

seatonscene

Summer 2020



In this issue:

SEATON LINKSFIELD
COMMUNITY NETWORK

SEATON COMMUNITY
CHURCH

INSTANT NEIGHBOUR

www.shmu.org.uk/press

Photo credit - Natalie Hood

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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 news from the Seaton and Linksfield Community Network, Seaton Community Church and other local service providers.

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 **07752586312** or email shmu's Community Media Development Worker, Laura Young: laura.young@shmu.org.uk The staff at shmu are able to support and train anyone living in Seaton who are interested in developing their ideas and skills in either writing, photography or proof reading.

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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STAR Flat,
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Administrator: Gillian Urquhart
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Supported by





Seaton Community Church

There's been lots going on at Seaton Community Church since lockdown happened in March.

Over the last eight years the team at Seaton Community Church have provided a lunch club for young people in Seaton and they wanted to carry on their efforts during lockdown.

Funding from the Lord Provost Charitable Trust, and other organisations, enabled the group to deliver over 300 meals each week to provide additional support for those in need.

Furloughed workers have also been hard at work on the community church's

building project in order to complete it ahead of schedule.

Initially the project was supposed to be finished in May but with the extra help from furloughed workers it is now on track to be finished mid-October.



STAR Community Flat

By the time you read this the STAR Flat may be open once again welcoming you safely back. The Covid-19 outbreak has meant many changes at the flat but they are all designed to keep you, our volunteers and staff as safe as possible. Before the localised lockdown in Aberdeen the STAR Flat was meant to open in August but this plan had to be scrapped. Gillian and the team at the flat are reviewing the situation constantly so make sure you keep an eye on their Facebook page to get updates on opening.

The new STAR Flat hours will be –

Monday 10-1

Tuesday – Closed

Wednesday 10-1

Thursday - Closed

Friday 10-1

We ask you to please do the following when coming to visit us at the Flat.....

Phone ahead to make an appointment - **01224 524209.**

Come on your own as we need to follow the social distancing guidelines.

Please wear a mask/ face covering to protect yourself and us.

Be able to give your contact details for the Test and Protect Scheme

Be patient with us as we welcome you safely back to the Flat

There has been a lot of preparation and paperwork behind the scenes to get the flat ready with the guidelines being adhered to.

The flat has had a deep clean prior to opening and hand sanitiser is available for use by everyone coming to the flat.

New lidded bins have been purchased, which on arrival were much smaller than imagined but that's the hazard of not reading all the measurements when you order things online!

You need to be prepared for the very scary sight of us wearing masks and visors, although some might think that it is an improvement.

For the latest up to date news on the flat keep an eye on our Facebook page – STAR Community Flat.

We have missed you and even though things will be a bit different for a while, we look forward to seeing you soon.

Gillian

STAR Flat Administrator



Instant Neighbour foodbank

Instant Neighbour foodbank

The Instant Neighbour foodbank is still open and has been open throughout lockdown and anyone who finds themselves facing food insecurity is welcome to come and register.

During lockdown we have given out over 3,500 parcels.

These parcels contain dry, ambient tinned goods and the items we always run out of are, unsurprisingly pasta sauce, tinned meals, tinned fruit and tinned puddings.

We also like to give out tea, coffee, milk and biscuits as well as tinned beans and soup.

The foodbank is open Monday to Friday, 10am-1pm and 2-4pm. No referrals required to use this service.

We have been open throughout lockdown for people to come and receive help and have been partnered up with other foodbanks and Aberdeen City Council to 'Feed the City'

Use of the foodbank has increased massively over recent months but the kind donations from churches, communities and businesses have meant we have been able to stay open and offer assistance to those who need and donations are always welcomed.

We have access to an industrial chiller now as well so have the ability to hand chilled and fresh food out to our beneficiaries which gives a much more substantial food package.

Food can be donated at our St. Machar premises anytime between Monday and Friday from 8.30-4.30. We encourage people to reach out by phone or e-mail to check what specific items we may be running short of.

Thanks to everyone who has helped in anyway over this period of uncertainty.

Get in touch with Instant Neighbour on 01224 489955 or email reception@instantneighbour.co.uk

UDecide

Do you have an idea for a project that would benefit your community?

UDecide are offering grants of up to £2000 to put these ideas into action.

Projects need to fit into one of the following three themes:

- 1) Young people
- 2) Mental health
- 3) Safety in your community

The deadline for applications is the 2nd of October and all applicants need to submit a 250 word description for their idea and a two minute video of them presenting their idea.

