

# seatonscene

Summer 2021

Image: Aberdeen City Council

## In this issue:

FRESH COMMUNITY  
CLEAN UPS

SIKH GURUDWARA

POST OFFICE

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



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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 Fresh community clean ups, The Allotment Market Stall and the opening of the UK's most northerly Sikh Gurdwara which has just opened up in Seaton.

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](mailto:laura.young@shmu.org.uk). The staff at shmu are able to support and train anyone living in Seaton who are interested in developing their ideas and skills in either writing, photography or proof reading.

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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## Natural areas being created around the city to help bees and wildlife

About 80 species of wildflowers and plants have been found in new natural areas around Aberdeen where grass has not been cut to encourage wildflowers, help bees, and provide habitat for wildlife.

Species seen include northern marsh orchids, buttercups, hawkbits, dandelions, scentless mayweed, ox-eye daisy, meadowsweet, cow parsley, bugle, sorrel, red clover, white clover, birds-foot trefoil, a few species of attractive flowering grasses, nettles, rosebay willowherb, and greater willowherb.

There are eight places around the city including Oldmachar Graveyard at St Machar's Cathedral working in partnership with the cathedral congregation and wider community to improve the biodiversity through managing the vegetation by leaving

it to grow during the summer in some places.

The natural areas have required a change in management regimes by reducing mowing to promote wildflowers. Some will only be cut once at the end of the summer and all the cuttings removed, and other areas are cut two or three times a year. Areas are still maintained with more frequent cuts where there is a need for areas for informal or formal recreation activities and, where the vegetation is allowed to grow longer, paths are mown through the areas to maintain public access.

## TAMS

The Allotment Market Stall (TAMS) has returned to Seaton Park again this summer.

They will be selling locally grown fresh produce in the park on Fridays between 10am and 1pm.

TAMS are a network of local allotment growers who enjoy growing produce. However, when the produce is in season too much is produced so in order to reduce food waste, TAMS sell it on to the community.

They are a not-for-profit organisation and all the money made either goes back into running the market stalls or goes to the local growers to help them keep up the good work.

For more information about TAMS you can visit [www.theallotmentmarketstall.org.uk](http://www.theallotmentmarketstall.org.uk).



## Pathways in Seaton

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

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

Although we are hopeful to begin face to face meetings again in the near future, at present we continue to help our clients through telephone appointments with email support. We have adapted how we deliver our service over the last 18 months and are still helping people to find suitable employment even with the lack of face to face meetings.

As Stan's diary is always busy please phone 01224 682 939 to arrange an appointment or to find out more about how Pathways can



## What is E Consult?

It's a phrase which has come into the public domain recently. This is something which is being promoted by a lot of health boards as THE way to access medical help. This is a service which a surgery can sign up to and as things continue to change on so many fronts this looks like the way forward.

So, what is it? If you have used it, have you liked it? It does of course need access to the Internet even if it's on a phone. I use it all the time and wouldn't want to go back to the old booking an appointment system. This is my experience. I needed some advice after being diagnosed with a health problem and I logged on to my surgery's website. After security questions to establish my identity and to make sure I was a patient of that practice I then had a selection of topics to choose from. I clicked on the advice on an ongoing health problem section which then asked me for more details. This is a good bit as I can take my time and go over my

answers and change anything I don't like. Seeing a doctor face to face it's not always easy to remember what you want to say. Then I was asked if I had done anything to help myself, taken any over the counter remedies for instance. I would then be asked what medical person I want help from. Sometimes a nurse will do at other times a doctor is needed. You then get a chance to look over all your statements and change anything you need to. At the end you are told the information you have given will be passed to your surgery and you will be called the next day.

I have always been called the very next day and my problem has been resolved.

It may seem a strange way to access help for a medical problem but it is only one way and phoning the surgery is still an option but the E Consult is new and exciting and is worth a try.





# Post Office closures

**Seaton residents have started a campaign against the proposed closure of the area's post office.**

Plans to shut the post office located in St Machar Drive's SPAR were announced in late May this year and many residents were quick to voice their anger at the news.

Fiona Campbell, who lives and works in Seaton, started a petition against the closure as she was angered that an important community resource was going to be taken away.

