

YOUR NEWS

seatonscene

Winter Edition 2013

THE SEATON BACKIES

PROJECT UPDATE

FRIENDS OF SEATON PARK

THE BIG BLUEBELL PLANT

Creative Communities
Seaton Silver Darlings
A Midwinter Tale

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A Merry Christmas to All

Seaton Residents, University Admin, International Lions, Nox Night Club, Bibby's, Backies, Websters Pharmacy, Art and History, Tommy Hunter, Community Church, Aberdeen City Council, Primary Teachers, Sheila McKay, Janitor, Greenspace, Play Forum, SHMU, Rowan Tree, Donna, Gillian, StarFlat, Rehab, Recovery, Kindergarden, Mary Clare, Aberdeen Veterans, Weight Watchers, Linda Smith, Silver Surfers, Margaret Stewart, ACVO, Regeneration Matters, Food Bank, Seaton Management, Seaton Councillors, Doctors, Admin Staff, Pensioner's Group, Emma McPherson, and to all those who make Seaton the community that it is. Ho, ho, ho!

Merry Christmas from all at the Seaton Scene Editorial Team.



editorial

*Where ya been? Get into the Seaton Scene!
See me? See you? See this magazine,
Is it a real community newsletter?
Let's get together and make it better.
Read it from cover to cover, discover,
You have nothing to lose, it will improve.
Let us know what's going on in Seaton,
By the moo' o' the Don
To contribute: photos, stories, info etc.
Contact Seaton Project, SHMU,
that's what to do.*

If you want to find out more and get involved with your community magazine please do so by contacting Mary Clare at SHMU on 515013 or email maryclare@shmu.org.uk Or alternatively pop into Seaton Community Project and ask for either Melissa or Claire who will pass on all the information you need to get involved.

Supported by



Aberdeen Football Club in the Seaton Community

Aberdeen Football Club in the Community secured funding from the Tartan Army Children's Charity (TACC) to run a TACC Football Club - free of charge - for 20 pupils from Seaton Primary School, from September 2013 to June 2014. On behalf of Scotland's football supporters, TACC financially supports educational, sports, health and welfare related children's projects in Scotland, and in the countries where the national team play. Since 2006 TACC has raised over £650,000 to support vulnerable children.

This TACC FC Programme is delivered by AFC in the Community in partnership with Aberdeen Active Schools Network, Sodexo - Prestige Scotland and Aberdeen Sports Village.

Each Tuesday, after school, 20 pupils are collected from school by AFC in the Community coaches and accompanied on foot to Aberdeen Sports Village, to participate in an hour of football coaching in the indoor football pitch from 3:30pm to 4:30pm. AFC in the Community staff then walk with the pupils to the restaurant at Pittodrie Stadium where they eat their complementary evening meal. The meals are prepared by Sodexo – Prestige Scotland, and the pupils are served healthy food. The pupils are then collected from Pittodrie Stadium at 5:30pm.

As well as learning how to dribble the ball like Peter Pawlett and score a goal like Niall McGinn, the pupils from Seaton are taught valuable life skills, including how to set a dining table and help with

cleaning dishes after their meals.

This is a fantastic opportunity for the pupils of Seaton Primary School to be involved in - they are provided with weekly football coaching and an evening meal every Tuesday for the whole academic year. With this in mind, pupils must be committed to the programme and be willing to contribute to helping out with different tasks - for example, organising the football equipment, laying out the cutlery on the tables and doing the dishes.

AFC in the Community Senior Scottish FA Community Coach, Steven Sweeney - also running the initiative - has been delighted with the response from the children.

"AFC is delighted to have received support from the Tartan Army Children's Charity to deliver a TACC Football Club for pupils from Seaton Primary School.

This partnership approach has provided the 20 pupils with a fantastic experience, with access to high quality coaching, facilities and the same food the professional footballers are eating. The positive impact this programme is having on pupils' confidence, self-esteem, respect and responsibility is great to see. Here's hoping the healthy lifestyle messages they are receiving regarding regular physical activity and eating the right things will carry on through later life. Well done to all those involved."

Andrew Considine and Josh Magennis joined them for their evening meal.

Latest Reading Bus Initiative in the Seaton Area

On August 26th, as part of the Fairer Scotland Project, the Reading Bus visited St Peters for a session of Global Blethers. For some pupils it was their first day at school, and they bravely marched down to Seaton Park accompanied by some P7 'Buddies'. Three P1 classes and one P2 classes visited the bus. The topics varied from 'Myself', with the P1 classes, to 'Transport' with the P2 class. The first class sung 'The World Must Be Coming to an End', where a girl is sent for messages but always encounters problems!

www.educationscotland.gov.uk/scotlandssongs

*They sent me for eggs,
oh aye, oh aye.
They sent me for eggs,
oh aye, oh aye.
They sent me for eggs,
and I fell and broke my legs.
Oh the world must be comin'
tae an end, oh aye.*

Nigerian, Polish and Scottish parents attended the parent/family sessions and contributed lots of ideas. Here are some of the Polish song titles - look them up on YouTube!