For more information email udecide.tillywoodsea@gmail.com.



News from Aberdeen City Libraries

Aberdeen City Libraries will begin the staged reinstatement of services with the introduction of a Click and Collect service at Central, Airyhall, Bridge of Don, Bucksburn, Cove and Tillydrone Libraries.

The Click and Collect service will allow users to reserve items for collection.

This is a non-contact service and library buildings remain closed to the public. Collection appointments are available between 10am-1pm (Monday-Saturday) or 2pm-5pm (Monday-Friday).

Appointments can be reserved via the online portal www.aberdeency.gov.uk/clickandcollect or can be arranged by phone on 01224 65-25-00 during collection hours.

The Home Library Service will also be reinstated, providing reading and audio-visual materials to users who cannot attend the library due to disability, illness or because they are caring for someone. Anybody not currently signed-up for this service who would like to be considered should call 01224 49-81-60 or email HomeLibrary@aberdeency.gov.uk.

You can continue to access library services virtually by visiting www.aberdeency.gov.uk

aberdeency.gov.uk/services/libraries
You can download the Aberdeen City Libraries app for your phone or tablet from yourlibraryapp.co.uk/aberdeency/ and follow us on social media @[silvercitylibs](https://twitter.com/silvercitylibs) or facebook.com/Aberdeen.City.Libraries for lots of tips and suggestions to keep you occupied.

If you are not a library member, you can join online. You will be given a temporary membership number (valid for 90 days) and a 4-digit PIN that can be used instantly to access our online catalogue and online resources.

If you are worried about being unable to return items that you have on loan, please don't. We have waived all charges and fines accrued from Wednesday 18 March.

Our online resources cover a wide range of topics and interests with something for all ages.

We have increased our stock of ebooks and eaudiobooks, so there are lots of new titles to choose from Borrowbox and RBDigital. Look out for our new RBDigital eComics collection with over 500 comics and graphic novels. If you like to keep up with the news,

PressReader contains more than 7000 publications from 120 countries, including the Press and Journal, Evening Express and a selection of magazines.

Ancestry.com, one of the world's biggest commercial family history services, is normally only available in a physical library. ProQuest have given special permission during this time for our members to access this resource from anywhere, just log in to our library catalogue to start your family history search.

Prepare for your driving theory test using Theory Test Pro, keep up with your studies with help from our study and reference resources or relax and listen to some music with Naxos Jazz and Naxos Music.

For younger members, Busy Things and Grid Club contain quirky educational resources, games, quizzes and activities to keep those aged 3 to 11 occupied and entertained. Visit the Scottish Book Trust website (there's a link from our Bookbug page) to download the Bookbug songs and rhymes app and look out for our online Bookbug sessions on youtube.com by searching Aberdeen City Libraries.



LOCAL TEENAGERS STEP UP IN AID OF HELPING DISABLED ADULTS

Covid-19 has had a damaging effect on the whole of society, however it's not all doom and gloom!

Two local teenagers, who are lifelong friends, have stepped forward to help support their local community, particularly those that are physically disabled!

Ryan Bannerman (14) from Northfield, currently doing his Saltire Awards, volunteers his time for local charity Future Choices. Future Choices provides social inclusion and recreational activities, however due to the current pandemic, the charities activities are currently suspended.

Ryan said: "Helping the most vulnerable is a really good feeling."

Lucas Mackenzie (13) from Tillydrone is also doing his Saltire Awards and volunteers his time with Future Choices.

Lucas added: "I'm so excited to help the most in need during this tough time."

For both teenagers, the challenges of going back to a new school routine and academic year is a hurdle in itself so trying to help the community via an online fundraiser is very commendable.

Both Ryan and Lucas have learnt a great deal by doing their Saltire Awards

and take pride in the community work they both do. They hope that with them doing this appeal, it'll raise much needed funds and inspire other young people to volunteer.

The funds they hope to raise will help to provide vital support to help those most vulnerable adults post Covid-19, and to help engage them in social inclusion by breaking down the social isolation barriers, they have had to endure since March

You can check out their special film and view their Crowdfunding page at www.crowdfunder.co.uk/help-support-ryan-and-lucas

Seaton Community Allotments

By the Seaton Linksæeld Community Network

Who knew this little gem of tranquillity was in our neighbourhood? There is a community allotment in Seaton.