She said: "As part of my job I support vulnerable adults in the community and part of our approach is to get them out and about, doing things independently and part of that involves banking.

She continued: "The TSB on School Road closed earlier this year but when this happened members of the community were told that we could still do our banking locally at the post office. It's not just older people but many younger people and local businesses do their banking there

too and are upset and anxious about what they are supposed to do now."

The decision to close the post office counter in the shop is coming from SPAR as they would like to replace it with a hot food counter. However, Fiona has been in conversation with other local businesses who might like to include a post office counter in their establishments.

As of June Fiona's petition had over 500 signatures on her petition, however it still looks likely that the establishment will be closing by November this year.

# Sikh Gurudwara

**Aberdeen's Lord Provost Barney Crockett has given an official welcome and blessing to the UK's newest and most northerly Sikh Temple (Gurudwara) which is based in Seaton.**

The Lord Provost toured the converted former childrens' nursery, accompanied by its principal trustees, and sampled Sikh delicacies during a largely informal but invaluable two-hour visit which he described as "a great success" and he took the opportunity to discuss plans to involve the Sikh community in several forthcoming events in the city.

The Aberdeen Gurudwara had held its own full ceremonial official opening in its permanent new home following a year-long delay because of the regulations imposed by the Covid-19 pandemic.

Following a two-year refurbishment of the former Timber Kinder Garden Nursery at 1 St Ninian's Place, Seaton, a Sikh Holy Book (Guru Granth Sahib) was brought north from Sikh Temple Dundee to be placed on a throne inside the Aberdeen Gurudwara.

This was the final and most important step that officially signified the inauguration of the Aberdeen Gurudwara. Prior to the arrival of the Holy Book, the orange Sikh flag (Nishan Sahib) had been erected and now flies at the entrance to the Gurudwara. The flag signifies the spiritual, political and all-pervading universal sovereign power which belongs to the Sikh people. Every Gurudwara in the world flies such a flag.

Since the Aberdeen Gurudwara has been established, the previously small Aberdeen and North-east

of Scotland Sikh community of around 40 families has now grown appreciably to approaching 100 families and is a significant UK success story for the religion. The Sikh community traces its roots in Aberdeen back to the mid-to-late 1900s – thanks to Indian students attending Aberdeen University and Robert Gordon's Institute of Technology (RGIT), now Robert Gordon University (RGU). The students provided the stimulus for Sikh families in the Aberdeen area to gather together informally for worship.

For decades these families and students had to hold worship meetings in each other's homes. However, three years ago the Aberdeen Sikh Sangat (congregation) paid £138,000 to buy the former Timber Kinder Garden Nursery which is surrounded by four residential multi-storeys – Inverdon Court, Lord Hay's Court, St Ninian's Court and Balgownie Court – in a quiet cul-de-sac just off King Street, close to Aberdeen Beach and the mouth of the River Don. The Aberdeen Sikh Sangat has to pay Aberdeen City Council an annual ground rent in the region of £7000.

The former nursery, a substantial building directly opposite Balgownie Court, was previously founded and owned by a local charitable initiative, Seaton Community Enterprise Ltd, but it sadly had to close its doors in 2018 after being unable to pay its way.

The senior trustee of the Aberdeen Gurudwara and the Aberdeen Sikh Sangat Charity, which was set up in 2012, is Bradford-born Suki Singh Pooni. Suki, a process engineer who moved with his family to Aberdeen in 2011, explains: "Our auspicious opening was marked with a joyous welcome of the Holy Book by our Sangat (congregation) – showering it with flowers and singing hymns.

*"This was followed by a full week of ceremonial activities, with the reading of the full scriptures of the Guru Granth Sahib, concluding with a final celebration of hymns and sermons."*

A limited number of guests from Scotland's other Sikh Temples – including Glasgow and Edinburgh, and further afield, from London and Birmingham, travelled north for the final day's celebrations.

*"We had planned for a much grander celebration", Suki told Seaton Scene. "This would have involved inviting many guests from around the UK. However, the Covid-19 pandemic meant we had to vastly scale down numbers to maintain social distancing as our space is quite limited as we only have a modest building footprint."*

The Sikh faith was founded by Guru Nanak in the 15th century in northern India when there was division and hatred between the Hindus and Muslims – leading to a culture of oppression of the poor.





