

# seatonscene

Winter 2018



## In this issue:

COMMUNITY CHURCH  
ILL- HEALTH IN SEATON  
SEATON NEWS

Cover image - Erskine Logan

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



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## Seaton Learning 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 Seaton Community Church, Friends of Seaton Park and your local policing team.

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 01224 515013 or email our editorial co-ordinator 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.

Editorial team: Hamish Mackay, Wendy Laing, Murdoch MacLeod and Alan Parker.

Meetings are held at the STAR Flat at 14A Seaton Drive on Fridays at 12.30pm and you are very welcome to attend in what is a very informal setting. The dates for the next meeting have not been set yet but keep an eye out on our Facebook page for more information.

## Seaton Community Centre Key Contact Information

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Supported by





David Lamont, Sarah Daly,  
Ulrik Western-Jensen, Aine Lovedale, Suki Mills



# National Lottery funding for local groups

## National Lottery appeals for projects to fund in Aberdeen

Are you part of a constituted group benefiting people in Seaton? Are you looking for funding for a community project? If so, Big Lottery Fund Funding Officer David Lamont wants to hear from you.

David says: "The Big Lottery Fund awards National Lottery funding across Scotland to enable local groups to bring people together and to help their communities to thrive.

"Recently we set up a Northeast Scotland area team to help us get to know what is happening locally and then make more informed and better funding decisions.

"Aberdeen, unsurprisingly, is at the heart of the work of this new team. I am delighted to be the local funding officer. I've worked for the Big Lottery Fund for many years supporting projects across Scotland and always had an affinity for the Granite City. I'm approachable and I hope being more visible means local groups will get in touch to talk about how they can access our National Lottery funding."

### So, what can you apply for?

Most community groups will be interested in our National Lottery Awards for All programme which provides small grants of up to £10k. Small groups with

low turnover are particularly welcome to apply.

We want to support applications that come from communities themselves, so groups need to make sure local people are involved in the development, design and delivery of your activity. We call this our 'People Led' approach.

We are keen to encourage applications in Aberdeen to our Community Led programme. This is a flexible fund available to support local groups with open membership and offers a minimum of three years' funding, from £50k to £150k to support development of groups and the services they offer to improve the wellbeing of their community.

You'll find information on all funding for community groups on our website: [www.biglotteryfund.org.uk/funding](http://www.biglotteryfund.org.uk/funding).

If you want to know more please get in touch, we're always happy to have an informal chat if you need more information. You can call us on **0300 123 7110** or email [advicescotland@biglotteryfund.org.uk](mailto:advicescotland@biglotteryfund.org.uk)

Sunnybank Community Centre Association received £101,864 from our Community Led fund to deliver a wide range of health and wellbeing classes

for the whole community including English language classes, arts and craft activities, computing classes, yoga, dance classes and much, much more!

In the Woodside area of Aberdeen, the Fersands and Fountain Community Project received a National Lottery Awards for All grant of £9,764 to run a school holiday programme for young people aged 12 to 18. These young people will go on to plan and deliver their own mini gala events for the wider community.

Create Aberdeen received a National Lottery Awards for All grant of £4,236 to expand their Rebound Therapy pilot project for adults with additional support needs from across Aberdeen. The project uses trampoline activities to improve peoples' health, wellbeing and skills.

Across Aberdeen, an award of £60,000 to Plusone Mentoring is bringing young people aged 8 to 14 together to become peer mentors or to benefit from the support that peer mentoring can provide. This Improving Lives grant will fund a wide range of social activities that allow this mentoring relationship to develop.



## Seaton Community Church plans two new buildings in School Road

**A former Aberdeen City Council building services depot in School Road is being transferred to Seaton Community Church (SCC) as part of its plans for two new buildings to facilitate a major expansion of its activities.**

As well as replacing the redundant building on the depot site with a purpose-built facility, the church will also demolish the existing “Huttie” building and replace it with a new fit-for-purpose community facility.

The church, a Scottish Charitable Incorporated Organisation, currently operates from the “Huttie” and also uses facilities at Seaton Primary School and Seaton Community Centre.

