

YOUR NEWS

# seatonscene

Winter Edition 2014

## BRITAIN IN BLOOM

SEATON PARK HELPS  
SECURE GOLD FOR CITY

## THE SEATON BACKIES

LATEST UPDATE  
FROM LOCAL PROJECT

Lift Project  
Seaton Park and Me  
Aberdeen Botanical Garden

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## editorial

Welcome to your winter edition of Seaton Scene.

We hope you enjoy reading this magazine. Inside we have a welcome from Sheila Gordon, the new chair of Friends of Seaton Park, updates from the Britain in Bloom Awards 2014 and the Lift Project which has been taking place this autumn.

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

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

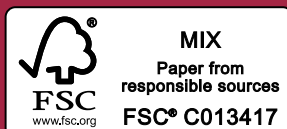
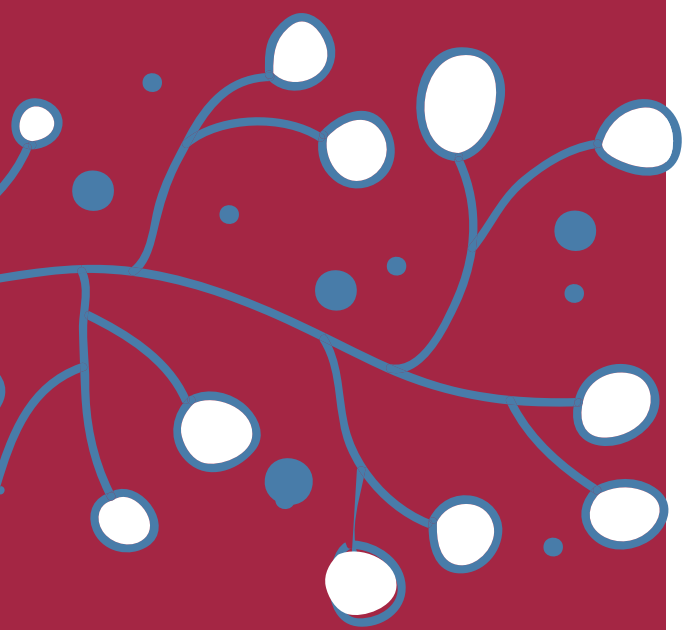
***First meeting – 20th of March***

***Second meeting – 3rd April***

***Content deadline – 17th April***

***Page plan – 24th of April***

***First proof – 8th of May***



Supported by





# The Seaton Backies Project:

## *Latest update*

At the moment the Environmental Services Team is working in partnership with the Unpaid Work Team and the Seaton Backies Project. They are painting murals on the wind walls at the St Ninans' Court area. Jungle animals have been painted on one wall and trees and rabbits on a bicycle on the other but we still have lots to do including mermaids, dolphins and whatever the kids suggest will be going on the other walls.

They also made three planters which are situated beside Donview Court and a big thank you to the Park Rangers who filled them up with soil. We will be planting bulbs to flower in the spring.

We would like to say a big thank you to Shirrelle, David and all the Unpaid Work Team from the Seaton Backies Project.

***Cheers!***





Rediscover your  
natural curiosity!

## *Come along to Seaton Community Project and be uplifted*

Join artist, Linsay MacDonald at a Lift workshop, each Wednesday 12.30-2.30pm. During the workshop you will be able to explore your creativity using textiles, wool and embroidery. You will also have a chance to share stories and memories in a relaxed, informal setting.

The Lift project aims to get people being creative, to increase skills, improve mental health and wellbeing and build stronger safer communities through participation in the arts. This is an exciting opportunity for you to get to know other people, learn new skills, feel more confident and discover new possibilities within your community.

*“What I really enjoyed was that the workshop showed me what was on my doorstep. It showed us how to use everyday things to make art – I had never realised what was actually there before”*

### **Lift Participant**

This arts project has been designed in response to

the ‘5 Ways to Wellbeing’ a set of evidence based actions, which promote people’s wellbeing. They are: Connect, Be Active, Keep Learning, Take Notice and Give.

The Lift project is run by Aberdeen City Council’s Creative Learning Team. The team works to improve outcomes for individuals and communities through the arts, culture and creativity.