Allotments can be in a range of different sizes from less than 50m² (micro plot) to 300m² (full plot). Micro plots are used as starter plot and are awarded at the discretion of Aberdeen Council.

There is an annual fee for these plots and start from £12.67 to £88.07. There is also a concession price for plot sizes starting at £12.57 for an 80m² (micro plot) to £44.04 for an 300m² (full plot). This also includes a water charge.

If you live in Aberdeen you can apply online to rent an allotment plot in the city. Allotments are increasingly popular. If there is no allotment plot available at your chosen location when you apply, you will be automatically placed on the waiting list. You can apply and be on the waiting list for an allotment at more than one site. You could be on the waiting list for a while until an allotment becomes available.

Please note: the council will only allocate one allotment plot per residence.

To apply for an allotment please visit:
www.aberdeency.gov.uk/services/leisure-culture-and-parks/allotments

Benefits of having an allotment

It's good for your health

Being out in the open air, working with the land and exercising is good for your mental and physical health. According to the National Allotment Society (NAS), just 30 minutes of work on your allotment can burn around 150 calories, the same as doing low impact aerobics.

It's sociable

You'll often find a real community spirit on the allotment as well as social activities you can join in and many people say they've met friends for life there.

You can grow your own fruit and vegetables that you can't get in the supermarket

Just a few delights to consider are Cavolo Nero (black kale), Pink Fir apple potatoes, Chinese artichokes and unusual squashes, but the list is endless.

It's rewarding

The satisfaction of eating something you've grown yourself is hard to beat. We put it down to the sense of achievement you get from growing something from seed and the fact that you know exactly what you're eating, where it's come from, how long it's travelled and what it's been treated with.

It's creative

Make your allotment beautiful as well as bountiful by planting pretty flowers for cutting next to fruit trees and veg patches and painting your shed in a colourful shade. These days plots are more diverse than ever so you could even add a pond, beehive, chickens or a BBQ area with garden bench if that's your thing. Just make sure you check what's allowed with the allotment association first.



It's good for the environment

According to the NAS, just 1sq m of land can support hundreds of different species. So, by cultivating an allotment you are single handedly helping to create essential habitats for bees and other wildlife without which our ecosystem would suffer, crop yields would fall, and the world would be a poorer place. Give yourself a pat on the back!

It's educational

Learning about different varieties of fruit and veg and how to grow them is a great skill to have as an adult but it's also a wonderful way of helping children to

understand where their food comes from.

It can save you money

We're thinking no gym membership because of all the exercise you're getting digging, weeding and planting, not to mention the money you save by eating the fruits (and veg) of your labour. According to the NAS, with careful planning (and a big freezer) you could grow most of the veg for an average size family for a whole year.

Homegrown veg tastes amazing

It's surprising how different and more delicious the food you grow tastes from what you buy at the supermarket.

Potatoes taste more earthy, sweetcorn cooked within an hour of being picked is unbelievably sweet, peas eaten straight from the pod taste wonderfully fresh and tomatoes plucked straight from the plant that is still warm from the sun are simply divine.



Pathways in Seaton

Hello Everyone! As national lockdown restrictions ease, our Employability Keyworkers will be back working from the office on limited hours, three days per week from Monday 3rd of August and hopefully 4 days per week from September.

We will continue to work with clients old and new by telephone and video calls with limited face to face appointments where necessary at our offices in Powis. There are stringent measures in place including temperature taking, contact details for test and trace, masks to worn when entering the building, use of hand sanitiser and social distancing. This is strictly by appointment only and you will be met outside by your keyworker and escorted to and from the building.

In saying all that there is still so much we can do by telephone and email, so if you feel ready to start or restart looking for and applying for jobs get in touch by calling **01224 682 939** between 10am and 2pm (Leave your name and number on voicemail if not answered) or by email to s.smith@pathways-online.org

You can get up to date information on our Facebook page here: www.facebook.com/PathwaysAberdeen1A

We are here to help so get in touch!

PATHWAYS – Start Your Journey With Us



CFINE

Community Food Initiatives North East (CFINE), an Aberdeen-based charity and social enterprise continues to provide emergency support services for those individuals and families who are facing difficulty. The services include contact-free emergency food, sanitary product deliveries, and benefits and budgeting advice.

CFINE's SAFE Team offers over-the-phone help and support for people who are facing challenges navigating the welfare system, while the rest of their team is busy preparing and delivering emergency food parcels to food insecure families. The charity

distributes over 1,500 emergency food aids weekly to people who are struggling to get by.