The major expansion programme has been enabled by Aberdeen City Council’s City Growth and Resources Committee agreeing a Community Asset Transfer (CAT) for the two adjacent Seaton sites.

Seaton Community Church’s current activities include tackling loneliness, promoting parenting and life skills, and encouraging children to exercise, as well as

helping run a hot meals service during school holidays.

The city council’s committee convener and the council’s co-leader, Councillor Douglas Lumsden, told Seaton Scene: “The Seaton Community Church is already working closely with the city council to improve the quality of life for residents in Seaton and Linksfield.

“A number of its current projects and those that are planned meet the objectives of the Local Outcome Improvement Plan - a shared vision of Aberdeen as a place where everyone can prosper.

“By using surplus city council assets in new ways and supporting the goals of partners such as the Seaton Community Church, we can make a real and lasting difference to people across the city.”

Pastor Barry Douglas, who leads the SCC, said: “We are delighted at the news and very grateful to Aberdeen City Council for their vision and support. We already run a number of programmes in Seaton and are looking forward to

being able to organise and partner with groups across the city to help run even more activities for the people of Seaton.”

The Seaton Scene editorial team spoke to members of the SCC’s Coffee and Chat group which meet on a Thursday morning who were all really excited about the opportunity for them to have their own space.

Ashleigh said: “It can be overwhelming in a cramped small space, so it will be good to have more room. My little one has grown a lot of confidence with this group. He’s a social little guy and it’s because of his group.”

Roz and Iona added: “We’re a welcoming group but it’ll be so much more welcoming for new people to have a lovely new space to come and join us. We’re also excited for a warm toilet!”

Anne said: “In some ways I’ll be sad to say goodbye to this building, but the new building will be much more pleasant and it will be great to have our own surroundings.”



# Two mooted building projects will give Seaton a surfeit of community centres

**Hamish Mackay**

**Seaton and Linkfield, for years starved of modern and adequately staffed community centre facilities, is on course to have THREE - plus the STAR Community Flat.**

This scenario arises from the Aberdeen Muslim community announcing it will build a state-of-the-art mosque on a greenfield site near to the Shell filling station at the junction of King Street and the Beach Boulevard while the Seaton Community Church announced plans to build a church on the site of the former city council depot and The Huttie in School Road.

Both projects will feature community centres which, in the past across the city, have been devised as a sweetener to obtain planning permission for the principal building.

Seaton and Linkfield are already served by the large Seaton Community Centre (SCC) which was a new build as part of the major refurbishment Seaton Primary School. The primary school upgrading was part of the

3Rs Board remit which delivered ten new schools for Aberdeen.

In public meetings to herald the primary school modernisation, local community leaders put up a comprehensive case for a new community centre attached to the primary school and informed lobbying eventually won the day. The Seaton development also included a new sub-station for Grampian Police, now Police Scotland, and an all-weather sports pitch which is used by the Seaton Primary School pupils - primarily for football.

The Seaton Community Church, led by Pastor Barry Douglas, is already well established in Seaton and Linkfield, running a number of programmes and mainly operating from The Huttie, but also using the community centre and the primary school building. It aims to organise and partner with groups across the city.

Seaton also has the STAR Flat which offers various facilities to the public including a small room for meetings.

## Cash in Your Pocket puts cash in mum's Pocket!

The winner of Cash in Your Pocket's Prize draw which ran over the summer was Beth Sinclair, from StMachar Drive. Beth entered the draw at Sunnybank Gala, where she also took advantage of opening a St Machar Credit Union Junior Savings Account for her daughter Josie, as part of a joint promotion offering free £5 of savings. With entries from people across the City, Beth was delighted to hear her name had been chosen as winner of a £25 Tesco gift card. She said: "It'll come in very handy, perfect timing for Christmas!"

To let people know about the help we can provide in Seaton and surrounding areas, Cash in Your Pocket (CIYP) recently spent a day at Old Machar Medical Practice on King Street. We made contact with over 50 people, dealing with all kinds of enquiries including: help to get gas supply reconnected, finding reliable tradesmen and getting a benefits check. Thanks to practice manager, Fiona Paterson and the practice team, the day provided a great opportunity for patients to find out about the help CIYP can provide to patients and their families.