*“Joining in with a Lift workshop is a great way to connect with other people in your community. As well as learning new skills it’s a chance to reminisce, re connect with nature and express yourself. The atmosphere at Lift workshops is informal and relaxed, the social experience is as important as the artistic one.”*

### **Kate Latham, Creative Project Coordinator**

For more information visit [www.facebook.com/liftaberdeen](http://www.facebook.com/liftaberdeen) or contact [creativelearningteam@aberdeencity.gov](mailto:creativelearningteam@aberdeencity.gov) or **01224 611160**



# STAR

## Community Flat

### *Current Activities*

#### Monday

**Silver City Surfers** - drop in session for the over 55s. Computer help and tuition. Seaton Sewing Bee - A sewing class for the over 60s. Use of sewing machines with tuition.

#### Tuesday

**Pathways** - an agency that helps people get back into work. They compile CVs, help with sourcing funding for courses and advise on job searches.

#### **Silver Darlings Cookery**

**Class** - a cookery class for the over 60s with an emphasis on affordable recipes using fish.

#### Wednesday

**Computer class** - an all ages computer class that teaches a range of computer skills including the internet and word processing.

#### Thursday

**Arts and craft class** - an all ages class that covers a wide range of art and craft techniques. This includes card making, wood burning, clay work and glass etching.

#### Friday

**Credit union** - the credit union is great for savings and supplies low cost affordable loans.

**C-fine** - well sell affordable fresh fruit, vegetables and eggs.

**Fish** - we sell fish at an affordable price, supplied by Pearson's sea food. Orders are taken for this.

**Computer class** - an all ages computer class that teaches a range of computer skills including the internet and word processing.

#### Every day -

Library books and DVDs for loan.

Use of the free telephone service and free computer access.

Chill out room which can be booked.

Loan of wheelchairs and other mobility aids.

Information service.

## Aberdeen City Voice

*What's it all about?*

Have you heard of Aberdeen City Voice, or seen the posters and wondered what it was actually all about? Aberdeen City Voice is the citizens panel for the city. We have just over 900 citizens of Aberdeen who answer questions on a number of topics. They get a questionnaire 3 times a year, either in hard copy or by email. Topics can be provided by any of the community planning partners - which include NHS Grampian, Aberdeen City Council, ACVO, Police Scotland, and Fire Scotland. It is a great way for the citizens of Aberdeen to let us know what they think about services in the city - a real chance to have your say.

You can find out more about us at [www.aberdeencityvoice.org.uk](http://www.aberdeencityvoice.org.uk) and can even sign up online. Aberdeen City Voice – Your City, Your Say!

## People's Champion 2015

### Aberdeen City Council is seeking the People's Champion of Aberdeen

We want you to tell us about the person you think has gone the extra mile and always with a smile. We want to hear about the waste and recycling teams, school crossing patrollers, care assistants, housing teams, dog wardens, teachers, dinner ladies, street cleaners, gardeners, road workers and so on that have made a difference to you.

You can you nominate your Champion by downloading and completing the People's Champion Submission Form which is attached, and emailing it to [comms@aberdeencity.gov.uk](mailto:comms@aberdeencity.gov.uk).

Our first People's Champion voted by you was school crossing patroller Pearl Rendall. Could 2015 be your Champion's year?

Further information can be found by following this link:  
[http://www.aberdeencity.gov.uk/notices/sa\\_peoples\\_champion.asp](http://www.aberdeencity.gov.uk/notices/sa_peoples_champion.asp)

You can also obtain a paper copy of the Nomination Form by contacting Caroline Souter:  
01224 523920  
[csouter@aberdeencity.gov.uk](mailto:csouter@aberdeencity.gov.uk)

Nominations have to be submitted by Friday 10 April 2015



## A Commonwealth Experience

I'm sure that we all enjoyed watching the fantastic Commonwealth Games that took place in Glasgow over the summer, and marvelled at the skills of the amazing athletes. One Seaton Resident, Murdo McCloud was lucky enough to get the opportunity to sample all the excitement first hand with an actual trip to the games. Murdo received free tickets from the Recreation and Education Department to attend the badminton event at the games and was awarded expenses from the Community Support Fund to help towards the cost of the trip.

Murdo took his granddaughter, Iona along with him to share the excitement of the

Commonwealth experience. The city was all hustle and bustle as Murdo and Iona made their way to the Emirates Stadium where the event was being held. The arena was packed as Murdo and Iona took their seats. The badminton match that they attended was a fast paced event between India and England. Murdo and Iona got into the Commonwealth spirit and joined in with the audience participation. An exciting and keenly played match followed with England coming out the victors. Iona and Murdo really enjoyed their memorable trip away and they even had time to say hello to Clyde the Commonwealth Games Mascot.