To generate funds for their fight against poverty, CFINE's enterprise introduced a new fruit and vegetable box scheme, called Vegaroonitooon, delivering produce boxes to customers' doors across Aberdeen. With every box purchased, customers support the essential development work that CFINE does in the priority communities throughout the city.

For more information: www.cfine.org or call 01224 596156



HOME-START ABERDEEN COOK AND CONNECT PROJECT

Home-Start Aberdeen made big changes to its Recipe for Life project to make sure it could still give families the support they need to make healthy eating choices during lockdown. The project is normally delivered through one to one cooking sessions in families' homes and group sessions in communities across the city, but the Covid-19 pandemic meant that both home visiting and group work had to be suspended.

Project Coordinator Fiona Cameron said: "Parents have been sharing their experiences and telling us that they're worried about being able to give their children tasty, healthy meals. We also found that families were feeling more isolated and missing contact with their volunteers. It was clear that there was still a real need for the project so we've

developed a whole new range of ways to make sure we can continue to give families the support they need around healthy eating. We've even given the project a temporary new name – Cook and Connect, which sums up exactly what it's about."

The charity is now providing the project's first group of 14 families with weekly, fresh food boxes from local providers along with recipes to use with these ingredients. Staff and volunteers are making recipe videos which families can access, as well as delivering side-by-side video cooking tutorials with families.

Feedback from families has been very positive. One mum said: "It's been really helpful. The kids have enjoyed it – they're helping to cook meals and are eating ten times better."

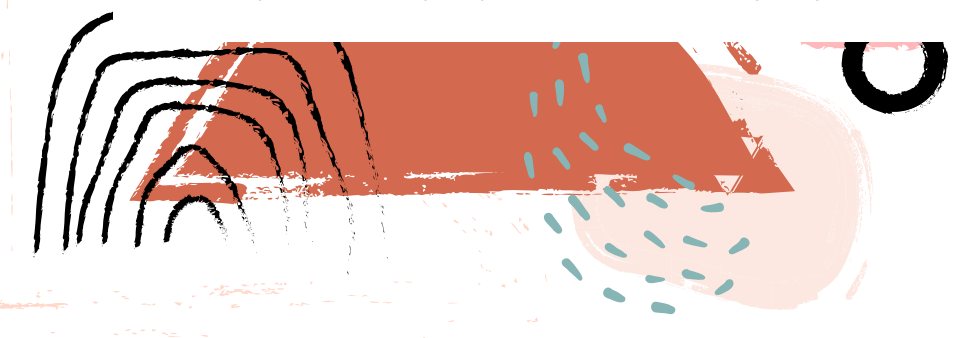
Some of the families have even started growing their own food at home.

Volunteers are also seeing how families are benefiting. After one video tutorial session our volunteer told us: "We made chilli and R was happy with the results. She enjoys doing it together, seeing what mine looks like and having the confidence to use other items if she hasn't got all the ingredients."

Home-Start Aberdeen provides practical and emotional support to families in Aberdeen with at least one child aged under five. To find out more about our Cook and Connect project, or our other work, phone us on **07377 528596** or email us at **admin@homestartaberdeen.org.uk**



ABERDEEN CITY YOUTH COUNCIL



Aberdeen City Youth Council is the voice of young people aged 12-25 who live, work and study in Aberdeen. We have been a group for 22 years and rebranded as Aberdeen City Youth Council in 2008. Before this you may remember us as Listen, Young People Speaking or Youth Action Committee. We are a group of 22 young people aged 12-25 all from various backgrounds. We meet on the last Tuesday of every month to discuss issues which directly affect you as a young person!

On the 30th June we held our EGM virtually on Google Meet due to the current circumstances. We voted in our new committee and said a very fond farewell to Martin, our previous Chair who has been involved in ACYC since 2014. That makes him the longest serving Youth Council Member. During his time as Chair, Martin's role was to oversee the daily running of the Youth Council and he did that job to perfection. He is also your local MSYP (Member of The Scottish Youth Parliament)! He is still very much involved in the Youth Council but we will miss him as our Chair. We welcome Eric Rosljajev who is our newly elected Chair. We

are also supported by our fantastic Youth Development Officer, Kirsty who supports us with fundraising, events etc.