Cash in Your Pocket help people in need to access the right support and advice to improve their finances. We do this by providing a single point of contact and can refer you on to the most appropriate organisation(s) to get the help you need.

**For information or advice contact us on Freephone 0800 950 4330, follow us on Facebook or visit [www.ciyp.co.uk](http://www.ciyp.co.uk)**



### Jack Frost visits Seaton Park and calls on his friends in nature to mix a palette and coat the trees

Virtually unnoticed and stealthily Jack Frost crept into Seaton Park on the last day of October and gave his dusting of glistening white on the Formal Garden gave Leanne Leelee Philip this stunning photograph. The red blooms in the flower beds contrasted with the dusting of white and the trees on three sides displayed the most lovely of autumn hues - varying shades of green and purple, and an occasional sliver of brown.



## Seaton Park sparkles as Aberdeen wins two top UK awards

**Hamish Mackay**

Seaton Park shone as one of the “jewel in the crown” parks as Aberdeen struck gold by winning the top city in the UK category in the Royal Horticulture Society’s (RHS) annual Britain in Bloom awards.

And a great night for the Granite City at the awards ceremony in Belfast was bolstered by recognition for its splendid work in nurturing community and school groups being chosen for the judges’ discretionary award for Growing Communities. Discretionary awards are given to finalists that demonstrated genuine excellence in specific areas.

Aberdeen won the City category with its horticultural delights, according to the judges, including its “jewel in the crown” parks, “beautiful and poignant” hospital roof garden (at Aberdeen Royal Infirmary) and wildlife areas.

Scotland’s community gardeners took home four top prizes and five gold medals. Aberdeen,

Perth, Falkirk, Linlithgow and East Haven in Angus having battled what the judges declared the toughest year on record with communities nationwide fighting to keep the blooms alive. Finalists are judged on their horticultural achievement, community participation and environmental responsibility.

Aberdeen’s Lord Provost Barney Crockett (pictured above, left, with the judges) told Seaton Scene: “It is fantastic for Aberdeen to win best City in Britain in Bloom. The award is a testament to all the hard work and effort put in not just over the last year but for the last few years.

“Well done to everyone who contributed - from Aberdeen City Council environmental services staff who look after our parks, gardens and open spaces, to all the community groups and partners involved in making our city a beautifully blooming place to live and work.”

Darren Share, chair of the judges,

said: “This year’s finalists faced the most challenging conditions the competition has ever seen with much of the country under snow and ice at the start of Spring followed by the joint-hottest summer on record. That so many groups have walked away with top medals is remarkable and a reflection of community work, ingenuity and horticultural know-how.”

Derek Robertson, chief executive of Keep Scotland Beautiful, said: “We, in partnership with the RHS, has supported the work of these communities and the many others like them, for decades. Their hard work - raising horticultural standards, focusing on sustainability and reaching out to their communities - has had a positive impact on all who live in these locations.”

**The full results for RHS Britain in Bloom 2018 are here: [www.rhs.org.uk/bloomawards2018](http://www.rhs.org.uk/bloomawards2018) and you can read more about Scotland’s successes here: [www.keeptoscotlandbeautiful.org/RHSBritaininBloom](http://www.keeptoscotlandbeautiful.org/RHSBritaininBloom)**



# Be-Cycle event a big hit in Seaton Park

Seaton Park hosted a pop-up event in October - a partnership between Be-Cycle, Sport Aberdeen and Assisted Cycling, and its success means there is the strong possibility of such events coming to the Park in 2019.

Friends of Seaton Park (FOSP) chair Sheila Gordon said: "We had been contacted some time ago to ask if they could use the Park but by the time all the necessary permissions were granted, there was not much time for pre-publicity. Luckily, it was a lovely day and lots of people out and about and interested in the different kind of bikes. Hopefully we will be able to let everyone have more notice of such events in the future."

The bikes were based near the ornamental fountain and anyone could use them to cycle along the low-level path. The path offers the opportunity for novice cyclists to have a safe trial to find the best bike for them.