Kaczka Dziwaczka (Duck)
Zuzia Lalka Nieduża (Doll)
Ogórek Zielony ma
Garniturek (Cucumber)
A ja Wolę Moją Mamę (I Prefer My Mum)

And these links should lead you to many more!

The Hut

The Seaton Management Committee and Hut Association would like to thank everyone for their continued support throughout 2013. We have seen lots going on throughout the year, from the Seaton Community Church, the Trussell Trust Foodbank, Teen Challenge, 116 Youth Club, Seaton Recovery Project, Computing Classes, Thursday Youth Club and the Pensioners Group.

Don't forget, if you would like to book The Hut for an occasion, classes, birthday parties, jumble sales or anything else, please contact -

Melissa Bain

Tel: 07511715039

or

Claire Forsyth

Tel: 07544448951

(01224) 277930 or email:
seatoncommunitycentre@
hotmail.com

We would like to take this opportunity to wish you all a very Merry Christmas and a Happy New Year.

See you all in 2014!



Opportunity Knocked

NESDVA was one of ten charities to be selected by NOX nightclub, winning a share of £2500 in prize money put up by the management, and we can confirm that we have indeed won ninth prize of £750.00 which will help us greatly in our charity purposes.

Through the hard efforts of our management committee we have also applied to the Big Lottery to enable us to obtain a minibus - as I am writing this we are down to the short list and we are going forward to the televised appeal, no doubt some of you will have seen our small appeal on STV.

Since our last article in Seaton Scene we have been very busy with collections within the shopping centres of Aberdeen, Tesco at Westhill, and also our annual poppy appeal - which this year took part at the market on Union Street. We have also taken part in the remembrance concert in the Caird Hall in Dundee, along with the remembrance parade at Aberdeen's Cenotaph at the Cowdry Hall, along with members of all the armed services young and old.

We are glad to see that we are getting stronger in membership as well as every time we go to our meeting rooms in Mastrick Community Centre there seems to be a new face every time - and without new members, we would fall to the wayside. So come on everyone! If you are or know a veteran who would benefit from meeting up with likeminded veterans from a diverse amount of conflicts - during WWII to the present conflict in Afghanistan - then either bring them to or get them to come along to one of our meetings on either a Monday or Friday - from 11am until 2pm - just for a visit, and to see how we operate as an association. We do not expect our members to come to each and every meetings - we understand that due to family and medical occasions you have to have time to yourselves. So either contact **Mr Ron Robertson** (Chairman) on **07886887428** (mobile), or **Mr Alex Grant** (Treasurer) on **01224-322361** and have a word with them about joining our association.



Creative Communities Comes to Seaton With Lots of Love.

During January and February 2014 Monica Wisniewski will be the lead artist working with the Creative Learning Team, to deliver arts workshops and events in Seaton. Monica will work with local people to use traditional craft skills to make some temporary public art.

"My current art practice explores emotions and connections we have in our day-to-day lives. I aim to create positive art through colour, texture and text. I love to use many different materials and am currently exploring public art to express my positive messages. I have also found blogging to be an inspirational and useful outlet for my creativity."

Monica Wisniewski, Artist

This project will explore different materials and traditional craft skills to create artworks that will contribute to a temporary public art piece. As the project develops, new work will be displayed publicly in Seaton, promoting a positive message about the local area and its people.

The following workshops will all take place at Seaton Community Project, Seaton School, Seaton Place East, AB16 7LL:

Pop-up Ice Cream and Arts Workshop (for all ages)

Saturday 18th January 2014 1.00 - 3.00pm

This event will give a feel for the forthcoming weeks of arts projects in the area. Come and meet the lead artist and try out a quick and creative activity. There's even free ice cream to the first 100 people!

Adult Drop-in Workshops Tuesdays 21st January – 11th February 2014 10.00am - 12.00pm

Learn new crafts and or come and add your skills and work with Monica to turn these into fun, positive, public messages and images. Tea and coffee will be available throughout.

Family Workshop Saturday 3rd February - 1.00 - 3.00pm

In this workshop we will be creating a 'Heart Attack' - a temporary public art piece. You will create a heart with a positive message about a person or place of your choice in the community, to be displayed in the heart of the community. Who or what, it's up to you!