Each year we grow from strength to strength. Our most successful campaign has to be Bog Standards where we campaigned to ensure that every young person had access to toilet facilities which were free from labels and anxiety. We also been debating or have yet to debate on various subjects which you can see below:

Young offenders mental health

Suicide awareness and prevention

Better lighting in public spaces

Teacher shortages

Better and accessible public transport in Aberdeen

The climate emergency

Also some of our past campaigns are:

Face2Face - this campaign focused on access to future opportunities

Voter registration drive - this campaign focused on getting young people to vote in elections

Diversity, inclusion and anti-bullying

We also have a few working groups at the moment both of which are based on young carers and mental health. We are also involved in lots of external groups including Aberdeen Tenant Participation, Youth Activities Small Grants Fund, The Gornel Trust and Reboot.

Our Current Campaign, Coronavirus Voices, is yet to be launched! However it focuses on three aspects which are Loud, Proud and Relevant because we want young people's voices to remain heard throughout the pandemic, we want young people to remain proud that they can share their voice and we want to ensure that young people's voices are relevant to what they need.

We are always on the lookout for new members! So why not come and join us? Maybe you want to fill that spare few hours you have in the week or maybe you need volunteering hours for a project. ACYC is a welcoming environment whatever your circumstances may be. We will be happy to have you on board. If you want to find out more you can contact us at aberdeen.city.youth.council@gmail.com.

Registered charity Sport Aberdeen is committed to creating opportunities, inspiring people and changing lives through sport and physical activity and believes that remaining physically active, especially during this difficult time, is hugely important.

Sport Aberdeen's Get Active @ Home programme offers a range of activities for all ages and abilities from regular gym-goers to over 65's, and those living with and beyond an illness. Follow us online and keep

up to date with how we are helping you to stay active at home and give these exercises a try.

www.sportaberdeen.co.uk/get-active-home

Standing Workout Card

LEVEL 1



1 Calf Raise

Stand up tall holding a chair, table or worktop for support. Keep your feet hip width apart and look straight ahead. Lift your heels up for a count of 3 and lower for a count of 3.



2 Toe Raise

Stand up tall holding a chair, table or worktop for support. Keep your feet hip width apart and look straight ahead. Lift your toes off the floor and lean back onto your heels. Stand up straight throughout this exercise.



3 Hamstring Curl

Stand up tall with a chair, table or worktop for support if needed. Bring one foot off the floor and bend your knee bringing your heel up towards your bottom. Lower your foot slowly then repeat on the other leg.



4 Heel-Toe Stand*

Stand up tall holding a chair, table or worktop for support. Move one foot in front of the other so your feet are in a straight line. Look straight ahead and hold for up to 10 seconds. Repeat with the other foot in front.



5 Front Knee Strengtheners

Do this one whilst seated. Sit up tall. Straighten your leg out, lift it an inch, hold for a count of 3 and then slowly lower your leg. Repeat on the other leg.



6 Sit to Stands

Start sitting. Move towards the front third of the chair. Keep your feet flat on the floor and slide them back slightly. Lean forwards over your knees and push through your heels into a standing position. Keep your head up and look forwards. Sit down slowly in a controlled way. Try to use your legs and not your arms.



Setup

A sturdy chair and a clear space. Please wear supportive footwear even if you are exercising indoors. Before you start, warm up by walking on the spot for 1-2 minutes. You can do this sitting on a chair or standing.

Repetitions

Beginners repeat each exercise 3-5 times
As you advance repeat each exercise 5-10 times

*Try the Heel-Toe Stand for up to 10 seconds and repeat 1-2 times (progress by having only one hand or no hands on the chair)

Rest

Feel free to take a rest in between the exercises, as you get fitter you may find you are able to rest less.

Frequency

Some is good, but more is better! Doing these exercises 2-3 times per week will improve your strength and balance and help you live an active lifestyle.

Benefits

These exercises strengthen the muscles in your legs, ankles and feet used for sitting up and down, walking, stair climbing and reaching up.

Precautions

Do not exercise if you feel unwell, develop chest pain or dizziness or if a health professional has advised you not to.

Volunteers receive award which is equivalent to an MBE

shmu has been honoured with The Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK - the equivalent to an MBE.

The Queen's Award for Voluntary Service recognises outstanding work done by volunteer groups in their local communities and was established in 2002 to celebrate the Queen's Golden Jubilee.

We support over 200 volunteers on a weekly basis, and our CEO Murray Dawson said "It's an incredible honour for our organisation to have secured the Queen's Award for Voluntary Service. We just wouldn't exist without our amazing volunteers and everyone has played a part in our story over the last 20 years. Absolutely fantastic news."