Around the world Sikh Gurudwaras provide millions of free meals - Langar - via its congregations. Some gurudwaras in big cities – for example, Birmingham, provide this service on a 24-hour-a-day basis for anyone who is hungry and needy. The Aberdeen Gurudwara has an extensive new community kitchen (Langar hall) and its trustees are in talks with charitable bodies in the city with a view to working in tandem with them in providing free meals for Aberdeen's needy, hungry and homeless.

In an interview with Seaton Scene, Suki explained: *"A great deal of hard work has gone into making the project a reality over the last 10 years, with the congregation chipping in with fundraising and refurbishment activities. We also received financial donations on a global scale from Sikh communities. We now finally have a place of worship - open to all and not just the Sikh faith - which we hope present and future generations can use, cherish and serve as a charitable base to serve humanity in any way we can."*

*"Sikhism is a religion which worships God by being kind to one and other - everyone having the freedom to believe, and offering charity to the needy, and fundamentally promoting equality for all humanity. Sikh communities throughout the UK, and worldwide, are renowned for establishing, integrating and sharing their vibrant rich religious, cultural and harmonious communities wherever they settle... and certainly Seaton, Linkfield and Aberdeen will be no different. The Sikh community stand ready to share, love and serve and be a force for good for the Seaton and Linkfield community, and Aberdeen beyond."*

*"Performing Sewa (selfless services) is a fundamental tenet of the Sikh faith, and, with our new base, there can now be greater efforts from the Aberdeen Sangat to engage and aid in community projects. Aberdeen community groups, especially those based in Seaton and Linkfield, should contact us if they need financial help in launching and running special projects and events."*

The Gurudwara maintains a daily morning and evening prayer schedule and generally a main congregation day on Sundays. Shortly it is planned to start up musical and Sikh language (Gurmukhi) classes for all ages of the congregation.

Plans have been lodged with Aberdeen City Council to reorganise the Gurudwara's forecourt and improve internal and external landscaping on its boundaries.

Hamish Mackay, who lives in Seaton, and has been involved in a number of community initiatives in Seaton and Linkfield over the past 21 years, has been appointed the Aberdeen Sikh Sangat's Media and Community Affairs Director on a voluntary basis. He can be contacted by email at: [mackay858@btinternet.com](mailto:mackay858@btinternet.com)

**The Aberdeen Gurudwara's website is: [www.aberdeengurudwara.com](http://www.aberdeengurudwara.com) and its email address is: [aberdeensikhsangat@gmail.com](mailto:aberdeensikhsangat@gmail.com)**

# Fresh Community Clean Ups

Patrick Goldie

Over the past month, residents throughout Seaton and Linksfield may have noticed some new visitors to the area. If you've seen us around with our hi-vis jackets and litter picking equipment, you may have wondered who we are, and what we're up to.

Those of you who have come and had a chat with us will be already aware that we represent FRESH Community Wellness, a new local voluntary organisation. As the name suggests, our goal is to improve "community wellness", a concept we understand in the broadest possible sense.

At its most basic, community wellness can mean tidying the place up a bit by removing litter or making repairs. More ambitiously, however, we also seek to improve the physical and mental well-being of any and all members of the local community. This can involve, for instance, 1-on-1 befriending, signposting towards local services, or relaxed walk-and-talk group meet-ups.

The last couple of weeks have been particularly busy ones for us. For starters, FRESH has recently been officially approved by both Keep Scotland Beautiful and Befriending Networks. This comes as we begin a new calendar of weekly activities all across the city. We have been especially active around the Seaton area with sessions taking place at the following days/times.

**Tuesdays – 9-10am – Seaton School and surrounding areas –** *wellness walk and talk*

**Tuesdays – 10:30am-12:30pm – Northsea Court –** *wellness walk, talk and tidy where activities alternate*

*between litter picking, gardening, painting, tidying and decorating*

**Thursdays – 11am-12pm – Pittodrie Stadium –** *wellness walk and talk*

**Fridays – 10:30am-12:30pm – Seaton Totem Pole –** *wellness walk, talk and tidy*

**Fridays – 1-2pm – Seaton Community Church –** *wellness walk and talk*

**Saturdays – 1-2pm – Sikh Gurudwara –** *wellness walk and talk*

**Saturdays – 2:30-4pm – St Machar Cathedral –** *wellness walk, talk and tidy*

If you're interested in coming along to one of our activities, we'd be delighted!