The bikes are housed and used in a hall in Inverurie. Using them outside is much more preferable for enhancing health but finding suitable venues is currently being worked upon. There are various challenges connected with this project, so partnerships are still being developed and meetings ongoing with relevant parties. There should be news of the progress being made early next year.

## Top awards for our gardening groups

Friends of Seaton Park (FOSP) has again been classified as "Outstanding" in Keep Scotland Beautiful's (KSB) annual "It's Your Neighbourhood" (IYN) campaign... and Seaton's fledgling Lord Hay's Court Gardeners group also features among the merit awards. FOSP's chair Sheila Gordon and secretary Mary Middleton travelled to Stirling to KSB's annual seminar to collect the "Outstanding" certificate. And it was a day of double celebration as FOSP was also awarded a "Certificate of Distinction".

This certificate of distinction recognises groups which have consistently grown and improved over the years of taking part in the IYN campaign. To be eligible, a group must have participated in the campaign for at least four years and achieved the "Outstanding" level 5 category in the current year or moved up at least two levels since first entering.

FoSP qualifies because it has taken part for four years and for three out of those four years has achieved an "Outstanding" award.

Lord Hay's Court Gardeners group in Seaton, whose early success story as an exciting community-based venture has featured in the last two issues of Seaton Scene, qualified for a certificate in the Level 3 - "Advancing" category.

Photo: Sheila Gordon





# Ill-health remains a major life and death in Seaton

**Jon Hebditch reports that new figures have revealed that the life expectancy rate for men in Seaton is 15 years less than, for example, in Mannofield. This devastating statistic comes at a time when regeneration is steadily improving Seaton as a place to live in by leaps and bounds**

Shock new figures have revealed a 15-year life expectancy gap between Aberdeen communities less than five miles apart.

The life expectancy rate for men in Seaton is 69 – but just across the city in Mannofield, men can expect to live to over 84.

City council officers have provided figures collated using death data captured over the years 2014 to 2016 – the latest available.

Male life expectancy in poorer areas of the city is often more than 10 years less, with these latest findings also showing that a Woodside man will die around 12 years before a man in Cults.

Female figures are more equal but still show large gaps.

Life expectancy is often linked to poverty, with poorer areas less likely to sell healthy food and have sports and exercise facilities. Poorer areas also usually have higher rates of drug and alcohol abuse, which can lead to earlier deaths through overdoses or long-term health effects.

The shock findings come after a new economic report released painted a relatively optimistic picture of the future of the city's finances.

But council co-leader Councillor Jenny Laing said that in the past the rewards of the city's dominant oil and gas industry had not always been equally shared among Aberdeen's residents.

She said: "We must recognise that the city's economic success has not necessarily benefited everyone living here.

"What we have seen over the past 50 years is great economic

buoyancy, but it hasn't been spread in an even way.

"What we need to do is bring inward investment in, so all our communities are benefitting."

Councillor Martin Greig, whose ward covers Mannofield, said more must be done to address the imbalance and claimed there was a "chilling" complacency about the stats.

"There is a growing division between the haves and have nots," he added. "There is a lack of any action or solution to offer help and solutions. We should be doing what we can to become a city that believes in fairness and that is at ease with itself."

Councillor Alex McLellan, who represents Seaton, said: "These figures are a vital reminder that while many in our city have benefited from the natural resources off our coast, too many people, families and communities have been left behind.





## feature of

“The council has a key role to play in trying to bridge the poverty gap but with an austerity-driven UK Government consistently hammering the poorest in society, that challenge grows ever greater.”

The economic report released last week predicted that life expectancy will continue to rise.

It reads: “Like the rest of the UK and Scotland, the north- east is projected to have an increasingly ageing population in future decades. The number of people living in Scotland of pension age and over is projected to rise by 25.1% by 2041. In Aberdeen this rise is projected to be 12.5%, while in Aberdeenshire it is projected to be 28.7%”

Earlier this year, it emerged that many were still reliant on foodbanks in the city with scores in operation.

In a leaflet about Universal Credit, the city council has listed 20

organisations where free food parcels can be picked up.

