.

For more information on any of our outdoor activities, please contact the centre on 01224 274545 or email us on biodiversity@abdn.ac.uk



Young Carers receiving their John Muir Award in Cruickshank Botanic Gardens



Pond dipping



Family fun sessions in the gardens



This year has been an unusual year involving judgements in Seaton Park. This is because Aberdeen was entered in both Keep Scotland Beautiful (KSB) and Britain in Bloom. Aberdeen earned entry to Britain in Bloom because it was the winner of the city Category in KSB for 2015.

The reason Aberdeen also took part in KSB this year is because the project is celebrating 50 years of the competition. Aberdeen has a proud record of entering and so was asked to enter KSB for 2016, even though, strictly speaking, Aberdeen was not eligible, having won in 2015.

This meant that there has not been one Judgement Day in 2016 ... but two, and both were in the same week! Fortunately, because Aberdeen has participated in such events for 50 years, a well-rehearsed procedure is in place.

Each of the visits by the judges to Aberdeen follows a pattern - beginning in Duthie Park and then taking in a tour of the "best bits" of

Aberdeen to show off to the judges. The tour ends in Seaton Park where the plan is to wow the judges with the Formal Garden area, ensure they have some fine home baking in St Machar's Cathedral and send them on their way in a happy frame of mind!

Seaton Park's well-rehearsed part in the judges' itinerary goes like this: some Aberdeen City Council officers, sometimes a city councillor, the Park's gardeners and Friends of Seaton Park representatives greet the judges at the fountain and accompany them on their walk along the Formal Garden.

It can be nerve-wracking waiting for the judges to arrive and, since Seaton Park is the final stop, they can be running late so you have to subtly adjust the pace on your walk along the Formal Garden accordingly! Fortunately, for both the Keep Scotland Beautiful and Britain in Bloom judging events the weather was kind and it did not rain.

It is a privilege to be able to show off the best of Seaton Park and to explain what has been accomplished over the past year. Each judge is an individual and has specific concerns and questions. You just need to know as much as you can and be able to think on your feet.

The visit to Seaton Park always concludes at the viewpoint looking the length of the Formal Garden towards the fountain. Some people think this is the "best view in Aberdeen" so it is not hard to reckon that Seaton Park provides a fitting end to the visit of the judges and sends them away in an uplifted mood.



Time-Out: from left - Sheila Gordon, Neil Macmillan and Margaret Sleeman enjoy a break from judging duties in St Machar's Cathedral

Northsea Court Residents' Association welcomes Common Room opening

We are now looking to get the Northsea Court Residents' Association formally set up. We are having regular meetings every two months with our housing officer, Graham Walter, from Tillydrone Housing Office, to get the concerns of residents heard and put across to Aberdeen City Council.

The Residents' Association is now becoming a success story with myself and other residents who attend meetings. We were able to choose the colour scheme for the common room and that is a very positive step.

We are very excited to be able to begin using the common room and making Northsea Court more community minded. Once

the common room is ready the Residents' Association will receive keys for it and we will be able to use it for many different events

The events which have been discussed include bingo nights, Avon Party events, Partylite Candles, Ann Summers parties, sporting and children's events, BBQs, and movie nights. As soon as the common room is ready we plan to have an open day so that more residents will come along and see what the Residents' Association is all about.

Councillor Ross Grant let me know about the Community Re-Use Scheme set up by B&Q and we have submitted application forms to B&Q. We would hope to receive items such as plants

for the bunkers at the front and rear of our building, paint and wallpaper, DIY tools and other equipment so we can add a more personal touch to Northsea Court.

We are also collecting Sainsbury's Active Kids vouchers for Seaton Primary School and would like to encourage other residents to help us by collecting for the school. If you have any vouchers please feel free to hand them into the school, or the Residents' Association can do it on your behalf. You can always let us know by sending a message on our Facebook page.

Lewis McGill
Northsea Court Residents
Association member

Notes from St Ninian's Church

Not only do we have red doors but we now have a new red noticeboard in the little garden surrounding our church – perhaps you have seen it as you pass? Notices will be changed regularly but its primary function is to say that we are here, we are alive and all are welcome to whatever activity is going on.



Every organisation has its logo. The STAR Flat in Seaton has, not surprisingly, a bright and smiley star on its leaflets. Our logo is, again not surprisingly, a drawing of a beautifully

handmade wooden cross which is placed just above the inside entrance into our church space – see the to the left.

This led me to wondering what would a Seaton logo look like? Perhaps it's the eye-catching totem pole?

The aim of the logo is to represent the organisation in some kind of meaningful way. The meaning behind our church logo is that we are here to serve. Jesus showed us the way of service by giving his life on the cross. Service is not always easy because life itself is complicated but on the other hand, we attempt to keep it simple by loving our

neighbour in whatever way we can with whatever resources we have in our hands.

Our doors are open every Sunday from 10am, our service begins at 10.30 and we serve good coffee from about 11.45. Please stop and have a look at our noticeboard to see what else is going on.

Reverend Joan Lyon
joanblyon@gmail.com
www.stniniansaberdeen.
aodiocese.org.uk



Seaton Speaks

Introducing our new Seaton Speaks presenter, Brian Maitland.