Our Volunteer Coordinator Tracy Ewing summed up the importance of our volunteers by adding:

"We're incredibly lucky to have so many talented and committed volunteers at shmu, with almost 100 volunteers still volunteering and rising to the challenge during COVID-19. Whether writing articles for community magazines, recording radio shows, participating in our Tell Us campaign, or supporting other volunteers with technical queries our volunteer community has never been stronger. I'm proud to support and be part of such a loyal and creative team who are very deserving of such a huge award."

The commitment and dedication of the staff and volunteers was also praised by Trustee and volunteer Abeer Eladany who said they have a "profoundly positive impact on the wider local communities", and that she was "thrilled that they have been recognised with this prestigious award as shmu always inspires, motivates and holds the cultural banner across the region".

Finally, our Chair Jillian Evans paid tribute to the volunteers who "make SHMU one of Aberdeen's most valuable assets. Their energy, enthusiasm and

commitment to support local communities says a lot about who they are, and the vital part they play in our great big shmu family".

Representatives of shmu will receive the award from Barney Crockett, Lord Lieutenant of Aberdeen later this summer, with two volunteers from shmu being invited to a garden party at Holyroodhouse in July 2021, along with other recipients of this year's award.



Grampian Women's Aid

Coronavirus (Covid-19) restrictions: what can I do to keep myself safe?

We know that if you are currently experiencing or have experienced domestic abuse you will know what being isolated and frightened feels like. During the Covid-19 pandemic, with options for seeking help more limited, you might be worried about self-isolating with someone who is harming you. We've created this list of self-protection suggestions to help you, or perhaps someone you know, think about what you might do over the coming weeks to stay safe.

1. Have your phone charged and with you at all times in case you need to phone emergency services or a friend or relative to make that call on your behalf. Wearing clothes with pockets can help you carry your mobile with you easily.
2. If it is safe to do so, have a daily communication routine with a friend or relative outside your home at the same time every day. So that, on a day you don't phone, your friend or relative will know to call you or to call for help.
3. Have a code word you can use with friends, family and neighbours you trust. Use the word if you need to contact them for help. Or, agree with them you will put something specific in your window - a certain picture or colour - if you need to let them know you need help.
4. If you can, and it's safe to do so, carry a piece of paper with your details

and a message that you can leave in a shop or, if you trust them, post through a neighbour's letterbox or under their door.

5. Check the house and try to hide anything that might be used as a possible weapon against you. Also, know where the safest place in your home is if you do need to hide - somewhere you can lock yourself in or where you can place furniture against a door to impede access.
6. If there are children in the home of a suitable age, ask them to memorise emergency phone numbers (make a game of it if you need to) and also to find the safest hiding places in the house.
7. Have an emergency escape bag ready with the basic necessities, ideally including all your essential documentation, medical papers and money, ready to take with you if you need to leave immediately. The bag should be hidden in a safe place and as near to the main door as possible.
8. Don't use your possible decision to go as a threat during a row. If you have taken the decision to leave, go without telling your abuser.

9. Remember, leaving your home because of a threat of this kind is an exceptional situation and it's okay to do so during the current restrictions of movement during lockdown. The police, local authorities and women's aid offices are providing essential services and are there for anyone who finds themselves outside the home at any time of day or night due to threats of domestic abuse. In an emergency situation, or if you are concerned, still call 999.

You are not alone in this. Grampian Women's Aid are here for you.

Tel: 01224 593381

Email info@grampian-womens-aid.com

When our phone lines are closed, Scotland's Domestic Abuse & Forced Marriage helpline is always available on 0800 027 1234 or helpline@sdafmh.org.uk

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

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

VSA Carers Support - 01224 358631

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

Oldmachar Medical Practice

0345-337-0510

Old Aberdeen Medical Practice

01224 486702

Tillydrone Clinic

01224 276723

Woodside Medical Group

01224 492828

LOCAL COUNCILLORS:

Councillor Alex McLellan

07500 999522

amclellan@aberdeencity.gov.uk

Councillor Jim Noble

07748 760557

jimnoble@aberdeencity.gov.uk

Councillor Ross Grant

07738688458

rossgrant@aberdeencity.gov.uk

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: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk

LGBT Domestic Abuse Helpline

Telephone: 0300 999 5428 or email info@galop.org.uk

Men's Advice Line

Telephone: 0808 801 0327