Hilton, Woodside and Stockethill SNP councillor Neil Copland said he feared matters could become worse with the roll-out of the controversial Universal Credit benefits system. But he praised local organisations for helping out.

He said: “If these numbers are correct then I think it is shocking there is a 15-year life expectancy gap between some of our richest and poorest areas. What my constituents have told me is that they are worried that Universal Credit is going to make things even harder.

“We have this reputation as a prosperous city, but we have some serious problems.”

***\* This disturbing report by staff reporter Jon Hebditch first appeared in the Press and Journal which has given us kind permission to reproduce it.***

## Really a matter of life and death

In an editorial, the P&J points out that Aberdeen has again made the top 10 of a list of the best place to live and work in the whole of the UK.

But it continues: “Figures we publish today though show that a quick scratch beneath that veneer of success reveals a patchier pattern. That residents of one area can expect to die a full 15 years before others just a short hop away should make everyone sit up and think.

“Recent health data is equally startling - within the city boundaries some children are, already at birth, considered twice as likely to become obese as others.

“The Granite City is not by any means unique - similar patterns of stark inequality are to be found within other communities. Nor is this a new problem - the issue of rich and poor living side by side and a widening gap between them was being reported in these pages 100 years ago.

“But neither fact makes the need to do something about it any less urgent. Much work has been done to try to understand better what creates such vast chasms between neighbourhoods. More is needed to translate those academic exercises into closing them.

“It really is a matter of life and death”

## Chinese takeaway is on the market

The Chinese takeaway in King Street - next door to the Shalimar Tandoori - has closed and is up for sale.

The closure means that there are now three vacant business premises in this part of Seaton - the Chinese Takeaway, the former Seaton Bar and the former Ladbroke's betting shop.

### Major refurb for the Brig O'Don

The Brig O'Don Pub & Grill at 739 King Street - next door to Lidl - has undergone a major refurbishment which includes removing the former high partitions in the restaurant

The exterior has been repainted and an array of flower tubs and other horticultural features have been introduced to give a splendid colour display in the forecourt.

The Pub & Grill is owned by the giant Greene King conglomerate and is the most northerly of the Eating Inn concepts.

## Shuttle bus is good news for hospital trips

Seaton and Linkfield folk have the opportunity to use a speedy free shuttle bus service to reach and return from Aberdeen's three main hospitals - Aberdeen Royal Infirmary (ARI), Woodend Hospital and Cornhill.

Changes in First Bus services has meant patients from Seaton and Linkfield currently need to take two buses to reach these three hospitals. The shuttle bus service is run by NHS Grampian and operates from the Health Village in Frederick Street.

The timetable is subject to change but the first shuttle bus runs from 6.40am and the

service runs through the day until 6.15pm. Although times may vary during traffic the service can often complete the Frederick Street - ARI run in less than 15 minutes.

As the timetable is quite complex it has not proved possible to reproduce it here. Potential passengers should call in to the Health Village in Frederick Street and request a copy of the timetable from the reception staff.

The shuttle bus timetable is relatively limited but does provide a basic service and is a bit of a Godsend for people from Seaton and Linkfield.

## East End FC lie second in Super league

Seaton and Linkfield's Scottish junior football team - East End FC, had made an excellent start to the new season in the McBookie.com Super league after winning promotion from the North First Division (East) league title last season without losing a match.

Seaton Scene draws its information from the period up to Friday, November 10 in which the club lies second in the Super league on 16 points having played nine matches and scored 12 goals and lost 12 goals.

The New Advocates Park side had lost only one match - to

unbeaten Banks O'Dee, which had played only five matches with a goal difference of 34-5 and was joint third on 15 points with Nairn St Ninian.

East End showed more erratic form in cup competitions losing out to Dufftown in the second round of the North Regional Cup but reached the third round of the Scottish Junior Cup before losing out to Dundee North End.

Montrose Roselea, which had played eight matches, topped the league on November 10 with 20 points and a 22-7 goal difference.