POETRY CORNER

# Smile

Smiling is infectious,  
you catch it like the flu  
When someone smiled at me today,  
I started smiling too...

I passed around the corner and  
someone saw my grin...  
When they smiled, I realised  
I'd passed it on to them...

I thought about my smile and then  
I realised its worth,  
a single smile like mine could travel  
right around the earth

So, if you feel a smile begin  
don't leave it undetected...  
Let's start an epidemic – quick,  
and get the world infected!

*Submitted by Murdoch*

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## Seaton Backies

The Seaton Backies Project are planning lots of work around the tenements in the area for the year 2015. Plans are underway at the moment but they need everyone to get involved. Consultation events will take place in the New Year and are open to everyone in the community to submit their views. There will be an all-day Planning for Real event at Seaton Community Project on the 7th of February. If you have any comments, questions or would like to get involved then email [seatonbackiesproject@gmail.com](mailto:seatonbackiesproject@gmail.com).



# Silver City Surfers @ Seaton every Monday!

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

Silver City Surfers help over 55s with learning how to use laptops or iPads (& other tablets). SCS teach older people how to browse the Internet and help them connect with friends and family online in a safe manner.

Our friendly and experienced computer tutors help people get the best out of their laptops & iPads (or other tablets). They teach you how to use the Internet with one-to-one tutoring sessions every Monday at Seaton, 11am-1pm.

**Come along to:  
The STAR flat,  
14a Seaton Drive  
Aberdeen**

These teaching sessions are free! Drop in any Monday for a chat or a teaching session. We can give you more details there. Take a friend. We look forward to seeing you!

On the second Monday of every month, Silver City Surfers present an information & motivational talk at Satrosphere Science Centre. Each month talks about a different aspect on using the internet or computing. Do come along.

To find out more visit our website [www.silvercitysurfers.co.uk](http://www.silvercitysurfers.co.uk) or call **07799 371329**.

Find us on Facebook and follow us on Twitter.



Seaton Park has played a major part in Aberdeen's Gold award triumph in this year's Royal Horticultural Society Britain in Bloom Awards with praise for the park coming from many quarters.

Although Seaton Park did really well in reaching the last four in the nationwide RHS Britain in Bloom Public Park awards, it was just pipped at the post by Roundhay Park, Leeds.

However, the park played a significant role in Aberdeen winning three gold awards in three categories - Horticulture Achievement, Community Participation and Environmental Responsibility. It was the 11th time Aberdeen has won the top prize in the city category of the UK-wide award campaign, now in its 50th year.

The efforts of volunteers in Seaton Park and Duthie Park were highlighted at the awards ceremony in Bristol.

Rodger Burnett, head of the RHS judging panel said: "I have judged Aberdeen before and I would say it had slipped a bit in recent years. Now it is back at the forefront and it is brilliant to see."

Mr Burnett, who visited Aberdeen with fellow judge, Jim Buttriss, a presenter on Gardener's World, said the city's parks had been particularly impressive.

He pointed out: "Certainly Seaton Park was one of the highlights and Duthie Park also shone through."

It was fitting that the judges finished their Aberdeen tour at Seaton Park which looked its very best - bathed in glorious sunshine. The judges spoke to Aberdeen City Council's gardening staff and visited a gazebo in which Friends of Seaton Park (FOSP) members had set up a pictorial record of its contribution to the park's wellbeing.

Ramsay Milne, one of the three city councillors for Tillydrone, Seaton and Old Aberdeen, enthused: "This is a first-class effort by Friends of Seaton Park and a great result for the city. Well done everyone."

However, Sheila Gordon, chair of Friends of Seaton Park, while gratefully accepting recognition for FOSP's efforts pointed out: "The person who should be getting all the plaudits is our head gardener Derek McKay who does

a magnificent job, helped by a rotating pool of assistants. Totally dedicated and unassuming, Derek is the jewel in the crown as far as Seaton Park is concerned."

A source close to the RHS told me: "For Seaton Park just to be nominated is a fantastic achievement when you consider the number of public parks which were considered. I do know that the judges were blown away by Seaton Park and could not praise it enough."



*Dear Hamish*

*Congratulations to all concerned  
The Silver gilt is a great  
accolade for Seaton Park. The  
Friends helped the City get the  
Gold award for the first time  
since 2006. I understand that  
the City awards was in no small  
measure due to the Seaton Park  
improvements which contributed  
to the whole City effort.*

*Best wishes*

*Cllr Ramsay Milne*









# Christmas and Beyond at Aberdeen Cyrenians

Christmas is coming and with the help of the North East community, Aberdeen Cyrenians would like to make it a very special one for their service users. Aberdeen Cyrenians' Christmas and Beyond Appeal is vital to the continued provision of its services, as well as funding the special extras they offer over the festive period. Aberdeen Cyrenians wants to ensure its service users can enjoy warmth, entertainment, good food and gifts, just like everybody else hopes for over the festive period.