Work created during the Seaton project will be showcased at the pop up event on Saturday 15th

February 2014, 1.00 - 3.00pm at Woodside Fountain Community Centre, Marquis Road.

For more information on this and other projects please check out:

monicastudio.blogspot.co.uk
[facebook.com/
creativecommunitiesaberdeen](https://www.facebook.com/creativecommunitiesaberdeen)
twitter.com/cc_abdn
[creativecommunitiesaberdeen.
blogspot.co.uk](http://creativecommunitiesaberdeen.blogspot.co.uk)

Creative Communities is a programme of exciting and varied arts workshops and events for residents of all ages from Aberdeen's seven regeneration areas, coordinated by the Creative Learning Team of Aberdeen City Council. On offer are opportunities for residents to engage with high quality arts projects in an informal, friendly environment. Projects will explore traditional, as well as more experimental arts projects taking place from August 2013 - March 2014. This project is funded by The Fairer Scotland Fund.

The Creative Learning Team is part of Aberdeen City Council, Education, Culture and Sport. The team works to improve outcomes for individuals and communities through the arts, culture and creativity.



gingerbread recipe

INGREDIENTS

350g/12oz plain flour,
plus extra for rolling out
1 tsp bicarbonate of soda
2 tsp ground ginger
1 tsp ground cinnamon
125g/4½oz butter
175g/6oz light soft brown sugar
1 free-range egg
4 tbsp golden syrup
To decorate
Writing icing
Cake decorations

PREPARATION METHOD

Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.

Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in clingfilm and leave to chill in the fridge for 15 minutes.

Preheat the oven to 180C/350F/Gas 4. Line two baking trays with greaseproof paper.

Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them. For decorations, use a skewer to make a small hole in the top of each biscuit.

Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.

Affordable Borrowing with St Machar Credit Union

The credit union is all about saving and borrowing. You can pay into your credit union account by cash, bank standing order or through your benefits. Jackie, who works at the credit union and who puts together reports for the credit union Board of Directors, notes that credit committee reports show that at Christmas, members in the Middlefield community use their credit union for affordable borrowing.

She said, "Members in Middlefield didn't come and withdraw their savings, they borrowed against them for loans for their families Christmas presents and for their holidays throughout the festive period. The low income / benefit £250 loan deal means you pay £12 per week over 26 weeks - this pays back the loan, and the interest charge of £15.72 (26.8% APR) AND you put away savings of £46.28 - do this twice a year and every year you are building up savings of nearly £100 every year. This builds financial security for your future. I personally would not have been able to save as much if I had not borrowed with the credit union"

Board member Molly Sandison, treasurer of the credit union, noted that savings and loans had been offered in the Middlefield community since the credit union widened its operating area in 2002. "As treasurer I have seen many families in the Middlefield

area use their credit union accounts for Christmas and summer holidays time and time again over the years. In fact, junior accounts holders who regularly paid into their accounts are now moving over to have adult accounts and they are choosing to use the credit union for their first time borrowing instead of online high interest lenders"

We have two local collection points in the Middlefield area
Every Monday night - from 6.30pm till 7.15pm - we are in the Henry Rae Community Centre.

Tuesday lunchtimes - from 11.45am till 12.45 lunchtime - we're at the Healthy Hoose, Logie



Photo - Left to right - credit union staff Jackie, Stuart, Jade, Lauren

Main office Open Monday to Friday 9.30am till 4.30pm
(01224) 524935

email: f-credit@fersands.org

website: www.stmacharcreditunion.co.uk



Coping With Rising Energy Costs This Winter

The chill in the air and the nights closing in announce the start of winter, and with it the need to heat our homes.

With ever-mounting energy costs and a budget already tightened due to the rising costs of living - and in some cases, reduced benefits - this can lead to the dreaded "Heat or Eat" debate.

Energy costs can be managed by taking steps such as switching from taking a bath to a shower. However the measures that will have the biggest impact include switching your energy tariff, improving your energy system and insulating your home. This is where SCARF - a partner of the Cash in Your Pocket Partnership - can help. As well as giving advice on how to change fuel suppliers, they provide information on government's schemes that are available to qualifying households.

Funded by the Fairer Scotland Fund, CIYPP seeks to improve awareness of the help available within the regeneration areas. It offers a free referral service to make it simple for you to access help in times of need, such as when you are faced with high energy bills, or have had your benefits reviewed. We partner with more than 90 organisations, and work with the regeneration forum and community-based organisations in Seaton to identify local needs.