Thanks to the generous donation of equipment – litter pickers, gloves, and bag holders – by Lewis McGill of Seaton and Linksfield Community Network, all you'll need to bring is an enthusiastic attitude (and suitable clothing for the weather). We are registered and insured but do require children to have a guardian with them, or be of an age to have a signed approval from their legal guardian.

Both our Seaton sessions are about remaining active, building up self-esteem, mental/physical health, self-worth and befriending. After more than a year coming in and out of lockdown, we think that this sort of activity is more important than ever, particularly when it gives us a chance to meet with some new people and have a friendly chat.

As noted above, we are now registered with Befriending Networks. One of our main goals is to provide

some company to people who might have been feeling a bit isolated or low, or who are even just in need of a chat, for whatever reason. All conversations with our volunteers are kept strictly confidential, as we want our sessions to be a "safe space" where people can open up, if they want to. While we aren't counsellors, we are excellent listeners and if you do need specialist help, we can help guide and signpost you to the relevant local service.

Indeed, we should emphasise that we do not work alone; we operate in close co-ordination with groups like Aberdeen Alcohol and Drugs Action (ADA), which has been instrumental in providing naloxone kits and training to our volunteers. Furthermore, Station House Media Unit (SHMU) and the Aberdeen Council of Voluntary Associations (ACVO) have been instrumental in drumming up interest in our work, so we wish to thank them for all of their generous publicity. Our safe choices flyers contain many other local groups, including Aberdeen in Recovery (AiR), who we have tried not to clash sessions with. The incredible Community CleanUP group also shares our activities.

**All of our sessions are open to everyone. Feel free to contact us regarding Seaton sessions, and our new full timetable: [info@freshcommunitywellness.com](mailto:info@freshcommunitywellness.com); admin 07562 689691; Facebook@: Freshcommunitywellness; Instagram@: reshcommunitywellness; Twitter@FreshCWellness.**

**We're looking forward to meeting you!**







# Covid Mythbuster

**As the vaccine rollout continues we have become aware that there are certain myths spreading about the vaccine and we wanted to help dispel them.**

We spoke to Jillian Evans, Head of Health Intelligence at NHS Grampian about the truth behind some of the myths connected to the vaccine.

**1)** Even if you're young and healthy you need to be protected against Covid. It's a nasty disease that can affect your heart, your lungs, your brain, so you need to get the vaccine to protect yourself from getting seriously ill and having something like long covid and it's also really important to protect those around you and make sure you're vaccinated to protect society, not just yourself.

**2)** You can have the vaccine if you have allergies. The main thing to do is to ask the person who is vaccinating you about your allergies and if they're worried about it, they'll refer you to an allergy specialist.

**3)** You won't catch Covid from the vaccine. What the vaccine does is that it helps your body mount a defense against Coronavirus so it won't give you the virus and the vaccine will disperse in your body very quickly. What you might have is a few mild symptoms after having the vaccination, a bit like having flu but that won't last long.

**4)** The vaccine went through the same safety precautions and the

same rigorous research processes as any other clinical trial. The different with this is the sheer interest in having a vaccination developed so quickly meant lots of money was given to vaccine trials and lots of people came forward to take part in those trials. These are two hurdles that normally take years and years to do in normal research circumstances, so it helped us get the vaccine quickly which was necessary. It didn't bypass any of the important safety regulations and processes and if it weren't for all of those processes it wouldn't have been subject to the UK regulation and licensing so it's the MRHA which is the UK regulator has said it's safe and effective to use in humans.

**5)** There are likely to be other variants and strains of the virus until we have the world vaccinated against Covid. Right now we know that the vaccine protects against the two main strains of the virus that are circulating, so we have a lot of confidence that the vaccines we have for use now will protect you against new variants.

**6)** No vaccine is 100% effective but this vaccine is estimated to be around 80% effective, so it gives you a significant amount of protection against serious illness and disease.