There are a wide range of ways in which the local community can support Aberdeen Cyrenians this winter. You can support the Shoe

Box Appeal to provide service users with a Christmas gift, the

Rucksack Project supporting those who are sleeping rough to keep warm, purchase service user designed Christmas Cards to send to family and friends, make a financial donation or visit us at our Christmas events and stalls.

All Christmas details can be found on our website at [www.aberdeen-cyrenians.org](http://www.aberdeen-cyrenians.org). All donations can be dropped off at 62 Summer Street, Aberdeen, AB10 1SD. If you have any questions in regards to how you can help or donate please contact fundraising officer, Rachel, on **01224 625 732**.



*Santa's Little Helpers*

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## Regeneration Matters

**Regeneration Matters is a constituted group of community representatives from all the regeneration areas in Aberdeen City.**

The Regeneration Matters group have been meeting monthly since November 2006 in a central venue.

The group are eager to invite new members to join them. Their themed meetings have covered a number of topics over the year including Welfare Reform,

the impact of regeneration in communities, housing issues, alcohol and drug abuse and community safety, in other words, any topic that the group want more information about. The group also have the opportunity to share information about their communities and general awareness of any relevant issues is on the agenda. The group meet with staff from various relevant agencies and have an evening of discussion, where many questions are answered.

The group have attended visits to other regeneration areas in Scotland and undertake an annual review to decide on the issues they will cover over the coming year.

If you are from one of the regeneration areas and would like to be part of the group, come along to one of our meetings, find out for yourself if you would be interested in getting involved!

**Contact: Anne Knight –  
[aknight@aberdeencity.gov.uk](mailto:aknight@aberdeencity.gov.uk)  
or Tel: 523532.**

# Porridge

CHIEF OF SCOTIA'S FOOD  
*by P. Oats*

It can take a lifetime even for a Scot to learn to love it!  
Porridge on a cold winter morning – I suppose Northerners have been comforting themselves with porridge of one kind or another for centuries. And of course in the days before cornflakes, porridge was an important part of our childhood diet. Of course we didn't like it much, together with mince, stew, soup, boiled fish it was a thing to be endured rather than enjoyed. The only food we seemed to enjoy was ham and egg, sausages, kippers and especially cakes, chocolate and sweeties.

As cows munched hay we took our spoonfuls of porridge mechanically and because "it's good for you." We often wondered why are the things that are good for us the most unpleasant?

I had to spend a while in hospital in Aberdeen porridge was on the menu among other items every morning. I must say I enjoyed my first plate of Forresterhill Porridge. Now I have it nearly every morning. I never thought one day I would be singing the praises of porridge.



# ...>>> Seaton Park and Me <<<...</h1>



**Sheila Gordon, who was recently elected both chair and treasurer of Friends of Seaton Park, writes of her “hate/love” relationship with Seaton Park.**

I used to hate going to Seaton Park. That’s because it was a very different experience to what it is now. My secondary school was Aberdeen Academy which was situated in the centre of Aberdeen and therefore had no facilities for sports and games. So, one afternoon every week we would have to go on the bus to Seaton Park which the school used for sports facilities. There were a couple of run down wooden huts for changing and we would then be marched to the pitches where the girls would play hockey and the boys rugby. We certainly were not allowed near the formal gardens!

Not being very sporty, the whole experience was torture for me. My early memories of Seaton Park are of squelching around in boots that were too big for me. Even when it snowed we still had to go to the park and change into our games kit and were then marched around all the paths until we were thoroughly wet before being allowed to go home. In the summer term we had athletics instead of hockey and rugby. This did not hold the same horrors for me. The markings would be changed to running tracks and the part of the park

where Mr Therm is now was where field events were held. I had a small talent for the high jump so much preferred summer in the park to the winter months.

Fast forward a few years, I got married and moved to Old Aberdeen. An outing to Seaton Park became a firm favourite with my children. When the engine arrived and a play park was created in the 1970s, I re-acquainted myself with that area of the park as I watched my boys play happily. In the school holidays they would be joined by their cousins. A Council play initiative meant that there were often bouncy castles, stilts and toy cars in the park. Even when these delights were not around, there was (and still is) always somewhere to explore and every tree, rock and turn of the paths became a feature in whatever game they were playing at the time.