If you're struggling with your energy bills or are facing any other financial difficulty, pick up a Cash in Your Pocket Partnership leaflet at your GP surgery, from your community centre or health visitors, or fill in a self-referral at www.ciypp.co.uk.

Silver City Surfers

Free Computer and Internet Tuition

Silver City Surfers help over 55s learn basic computer skills, and help people connect to friends and family through the internet.

Our friendly and experienced volunteer tutors help people get the best out of their laptops or tablets, and advice on how to surf the internet with one-to-one tutoring sessions every Monday at 11am - 1pm. They would like to help you too!

You will find us at:

**The STAR flat,
14A Seaton Drive
Aberdeen**

A Midwinter Tale

I'm ten yer auld, it's 1948 - near the end eh November. Ah bide wi' ma ma' an' da', en ma brithers and sister en ah, in Denburn - nae Denburn Road or Lower Denburn bit Upper Denburn, atween the fit o' Jack's Brae in Spa Street.

It wis aboot fower wiks tae Christmas an' jist hame fae school. A wis in ih loons bedroom. Ih hoose hid only three rooms - ih loons room, ih quines room en ih living room come sitting room, en ma and da's bedroom. Nae electric, jist gas, en nae bathroom or toilet, en ih lavvy wis'na on ih stair, bit outside ih beldin en up ih road a wee bit - at's enither story. Onyway ah've jist finished ma homework en ma' cried es aw ben for supper, tea or denner - fit eiver ye like.

Aifter excusing masel fae ih table ah wint ben ih hoose tae read ma comic. Ih next thing ah mine wis gan doon ih dark stair en oot ih lobby, en there wis ma pal Jonny stanning on ih front step. "Fillike" he speered! "Caul" said I, an' ah tucked ma hauns under ma oxters tae mak' em warm. "Fit dae ye funcie dein", ah asked, lookin doon it 'im shiverin. "Ah dinna ken, et's ower cauk tae de onything" he says. Wie jist stood aer sooking in caul air en blawin oot clouds eh het air throu inta wir hauns te tak awa the caul, then ah stuck ma hauns inta ma pooches an' in een ah felt somthin' caul, ahfore ah cude tak et oot ah kint fit et wis - the wash-hoose key! En ih ither pooch ah felt a paket e five woodbine. Fir jist ah minit ah thought - far did thay come fae, bit jist fur a minit, en a asked Jonny, "huv ye ony matches?" Sully question tae ask Jonny - he aye hid matches en a tabby or

two, "Aye, ah've aie got matches" said he. "Okay, let's ging up tae ih laft en hae a smoke", ah whispered, nae second asken him aff like a shot wis he.

Ah cot up wie 'im et ih closey door fit wis aie open - nae like ih wash-hoose door, fit wis aye loked, cis times it wis'na, yer clise wid ging missin'. We snuck in the tarry blackens, far ah kint there wis four lavies en four cellers on ih richt-haun side, en eh wash-hoose door en two cellars on ih left awa it ih back. "Strik' a match Jonny, so ah kin get get ih key in", an' wheen ah opind eh door wi wir en oot eh the caul, en ih wash-hoose.

Afore ah ging ony further, eh wash-hoose - like a' hooses - wis bilt fae Aiberdeen granite en it hid a big biler, wi' a bit aneath fur a fire so yer ma could bile her whites. Ih good thing aboot ih biler wis it hid a concrete jacket fit kept ih heat en, cis it wis ay in use every day by the folk in three tenements. There wis also twa deep sinks an wash-bairds en a metal bowl wi' a widen hunnel, so ya coud tak bilin watter fae ih biler tae. In ther wis also twa grate big mungles fur squeezing ih watter oot eh yer clothes, afore yeh carried em up ih stair tae ih dryin' laft in hung im oot te dry - so nae rennin hat watter, nae electric an nae gas fur lighting. (Thank you for sheltered housing.) Ef et wis dark outside, ye hid te use caunels, or sum paraffin lumps.

Onyway, bak tae ma tale - up ih stair wih wint. Jonny first- ees bigger en me - en weh sut doon on ih stair tae ih laft, abeen me ah sut doon oan ih second step and Jonny twa steps abeen. Up en ih lafts wi hid a wee bit ah light comin' through the slats, in it wisnae sae cauld as it wis outside - so oot come ih fags en

oot come ih matches en we were seen puffin' awa blawin' a big cloud ah smoke 'atween is, an en Jonny lent bak on ees elbas en fin ah lookit up - he wis blawin' perfect smoke rings, en tae ess day ah stell can!