**7)** Worried about getting ill after the vaccine? Well, it's possible that you may have a sore arm, or you may have very mild flu like symptoms. The best thing you can do is take a

paracetamol or other mild painkiller. You're very likely to have no symptoms after 24 or 48 hours so any you do have shouldn't be long lasting.

**8)** Many, many millions of people have been vaccinated with the Astra Zenica vaccine and have been vaccinated very safely. The blood clots are a very rare event, and it has to be seen in the context of the millions of people who have been successfully vaccinated safely.

**9)** You can't choose the vaccine that you get. There are three vaccinations now but if you are under 40 you will be offered either Moderna or Pfizer. For everyone over 40 it could be any one of those three (including Astra Zenica) simply because of supply and logistics. All of the vaccinations are shown to be highly effective.

**10)** If you've missed your original appointment or if you got the time wrong then call the national helpline. The number will be on your letter so give them a call and have a new appointment time offered to you. It's possible that there may be walk in or drop-in centres that might be an option for you at some stage but definitely reschedule it as we just want you to be vaccinated.

**11)** The vaccine does not affect fertility, will not alter your DNA and does not contain pork or any other animal derivatives. The vaccine also does not have a micro-chip tracking device in it.





NOVEL  
DISEASE 2019 VACCINE  
20MG/ML  
  
FOR SINGLE PATIENT USE ONLY  
STORE WELL INJECTION ONLY.

NO  
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**COVID-19**  
NOVEL CORONAVIRUS  
DISEASE 2019 VACCINE  
20MG/ML  
  
FOR SINGLE PATIENT USE ONLY  
STORE WELL INJECTION ONLY.

**COVID-19**  
NOVEL CORONAVIRUS  
DISEASE 2019 VACCINE  
20MG/ML

# Cruden Bay Hotel

ALAN JOHNSTONE

The inspiration for the Cruden Bay Hotel came from the magnificent Palace Hotel in Aberdeen, which was built for Pratt & Keith, Milliners, at the corner of Union Street and Bridge Street, next to Union Bridge. It was acquired by the Great North of Scotland Railway in 1891, modernised and went on to be a great financial success. The railway company decided to expand their chain by establishing another grand hotel at Cruden Bay, built of local red sandstone and overlooking the seafront from a great height.

The hotel opened on 1st March 1899 after extensive advertising in local and national press. Potential customers were told that a new seaside and golfing resort had been developed 30 miles by rail from Aberdeen, with a fine sandy beach over two miles long, a healthy climate and bracing air. Moderate terms were available at the hotel, which was electrically lighted and had a lift. Recreations included bowls, tennis, croquet, sea bathing, boating and fishing with splendid rock scenery. Combined railway and hotel coupons entitled the purchaser to first class return rail travel from Aberdeen with board and lodging at reduced charges. The hotel's telegram address was Health, an indicator of the message being sent to the public.

An electrical tramway opened soon after, the most northerly service in the United Kingdom, transferring passengers and their luggage from Cruden Bay Station to the hotel by two tramcars constructed at Kittybrewster in the hotel's purple and cream livery.

The Aberdeen Journal was very positive about the north-east's new resort in its report on the opening ceremony. *"The Great North of Scotland Railway Company do not believe in doing anything by halves and the new hotel, picturesque in site and surroundings, beautiful in design and substantial in construction, has been equipped in a manner which has not been surpassed, if indeed it is equalled, by any similar establishment in the country. It might have been deemed a bold venture on the part of the company to erect such a building in what had, until now, been regarded as an isolated part of a rugged coast, but, having constructed a railway from Ellon to Boddam and thus made the district easily accessible to the outside world, the directors have taken the lead in otherwise developing a part of Boddam famed alike for its bracing breezes and its magnificent rock scenery.*

*To the week-end excursionist, or those in search of a quiet holiday where jaded mind and body may be recuperated, no more delightful spot could be selected, and the attractions that have now been provided need only to be made known to ensure the measure of success which it so well deserves. As has been indicated, the conditions which favoured the opening ceremony were of the most favourable kind. The weather, for a March day, was delightfully fine, and gave a pleasant foretaste of how charming a holiday will be at this new resort. From a bright blue sky, flecked with patches of fleecy clouds, the sun shone uninterruptedly, bathing the landscape in a flood of liquid light. The hotel, with*