The flooding we see now is relatively recent and whilst inconvenient and smelly, anyone who has observed mums and children arriving after school to “feed the ducks” cannot fail to be reminded of their own childhood, or indeed their own children’s experiences of learning about the park. Children grow up and have their own pursuits and so I have graduated to leisurely strolls around the paths in the park and a seat in the formal gardens to enjoy the sunshine.

It was with much concern two year ago that I learnt of the possibility that the park could be “closed” or “abandoned” to save money. I was really glad that Dewi Morgan had arranged a meeting of friends of the park. Whilst I was happy to join the Friends of Seaton Park list when it was first started, I had too many other commitments to

become more involved. I was persuaded along to a committee meeting by Steph Kiltie where I found a very nice bunch of people very enthusiastic about ensuring Seaton Park was maintained and even improved for future generations. I found myself on the small organising group for Cakefest held earlier this year where we successfully raised over £800 on the day.

We hope to put this sum towards information boards which will be in the park showing the various walks, some wildlife to be found, more information about Mr Therm, some history, etc. We are a long way from the sum needed so every small donation is much appreciated and we plan on organising future fund raising events.

An open meeting in June 2014 saw some new members of the committee recruited and at the first meeting thereafter, I found myself as chairperson. Never having been a chairperson before, I am just finding my feet in this new experience. So far it has been an exciting time. Montgomery the dolphin meant we had many new visitors to the park this summer, several of them went on to see all the other delights the park has to offer. However, the greatest excitement came from the visit from the Britain in Bloom judges who were thrilled with the way the formal gardens in the park are looked after. The result of that visit is that I now know what it feels like to win a gold medal.

The newly formalised Scottish Rugby Academy and the laying out of a pitch brings the use of Seaton Park full circle for me. Thank goodness I don’t have to take part in the rugby wearing boots which are too big for me!

# ITCanHelp

**ITCanHelp is a network of volunteers that compliments other services that AbilityNet offers disabled people with IT needs. We have a well established team of volunteers all over the UK.**

Colin Crook has been volunteering for AbilityNets' volunteering programme, ITCanHelp for the last four years. When faced with crippling depression and anxiety back in 2010, he was recommended to consider volunteering. So he turned to what he knew best to aid his own recovery which was computing- fixing things and explaining things to others. He has been involved in ITCanHelp and another project run by AbilityNet, iT4C which helps charities in need of IT support. In the last five years Colin has also been involved in digital inclusion sessions, for silver surfers, and job seekers as well as branching out to work with a local charity, Beyonder which encourages and supports young people into apprenticeships.

Based in the Glasgow area, about a year ago Colin took over as the Area Organiser for the whole of Scotland. As Area

Organiser he was responsible for the development and maintenance of the network across the whole of Scotland- a complicated task with such a big area to cover.

This task is made even more complicated due to lack of volunteers across Scotland generally. While generally, Area Organisers might not be expected to take on a lot of client requests, Colin definitely bucks this trend and when his volunteers are unable to help, he will go above and beyond to try and help all our Scottish clients. In 2011 he won AbilityNets' Volunteer of the Year Award- no surprise when you read how committed he is to his clients.

Without people like Colin our service in Scotland would not be as strong as it is. We know from client feedback that the service we and our volunteers offer is highly valued and we need to develop it. In order to

this, we need more volunteers like Colin. We are looking for volunteers all over the country but in the North, particularly around Aberdeen we have a distinct shortage.

Don't worry, we don't ask or expect any of our volunteers to go on epic trips as Colin has - we are simply looking for committed people with IT knowledge and expertise who are able to volunteer in their local area. We are happy to accept applications from people over the age of 18, with or without disabilities.

If you are interested and want to find out more about volunteering with us please call 0800 269 545 (Mon-Fri 9-5pm) and ask to speak to Kim Dolman or Claire Millross, email [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk) or look at our website [www.abilitynet.org.uk/volunteering](http://www.abilitynet.org.uk/volunteering). You can also fill in an application form online if you would like to volunteer with us.



## CALLING ALL MCS AND RAPPERS, ASPIRING BEAT-MAKERS AND MUSIC PRODUCERS!

shmuSOUND is looking for young people aged 14-25 to join our Hip Hop project. The project will start in October 2014 and run until August 2015. Consisting of weekly workshops on beat-making, production, lyricism and gig promotion, the sessions will be run by well-known experienced artists from all over Scotland. Participants will also

have the opportunity to record their music in our studio and work on material and performance skills at the project's regular open mic sessions.