Aifter a whiley ah thought tae masel' - "ther's somethin' nae right aboot ae ih smoke gan sae far up en ain started comin doon again. Even Jonny's rings wer comin doon again, so ah speered at em "div ye notice ony' thing wrang?" Ee says, "nut, it's jist et ers nae win' tae blaw et awa'. "Weel looks funny tae me pal. Look et! Et come doon et eh sides en biden up in eh middle." "Och ah see fit ye mean now, it looks like a shal ower somebody's shouders", ee said. "Ah bit ets doon a bit further in ih center, en at looks like a lang tattered skert", says I. Aifter a couple mair puffs et appeared tae form legs en an upper body, en Jonny sut up straight en whispered "it's goar ah heid an' a". At's fun aw swore "ah quine's ghoast - she's choken on wer smoke!" Jonny's haun' greeped mah shudder en ee shot aff ih steps knockin' me tae eh fleer in ees haste tae get awa. Ah'll tell ye fit - et didna tak' me lang tae gate bak oan ma feet en catch up wi him, doon ih stair an oot ih close. On thih cassies ah stood shaken en ma boots, en aim ma da's vice sayey "waken up Stephen, fit wer ye dreemin aboot, ye'd think ye'd jist seen a ghoast." "En ma dreams da en ma dreams," ah ansered stell shakin'.

Aw you loons en quines et cannae read ess - ask yer ma or da or even yer grannie te read et tae ye.



Friends of Seaton Park - *Update*

The steering group is trying hard to expand the Friends beyond being expert weeders, mulchers and bulb planters, but has not yet managed to progress as much as we wished in our aim to start to improve the park - not just maintain it.

We had asked the Council Estates Department Management to advise us of what they saw as their priorities, but as they have not had the time or resources to pull that together, we have decided to select the erection of information boards as our first major project. We would like to see maps of the park at each main entry, plus a few information boards inside the park - perhaps one about the history of Seaton House and another about our little engine (Mr Therm). Other subjects could include descriptions of the wild life that can be seen in the park and the river, and perhaps a guide to some of the trees and plants.

These boards are not cheap - a rough estimate was that each board could cost around £2000, although it might be a bit cheaper if we are to buy several of the same design, or if we can design the artwork ourselves. The pictures alongside are just examples from various websites, but they give a good idea of what is possible.

Now, we would really like some help to get this moving! Firstly, are there any artists out there who could help design boards which are attractive and easy to understand?

We also need someone to help us fundraise - to talk to local companies who might be prepared to help, to fill in application forms to send to organisations who are offering funds for worthy community improvements, and so on. We are not expecting anyone who has done this before, but that would of course be a great

bonus! If you feel you could help, do please send us an email at seatonpark@oldaberdeen.org.uk, or talk to any Steering Group member.

By the time you read this, a big bulb planting session will probably already have begun as part of an Aberdeen-wide 'Community Bulb Planting' initiative - we have a lot of bulbs on order!

If you helped to plant some of them, thank you for your efforts - they will be appreciated by everyone. Depending on how long it takes to get this newsletter circulated, there may well still be more to plant so make sure you check out our website at - www.seatonpark.oldaberdeen.org.uk. For our remaining planting sessions, more help is always welcome and will be warmly met.

Steph Kiltie
Chair - FOSP Steering Group

*Merry Christmas from Friends of Seaton Park!
Enjoy the bluebells this coming Spring*

The Seaton Backies Project:

Over two dates in August and September, teams of volunteers from the University of Aberdeen joined forces with Aberdeen Greenspace and the Seaton Backies team, to help give a new lease of life to the play area at St Ninians Court.

Over two dates in August and September, teams of volunteers from the University of Aberdeen joined forces with Aberdeen Greenspace and the Seaton Backies team, to help give a new lease of life to the play area at St Ninians Court.

Around 20 staff from all parts of the university got involved in the project - it included repainting play equipment, clearing weeds, and most strikingly, the painting of the windbreak walls with a lick of terracotta paint, ready for children from the local community to decorate with murals.

The first day saw the bulk of the heavy work done. Dozens of barrows of weeds were removed from the paths, and around twenty black bags of rubbish were filled. The slide and climbing frame were sanded

down and repainted. While the day itself was fine, the night before had seen heavy rain and only some of the walls could be painted.

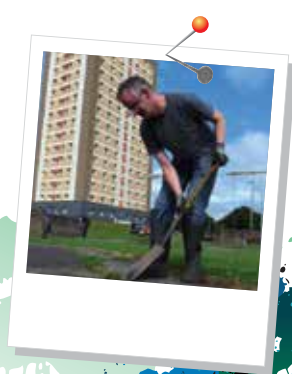
Luckily, there were others who were keen to participate. On an amazingly sunny day in early September, a second group of university volunteers joined up with teams from the Seaton Backies and Aberdeen Greenspace to complete the job. Given the sunshine and the gallons of terracotta paint used, it was difficult to tell at the end if the volunteers' tans were real or fake.