*its finely dressed masonry, of delicate pink hue, stood out a handsome pile in the light of the brilliant day, and from the staves above large flags spread their ample folds to a pleasant breeze which bore on its wings a delicious and invigorating whiff of ozone.*

*In the foreground lay the golf links, a fine stretch of sandy dunes, abounding in hazards calculated to test the most experienced golfer in every department of the game; while here and there, like an oasis in the desert, could be detected a well-kept "green" smooth as a billiard table, and affording scope for the utmost dexterity in "putting." Beyond, was a magnificent sweep of the German Ocean in its most gentle mood, reflecting the tints of the passing clouds, and fringed with reefs and cliffs - which constitute a most interesting bit of coast scenery. And closer investigation discovers other charms than those which a distant survey reveals. Between the two promontories that stand sentinel at the ends of the beautiful bay is a stretch of golden beach which opens up the most delightful possibilities in the way of bathing and boating, while a short distance either to north or south there are numerous creeks and caves in the rocks awaiting exploration by the enterprising tourist."*

Unlike similar developments like the Gleneagles Hotel and Turnberry Hotel, the Cruden Bay Hotel did not survive long-term. It was requisitioned in 1940 as a field training centre for the Gordon Highlanders and did not re-open after the war, being sold for demolition in 1947.





# How are you right now?

WILMA COLLIE

**I saw a headline the other day asking 'how are you right now?' It got me thinking about how having a conversation with someone can lift the mood.**

It doesn't have to be a long conversation but just asking how someone is at that moment could really make a difference. Ok there will be times when you wished you had never asked, but that shouldn't stop us asking the question should it? Even the most upbeat person can feel down at times. Perhaps an innocent remark hit a nerve and brought on a feeling of sadness and a little bit of feeling sorry for oneself but that mood could be lifted by a friendly remark.

We have all been subjected to levels of stress not known in modern times and we have all realised how much family and friends are needed but

sometimes things can overwhelm and lead to feelings of not being important in the mainstream of life but a chat with someone can help to reconnect and lift spirits. I love technology and I am always doing something on my computer so I thought when lockdown started I would just go online to chat with family and friends and even groups I'm involved with but I quickly found out that I just didn't like speaking to people that way. We miss so much when looking at someone on a computer monitor. The little pauses in conversations which we deal with without even being aware of are not so easy to deal with online. A pause

seems like the others have left the conversation and stops the natural flow of a conversation. Meeting face to face lets you judge a person's mood in a way computers cannot.

In the same way judging a person's mood can really only be done face to face. A friendly 'how are things' can make a huge difference to someone feeling a bit low so asking the question, and taking the time to listen to the answer can make a difference. You could make someone's day and let's face it that's a good feeling isn't it?

## shmuTRAIN

We're delighted to let you know that our most recent Positive Transitions group (PT48) have all passed their Personal Development Awards.

Callum, Reece, Chloe and Amy from the group have also all passed their National 3 in Media, and we've also had the pleasure of working with Greg and Mo for an additional 4 weeks as they finish off their coursework. Callum, Reece and Chloe will be back for Stage 3, while Greg is moving onto pastures new with LEAD in Aberdeenshire.

Well done everyone!



## Volunteers

We have now started phasing adult volunteers back into the building. We started with a building induction, a review of their current activity and looking at their aspirations for future volunteering and new projects.

It was amazing to see our volunteers face to face and see them in the studios. We can't wait for live shows to start back up again soon!

## Tell Us Facebook page

We have launched a new Facebook page to share community information through. Lots of organisations ask us to share this kind of information on our main channel so we decided to extend the Tell Us service that we provide through shmuFM and create a Tell Us at shmu Facebook page. If you could spread the word and give the page a like/share we would really appreciate it. If you get any requests in to share information please send it through to either John, Laura or Tracy and we can share it.



# Brig o Don's Novel Gift

By Hamish Mackay

The staff of the popular Brig O'Don Pub and Grill in Seaton have been given a very unusual thank-you gift by a grateful regular customer... but they sincerely hope it will never be used!

The novel gift will only be used in emergency situations where it could be the difference between life and death! For the gift is a shining bright yellow heart-start defibrillator which could save a life if someone suffers a cardiac arrest in the immediate area. Defibrillators have become an essential life-saving tool across the UK - costing between £500 and £2000.