# MCR PATHWAYS

**“My mentor tells me that I am good enough. She makes me believe in myself as well. That alone makes me feel more confident. I haven’t had a lot of times where someone tells me that I’m good enough or ‘you can do it’,” Shannon, MCR mentored young person.**

At MCR Pathways, we know that all young people are brilliant and talented. However, Aberdeen is care-experienced and disadvantaged young people face challenges beyond their control that make it more difficult for them to succeed. These young people are in our community but we don’t always see their struggles.

Our vision is that every young person in Aberdeen gets the same education outcomes, career

opportunities and life chances as every other young person, no matter their home circumstances.

And we need your help to make this happen.

We recruit and train volunteer mentors who are matched with a young person based on personality, interests and career aspirations. Mentors meet with their young person at their school for just one hour a week and provide a compassionate, listening ear. Our mentors come from all walks of life but what they share in common is their desire to help Aberdeen’s young people.

One of our mentors, John Hetherington, said: “I have a young family and I felt mentoring would help me understand some of the things they may encounter. It has

opened my eyes and will definitely help me to relate to my own children better.

Through meeting each week, mentors and young people create a supportive relationship. It’s this relationship that makes the difference.

Our most vulnerable young people need our help. When they fall, their mentor is the hand up. When they succeed, their mentor is the loudest clap, and years from now when they look back, their mentor is the face that shines bright.

**Can you #GiveAnHour and mentor a young person? Sign up today at [mcrpathways.org/get-involved/](https://mcrpathways.org/get-involved/) or contact Roxanne Card at [roxanne.card@mcrpathways.org](mailto:roxanne.card@mcrpathways.org) or 01224 492855.**

## Cuckooing: Police Scotland Needs Your Help To Identify People at Risk From Drug Dealers

Police Scotland are launching a new initiative in Aberdeen to identify persons who, through no fault of their own, fall victim to Organised Crime Groups as a result of cuckooing.

‘Cuckooing’ is a term used to describe someone having their home taken by an Organised Crime Group for the purposes of utilising the premises in the course of criminality, particularly for drugs. The term ‘cuckooing’ is taken from the Cuckoo bird who invades the nests of other birds and utilises it for its own purposes. This activity is a blight on our communities and brings with it significant harm to many.

It is known that individuals involved in serious organised crime gangs from areas such as Liverpool, West Midlands and London travel

to other parts of the country, including Aberdeen.

These individuals will then take over the property to assist with their illegal operation, be it for storing or dealing drugs. This is often achieved through the use of threats and actual violence towards the occupants or their loved ones.

We are seeking your help to help identify where cuckooing is happening. Some signs that could indicate this are:

- Other people being in the house, especially non-locals.
- New associates and increased visitors throughout the day and night.
- Increased or unusually high number of vehicles outside the property - including taxis or

hire cars – registration plates are always helpful.

- Bags of clothing or extra bedding in people’s homes.
- Increase in antisocial behaviour – examples include a build-up of rubbish in communal areas, increased noise and evidence of drug misuse.
- Barricades within the address, including weapons.

**If you have any information on cuckooing or drug dealing in your area or know someone who you have concerns maybe a victim of cuckooing, you can contact Police directly on 101 or anonymously by calling Crimestoppers on 0800 555 111. All information will be treated with confidence.**

### LOCAL COUNCILLORS

**Councillors Alexander McLellan and Jim Noble hold a joint surgery on the first Friday of the month at Seaton Community Centre at 12pm. If you can’t attend their surgeries you can call them on 01224 346633/01224 522051 or email [amclellan@aberdeencity.gov.uk](mailto:amclellan@aberdeencity.gov.uk) or [jimnoble@aberdeencity.gov.uk](mailto:jimnoble@aberdeencity.gov.uk).**

**Councillor Ross Grant does not hold a surgery in Seaton but can be reached on 01224 346621**

**Or email [rossgrant@aberdeencity.gov.uk](mailto:rossgrant@aberdeencity.gov.uk).**



# Kirsty Blackman

## Kirsty's Political Career

**Kirsty Blackman was elected as MP for Aberdeen North in 2015 and holds two leading positions for the SNP Group in the House of Commons.**

She has been both SNP deputy leader and spokesperson for Economics since June 2017. She also sits on the European Statutory Instruments Committee.