Fraser Lovie from the University of Aberdeen said - "this was a fantastic opportunity for a team from the university to support a great project in one of our neighbouring communities.

The group got a real sense of satisfaction in seeing the major transformation of the site that was achieved, and from working alongside the dedicated volunteers from the Seaton Backies and Aberdeen Greenspace."

Alister Clunas of Aberdeen Greenspace added - "we were delighted to have this opportunity to work with the University of Aberdeen. The Seaton Backies Project has worked with all kinds of organisations, including major corporates from the oil industry and faith groups. We would encourage any organisation - large or small - to think about this kind of volunteering."

Fraser Lovie,
University of Aberdeen



Great Fruit & Veg at the STAR Flat



CFINE has three fantastic volunteers who run the Community Food Outlet at the STAR Flat in Seaton - Gillian, Margaret and Shelia. These wonderful volunteers who open the outlet to the public every Friday only close over the Christmas period. Margaret and Sheila are community activists who have been - and still are - heavily involved in their local community, along with Gillian who joined them over the last couple of years. They offer a friendly service to everyone who comes to the STAR Flat outlet, but would like to have more customers and offer the service to a wider group.

You don't need to live in Seaton to use the outlet - it's open to everyone!

Hopefully you have all heard about Community Food Initiatives North East known as CFINE. Our aim is to improve health and wellbeing through selling good quality fruit and veg at an affordable price in your local

area - STAR Flat on a Friday from 10am-12pm (14A Seaton Drive, Aberdeen, AB24 1UX). Here you can also buy fresh fish, dried goods and healthy snacks - if you would like to preorder fish, please get in touch with STAR Flat on 01224 524209.

CFINE presently has over 100 community food outlets in Aberdeen and North Aberdeenshire, located in regeneration areas, church halls, community centres, shelter housing complexes and other public buildings which are accessed by the general public.

If you're interested in becoming a volunteer, CFINE has various opportunities available - Driving, warehouse duties, administration, selling at CFOs and many other opportunities, all of which we tailor to suit the need of each individual.

For the 3rd year running, CFINE will be delivering Christmas Hampers which come in small medium and large sizes, and can be delivered to your local CFO. These are now hugely popular and provide you will all your fruit and veg needs over Christmas.

Further information about this year's hampers will be issued in mid-November, and posters will be up in the STAR Flat, advising you on how you can order one.

For more information on all the above, please contact our friendly development team at CFINE - Tel: 01224 596156, and we will be happy to help.

Please also visit www.cfine.org for more information, and why not like us on Facebook? You know you want to!



Seaton Recovery Project

Seaton Recovery Project based in The Huts on School Road is open Mondays, Wednesdays and Thursdays. The project currently has 61 registered clients. We offer support to individuals living in and around the Seaton area who are affected by substance misuse. We welcome individuals at all stages of recovery.

Staff offer individual support with benefits, debt, employment, housing, food vouchers, health

and wellbeing and gym passes, as well as personal concerns such as relationships and support with reducing drug and/or alcohol dependencies - Drugs Action, Addiction and Alcohol Support offer drop-in, confidential one-to-one sessions with experienced staff.

In addition, we offer Alternative Therapies, Cooking on a Budget, Computing, Numeracy and Literacy, group Gym Sessions.

We are also planning some outdoor activities, an art group and a computing club in the near future.

If you would like to find out more, join us for our weekly bowl of soup on a Thursday at 12.15pm! Project staff Nick and Suzanne will be happy to meet you.

Alternatively you can ring us on 494706 or e-mail aferris@aberdeencity.gov.uk - or pop in if you are passing.

Seaton Community Project Needs You!

Here at the Project, we have various classes running for people from all walks of life - from our friendly craft group to our parent support groups - but we would love to see more happening next year. To make this happen, to arrange more for the community, we need your help. Just answer one question and let us know about it - whether you're young or not so young, employed all the time, some of the time or not at all. Community learning is a great opportunity for all, and we want to make it even better.

What kind of learning do you want in your local Community Centre?

Why don't you pop in past the Project and speak to Donna, phone on 01224 277930, or email dorust@aberdeencity.gov.uk

You can also contact your local Learning Centre Supervisor, Charlee Riley on 07901635916, or email criley@aberdeencity.gov.uk if you would like to book the venue.

Want to run a class in the local Seaton Community? We can help you make that happen too!