It gives me pleasure to introduce myself as the new host to Seaton Speaks on SHMU FM (99.8FM). I have lived in Seaton for the last 13 years and in this time I have been through primary and secondary education there as well as college and university. Here I am now with an Honours degree in Media, riding the waves on Aberdeen's community radio. As well as Seaton Speaks I also do the Monday Lunch time show at 12pm (you should also tune into that!). I do hope that listeners from Seaton, and indeed all of Aberdeen will tune in and contribute to Seaton Speaks. If you have any topics or issues relating to Seaton that you wish to get out on the air or if you would like to join me in person, then please get in touch with me – the door to Seaton Speaks is always open! Seaton Speaks – 10am on Friday Morning and repeated 7pm on Friday Night. When I'm on air you can get in touch in a number of different ways. You can give the studio a call on 01224 483413 or text 60300, start your text with SHMU and leave a space or email studio@shmu.org.uk.



Journalological

Take 2!

The Youth Media Team at shmu have been working really hard over the last few months to put together the second edition of their magazine, Journalological. This group has been meeting for around a year and a half now and involves young people who attend school or live in the Torry, St Machar or Northfield areas. Initially they started off contributing articles to shmu's community magazines and covering the issues affecting young people in those areas. They soon caught the bug for journalism and asked if they could create their own magazine. The group worked incredibly hard to get the first edition out just before Christmas last year and it was well received by secondary schools and other youth organisations throughout Aberdeen. The group were so pleased with their magazine that shmu successfully applied for funding to produce three editions of Journalological a year. We set to work, creating a task list of all the ideas the young people wanted to cover and set a deadline of having the magazine back from the printers before the summer holidays started.

If you would like to read Journalological and see what the young people have produced, you can visit www.shmu.org.uk/PRESS and select the Journalological option. If you, or someone you know, are academy age and live or study in Torry, Northfield or St Machar and would like to get involved in shmu's Youth Media Team then please get in touch with Denise on 01224 515013 or email denise@shmu.org.uk.

The Changeling Child

By Alan Parker

Castlegate Theatre Company (CTC) has come on leaps and bounds over the past two years, a tribute to the young people's hard work, and the efforts of their tutors. If you caught their latest production in June, *Oliver!*, you will have witnessed a show so polished it deserved to be on the same Arts Centre Theatre stage that regularly sees performances from renowned theatre professionals. A great achievement for a community theatre group that doesn't audition members.

CTC performed 'The Changeling Child' as part of the Aberdeen International Youth Festival (AIYF). Written and directed by Barry Donaldson, the play tells the story of one woman's ambition to maintain her family's social position. Influenced by WB Yeats' poem *The Changeling Child*, and with themes of revenge, power, corruption, the problem of succession and the position of women in society, you would be forgiven for thinking this was a drama of modern times. However, the idea for the play was inspired from tales from the author's Orcadian and Scandinavian ancestry, and folklore legends of

trouvies. Barry describes the play as 'Game of Thrones, Scottish Style'.

It was clear from the start, when Kathryn Hunter appeared as the old nanny, that the audience was in for a treat. The entire cast obviously spent a lot of time rehearsing, were clearly enjoying themselves and got the flow of the piece spot on. Their acting was as accomplished as I have seen in Aberdeen, a remarkable feat given their ages. There were ten future stars performing and it was a delight to have been in the audience for this local addition to AIYF.

Stand-out performances included Stefan Riddell and Alix Mann as the Earl and Countess of Sutherland, Connor Metcalfe as the very tall Prince of Trolls and Jessica Stuart as the Queen of Spells. The show's one song, sung by Jessica and accompanied by Hazel Mair on piano, sent shivers down my spine, such was the beauty of both the song and Jessica's voice. Hazel wrote and played the incidental music, adding a subtle ambience to a very atmospheric and engaging piece of drama.

Special mention must go to Lea Niven-Smith as the authoritative Dowager Countess, Keira Smith for her portrayal of Beatrice and Andrew Smith as both Archibald and one of the hidden folk, along with Craig Hendry and Michelle Gray. I would urge you not to miss any future productions that any member of this cast features in, they are simply that good.

A delightful surprise addition to the bill was Fuorionda, an Italian company formed to promote the teaching of English through drama. Performing an adapted version of 'A Midsummer Night's Dream', their youthful enthusiasm brought new life into Shakespeare's masterpiece.

Castlegate Theatre Company is open to all young people aged 8 - 16 (Juniors) and 16+ (Seniors). For more information please contact Paula Gibson Aberdeen on 01224 635208.



COMMUNITY CONTACTS

Alcohol & Drugs

Drugs Action 01224 594700

Crime

Crimestoppers 0800 555 111

Dentist

Emergency - G-Dens 0345 45 65 990

Doctors

NHS 24 Emergency 111

Electricity

If you have a Power-Cut 0800 300 999

Family Planning

0345 337 9900

Gas

Gas Emergency 0800 111 999

Gas Emergency with a Meter 0845 606 6766

Housing

Emergency Repairs 03000 200 292

Call Centre Emergency 0845 608 0929

Police

Non-Emergency 101

Samaritans

Need to talk 01224 574 488

Social Work

Social Work Duty Team 0800 7315520

Emergency Out-Of-Hours 01224 693 936

Water

Scottish Water Emergency 0845 600 8855

Terrence Higgins Trust 0808 802 1221

LGBT Youth Scotland

ehepburn@aberdeencity.gov.uk

Seaton STAR Flat 01224 542209

Seaton Project 01224 277930

Seaton School 01224 277920