If you are interested and would like to find out more about the project contact Simon Gall on 01224 515013 or email [simon.gall@shmu.org.uk](mailto:simon.gall@shmu.org.uk)

## YOUTH MEDIA

SHMU Youth Media Taster sessions took place between 20th-24th October where young people of academy age got the opportunity to try radio presenting, film making, music production and magazine production/journalism.

If you live in the shmu target areas of Northfield, Cummings Park, Middlefield, Woodside, Tillydrone, Seaton or Torry and want to try some media training then get in touch with Denise on 01224 515013 or [denise@shmu.org.uk](mailto:denise@shmu.org.uk).

This new project builds on the success of the pilot Youth Radio Project (YRP), which has already supported young people to broadcast regular live radio programmes across the city on the shmuFM community radio station. The young people will be given comprehensive support and training, combined with involvement in all stages of preparation for the broadcast. The 'live' aspect is an exciting element for the participants, while also offering significant challenges which can only be overcome through confidence, good communication, dedication and group work, arming the young people with a wide range of new skills.

Murray Dawson, CEO of shmu said: 'This is an exciting and dynamic project with huge potential



to enhance the lives of young people from our regenerations communities and beyond, where the participants themselves are given a platform to voice their views on their own terms and subject matter. We are really looking forward to guiding them in shaping their own futures into something positive, rewarding and inspirational.'

*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.*





# Love and Labels: The allure of Aberdeen's Botanic Garden

~ By Colette Jones ~

*FCBG Management Committee Member*

**A** professor, curator and gardener met with heartfelt anxiety for a botanic garden that had been nurtured for 84 years. As 1982 drew to a close and budgets were squeezed the threesome set about gathering garden friends. Seventy-one friends of the Cruickshank Botanic Garden attended the first annual meeting in 1983. The garden did not become a car park between Cruickshank and Zoology building. It lost plant order beds, one gardener and a cactus collection but survived as a living gem set in Old Aberdeen. The 'Friends' became a charity in 1984 and today has over 300 members. Affection shown by the first friends is now matched by University sentiment to support the garden.

Anyone can visit the Botanic Garden for free and enjoy its collection of plants, but many residents of Aberdeen do not know the garden is there. Cruickshank Botanic Garden is bounded by a high wall on

St Machar Drive, the Zoology citadel on Tillydrone Avenue, cobblestoned Tillydrone Road at the back of Seaton Park and a scatter of grand houses along the Chanonry. It is no wonder that first-time visitors move hesitantly between buildings, along unpromising paths before they are reassured by the sight of a trim lawn and labels naming the plants.

The Cruickshank Botanic Garden educates, inspires and accommodates individual passions for trees, intriguing plant species and beautiful flowers. This love of garden plants is encouraged by communal activities of the 'Friends', including: a quarterly newsletter, workshops, excursions, illustrated evening talks, garden tours and plant sales. The Friends' generosity and zeal to attract sponsors have provided: a Cruickshank Botanic Garden leaflet which is now in its third edition. The 44-page garden guide, a summerhouse, peat walls, seats, fertiliser, signs, a

leaf blower, glasshouse, books, plants, water supply, microwave, the centenary 'Tree of Life' sculpture, greetings cards, repairs to the iron gate, calendars and mugs. The 'Friends' paid for a summer student gardener and now finance a 12-month horticultural traineeship.

The Garden History Society visiting Cruickshank Botanic Garden in 1984 could not see their way through the east coast haar and 'Friends' could not see the snowdrops at Cambo in February 2005 because of the snow. The small group that came together in 1982, however, had the vision to see the virtues of the Botanic Garden founded in 1898 with a bequest from Anne Cruickshank. The Garden is an emerald asset, a focus for affection, peopled by skilled staff, volunteers, Eden émigrés and good friends. There is so much to enjoy over the years and through the seasons: the science, beauty, being and growing in a palace of plants with love and labels.



# 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 765 220**  
Emergency Out-Of-Hours **01224 693 936**

## Young Carers

Support & Information Service **01224 625 009**

## Water

Scottish Water Emergency **0845 600 8855**

### **Include 01224 Dialling Code When Calling from a Landline.**

From 1 October 2014, people in Aberdeen will need to include the area code whenever they dial a local number from a landline – in the same way people currently do when calling from mobile phones.