Here's a selection of what we already offer throughout the week:

Breakfast Club

Crèche

Adult Literacies

Woman's Group

Peep, Beginner's ICT

Weight Management

2s Group

Family Learning - I'm a Parent

Beginner's ESOL

Family Learning - Maths & Language

Craft Group

FUN PAGE

CHRISTMAS QUIZ

Questions:

1. What was OZ named after in Frank Baum's story in *The Wizard of Oz*?
2. What garden animal has five hearts?
3. What is Scooby Doo's real first name?
4. What is the last word in the Bible?
5. What do you call a young pigeon?

Quiz Answers

THREE WISE WOMEN

What might have happened if it had been Three Wise Women instead of Three Wise Men?

They would have:

- Asked for directions.
- Arrived on time.
- Helped deliver the baby.
- Cleaned the stables. Made a casserole.
- Brought practical gifts.
- Ensured that there was peace on earth!

**Why does Santa have three gardens?
So he can 'ho ho ho'!**

The Littlest Christmas Tree

By Amy Peterson

The littlest Christmas tree,
lived in a meadow of green,
Among a family,
of tall evergreens,
He learned how to whisper,
the evergreen song,
with the slightest
of wind,
that came.

**What does Santa suffer from if he gets stuck in a chimney?
Claustrophobia!**

1. A filing cabinet – one filing cabinet was labelled A to N, and the second was labelled O to Z.
2. An earthworm.
3. Scoobert.
4. Amen.
5. A squab.

SHMU'S YOUTH-TV PREMIERE WWI FILM AT 50+ FESTIVAL

Over the Summer Break young people from the youthTV project joined a couple of past trainees from Positive Transitions to take part in a unique film project in conjunction with the St Fitticks Arts Festival.

The original brief was to interview local World War II veterans to capture their stories for future generations. SHMU teamed up with the Gordon Highlanders Museum to connect with the veterans and the group also spoke to older people who were young children growing up in Aberdeen during WW2. The Gordon Highlanders also very kindly arranged an education session to give the group an introduction to the history of the Highlanders and the wars they fought in.

The interviews and filming all took place over a very hectic 2-3 week period in early August with editing taking place at the end of the month. The group were supported by tutors at SHMU but did the majority of filming, directing and planning themselves. Due to the tight deadline, our resident editor here at SHMU pulled it all together with a little help from a few members of the group.

All of this hard work was rewarded on the 10th September at the official screening at The Belmont Cinema, as part of the 50+ Festival. There were over 70 people in the audience including some of our young people and a few of the 'stars' – the veterans and older people who kindly agreed to be interviewed.

The audience was treated to a question and answer session after the screening, giving them the opportunity to ask the young people questions about their experience making the film. The group bravely stood up in front of the 70-strong crowd and answered questions confidently; in fact when asked what making the film meant to

them, Danielle commented that it had really helped to boost her confidence.

The group also agreed that it gave them a much greater insight into the realities of war and of just how close to home it came. They found the subject matter all the more interesting hearing it from a local perspective. It also made them see and think of older people in a different light, now knowing some of the fascinating and sometimes harrowing stories behind them. It made them grateful to be living in a time of relative peace; knowing that the veterans were their age when they were conscripted.

We also had some lovely feedback from one of the veterans – Muriel, who was a WREN during WW2, was present at the screening and said that she enjoyed watching the interviews even more than she did being interviewed!

At the end of the Q&A a number of audience members came down to congratulate the young people on a job well done and to offer their services and stories for future projects. We could have stayed all day chatting!

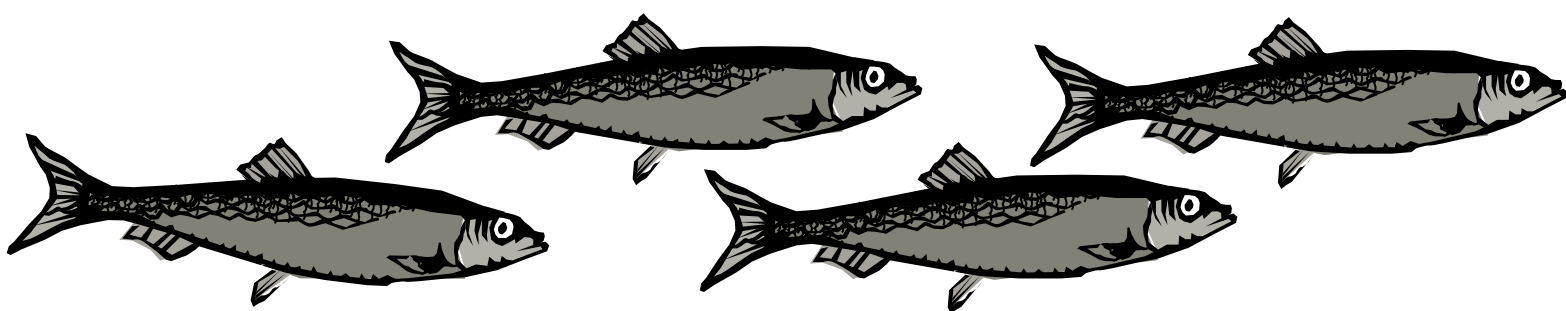
As a final well done to the young people, the staff of The Belmont treated them to a soft drink in the café downstairs and gave them all a souvenir pack containing a ticket stub from the screening, a programme and two free cinema passes to return and see a film of their choice. This was totally unexpected and the group wish to pass on their sincere thanks.



Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.

STAR FLAT

Could you be a Seaton Silver Darling?



With the dark winter days upon us are you looking for something new to do?

The S.T.A.R. Community Flat has a range of classes and activities to help you learn new skills while having fun. All of these classes are free and open to local Seaton residents. The following classes are available –

The Seaton Silver Darlings (Age 60+) (Tuesday 2 to 4pm)

Starting soon. We are going to be cooking healthy and economical recipes, focusing on the inexpensive ingredients available from the STAR Flat. There will be a focus on using fresh fruit and vegetables and fish.

Seaton Sewing Bee (Age 60+) (Monday 2 to 4pm)

A new sewing class. The class concentrates on a range of basic sewing skills. A fun class to improve the skills you have and learn new skills.

Art and Craft Group (All ages) (Thursday 10am to 12pm)

This class covers a range of craft techniques, and in the past has made cards and jewellery. They have also experimented with wood burning, glass etching and plaster craft. It's a fun and friendly class.

Introductory Computer Classes (All ages) (Wednesday 10am to 12pm) and (Friday 12 to 2pm)

The two classes follow a programme that teaches basic computer skills. The tutors are friendly and approachable, and put the fun into learning.

Silver City Surfers Computer Drop In (Age 55+) (Monday 11-1)

The popular Silver City Sufer's Class is a drop-in session. There are laptops available to use at the flat, or you can bring your own laptop along if you wish. If you have a computer-related query, the tutors are happy to help.

The Flat has a selection of books and DVDs that you can borrow. We have mysteries, thrillers, romances and comedies - something for everyone, and perfect to entertain you in the dark evenings! If you would like more information, you can contact Gillian at the Flat.

**S.T.A.R. Community Flat,
14A Seaton Drive
Aberdeen, AB24 1UX**

**Phone 01224 524209
Email – info@stargroup.org.uk**

COMMUNITY CONTACTS

Alcohol

Alcoholics Anonymous **0845 769 7555**
Drinkline **0800 917 8282**

Benefits

Benefits Agency Advice Line **0800 587 9135**

Crime

Crimestoppers **0800 555 111**

Drugs

FRANK – National Helpline **0800 776 600**

Dentist

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

Doctors

NHS 24 Emergency **08454 242 424**

Electricity

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

Family Planning

Square 13, Support & Advice **01224 642 711**

Gas

Gas Emergency **0800 111 999**
Gas Emergency with a Meter **0845 606 6766**

Housing

Emergency Repairs **01224 480 281**
Call Centre Emergency **0845 608 0929**

Police

Non-Emergency **101**

Samaritans

Need to talk **01224 574 488**

Social Work

Social Work Duty Team **01224 522055**
Emergency Out-Of-Hours **01224 693 936**

Young Carers

Support & Information Service **01224 625 009**

Water

Scottish Water Emergency **0845 600 8855**

Alkohol

Anonimowi Alkoholicy **0845 769 7555**
Problemy z alkoholem **0800 917 8282**

Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

Dentysta

Nagle wypadki **01224 558 140**

Lekarze

Nagle wypadki **08454 242 424**

Elektryczność

W wypadku odcięcia energii elektrycznej **0800 300 999**

Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

Gaz

Nagle wypadki **0800 111 999**
Nagle wypadki w związku z licznikiem **0845 606 6766**

Pomoc mieszkaniowa

Nagle naprawy **01224 480 281**
Centrum pomocy **0845 608 0929**

Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji **0845 600 5700**

Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

Praca społeczna

Dyżur pracowników społecznych **01224 765 220**
Nagle wypadki poza godzinami pracy biura **01224 639 936**

Pomoc w karierze

Wsparcie i informacje **01224 625 009**

Woda

Nagle wypadki **0845 600 8855**