The Brig O'Don's defibrillator is fixed on the wall to the right of the main entrance and is automated by using a telephone dial to call 999. Defibrillators are commonly located in workplaces, sports centres and public spaces, and are known as Public Access Defibrillators (PADs) meaning anyone can use them. You don't need to be trained to use a defibrillator as clear instructions are provided with the device's equipment which enables an immediate, simple and proven solution in the event of a cardiac arrest.

The defibrillator gift could be especially invaluable in serving what is a busy commercial area catering for the Brig O'Don's own clientele; motorists and people on public transport on the very busy King Street main trunk road between Aberdeen and Peterhead and Fraserburgh; the large Lidl store next door; the Shell Petrol Station just across the road which is open around-the-clock, and the folk who live in approaching 300 flats within four residential multi-storeys less than 200 yards away - Inverdon Court, Lord Hay's Court, St Ninian Court and Balgownie Court, plus the new Aberdeen Sikh Temple (Gurudwara) in St Ninian Place.

Aidan Campbell, who has been general manager of the Brig O'Don for the past five years, told Seaton Scene: *"Our very generous donor is a regular customer who wishes to remain anonymous. It is an extremely thoughtful gift, and although we fervently hope it never has to be used, it is reassuring to have the defibrillator on site should an emergency arise. Time and time again it has been proved that defibrillators saves lives."*

## Warmer Homes Scotland scheme gets funding boost to help green recovery

The Warmer Homes Scotland scheme is open and helping Scots who are struggling with energy bills. The Scottish Government has increased funding for the scheme to help support a 'green recovery' from the coronavirus pandemic and help tackle fuel poverty in Scotland

Over 22,000 Scottish households have already benefitted since the scheme launched in 2015. They've had help to fund energy saving home improvements like new heating systems, wall and loft insulation, draught-proofing and even home renewables. After support from Warmer Homes Scotland, homes are on average 20% more energy efficient, with households saving an average £300 per year on their energy bills.

To find out more call Home Energy Scotland on 0808 808 2282. They're open Monday – Friday 8am –8pm and Saturday 9am –5pm. Or go online: [www.homeenergyscotland.org/warmer-winter](http://www.homeenergyscotland.org/warmer-winter)



# Community Contacts

**Aberdeen City Council Helpline** - 0800 0304 713

## **ALCOHOL**

**Alcoholics Anonymous** - 0800 9177 650

**Drinkline** - 0300 123 1110

## **CRIME**

**Crimestoppers** - 0800 555 111

## **DRUGS**

**Alcohol and Drugs Action Helpline**

01224 594700 or 07927192706

**Narcotics Anonymous**

0300 999 1212

## **DENTIST**

**Emergency - G-Dens** - 111

## **DOCTORS**

**NHS 24 Emergency** - 111

## **POLICE**

**Non-Emergency** - 101

## **ELECTRICITY**

**If you have a power-cut** - 105

## **GAS**

**Gas Emergency** - 0800 111 999

## **WATER**

**Scottish Water Emergency** - 0800 0778 778

## **HOUSING**

**Emergency Repairs** - 03000 200 292

**Family Planning** - 0345 337 9900

**Mental Health Aberdeen** - 01224 573892

**Breathing Space** - 0800 838 587

**Samaritans - Need to talk**

01224 574 488 or 116 123

## **SOCIAL WORK**

**Adult Protection** - 0800 731 5520

**Joint Child Protection Team**

01224 306877 or 0800 731 5520

**Aberdeen City Carers Service**- 01224 914036

**Age Scotland** - 0800 1244 222

**CFINE** 01224 596156

**Financial Advice at CFINE** 01224 531386

**Pathways** 01224 682 939

**Citizens Advice** 01224 586255

**St Machar Credit Union** 01224 276994

**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: [sdafmh.org.uk](http://sdafmh.org.uk)

**Grampian Women's Aid**

Telephone: 01224 593381. Website:

[grampian-womens-aid.com](http://grampian-womens-aid.com)

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

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

**LGBT Domestic Abuse Helpline**

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

**Men's Advice Line**

Telephone: 0808 801 0327