Kirsty, 33, (nee West) who was educated at Robert Gordon's College, Aberdeen, after winning a scholarship, first entered politics in 2007 when she won the Hilton/Stockethill ward in the Aberdeen City Council election and was re-elected in 2012 and became convener of the SNP Group on Aberdeen City Council.

Switching her attention to UK politics at Westminster at the 2015 general election, she succeeded the late Frank Doran, who had stood down, and won the Aberdeen North seat with 24,793 votes - 13,396 more than the Labour candidate Richard Baker.

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## Our local MP sings the praises of the STAR Community Flat

*Kirsty Blackman*

I am delighted to contribute to this issue of Seaton Scene. I am a proud, born-and-bred Aberdonian who has studied and worked in the local area my entire life.

My role as your MP sees me based in London most weeks -

from Monday to Thursday, attending and speaking in debates and holding meetings with businesses and organisations.

Friday is generally spent out and about in my Aberdeen North constituency. This involves visiting local businesses, organisations, and charities, and holding regular surgeries to provide my constituents with the opportunity to raise a wide range of issues - such as housing, local issues, immigration and state benefits.

During a recent visit to the STAR Community Flat, I met with staff and volunteers to learn about the activities at the project and any campaigns being run and spoke to local residents who raised some issues - particularly around housing - which I took away with me to look into further.

It was great to see the flat's sensory room and to learn how well it is used. The STAR flat is an amazing community-led project that is doing outstanding work in the Seaton and Linksfield area.

In an effort to help with the demand placed on the local foodbanks, my office at 46 John Street, Aberdeen (Monday-Thursday 10am-5pm



and Friday 10am-4pm) will act as a collection point throughout this coming winter, and folk are welcome to drop-off any donations.

If you can spare a can or other non-perishable items this winter, feel free to pop into my office to drop off items. Alternatively, you can donate directly to your local area foodbanks - either Instant Neighbour, 5 St Machar Drive, Aberdeen (Monday-Friday: 9.30am-4pm; and Saturday: 9am-1pm) or Aberdeen North Foodbank, 10 Urquhart Road, Aberdeen (Tel: 01224 651000).

I am always happy to hear from you, so please do not hesitate to get in touch via my office (details below). Finally, I want to give all residents my best wishes for the holiday season and for the forthcoming year!

**\*Kirsty's office: 46 John Street, Aberdeen AB25 1LL. Tel: 01224 633285. Text: 07464606650. Email: [Kirsty.Blackman.mp@parliament.uk](mailto:Kirsty.Blackman.mp@parliament.uk)**

## Seaton Speaks on shmuFM

Did you know that shmuFM hosts a show dedicated to all things Seaton every Monday between 10 and 11am?

We're always looking for information to share and people to come and be guests on the show! We also offer free radio training for anyone who would like to come and volunteer with us – it's a great way to share a positive message about your community as well as building on your confidence, learning new skills and meeting some great people along the way.

If you would like to know more email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) or give her a call on 01224 515013.



## Upcoming Fundraising Events

As regular reads of the Seaton Scene will know the shmuCREW are currently fundraising for money to move back to our Woodside building.

At the time of print we had raised around £4,500 and have several fundraising events coming up.

A night of Soul Music with shmuFM's very own Whole lotta Soul hosts, Eddie and Acky on Saturday the 1st of December at shmu. Tickets cost £5 and include a raffle strip.

Christmas themed Rock 'n' Roll Bingo on Tuesday the 18th of December at shmu. Tickets cost £6.

All tickets are available from shmu (202 Ashgrove Road West) or by emailing Frieda on [frieda.strachan@shmu.org.uk](mailto:frieda.strachan@shmu.org.uk). They are also available online by visiting our BT My Donate page:

[mydonate.bt.com/charities/shmu](http://mydonate.bt.com/charities/shmu) and clicking on the event you would like to attend.

We would love to see you along at any of these events. The money raised will go towards ensuring the best experience possible for our volunteers, programme participants and visitors to our studios. There is still a long way to go before our efforts are done!

Thank you so much to everyone who has helped us Pave the Way to Woodside by donating, attending events and organising their own! If you would like to hold your own fundraiser, or want to chat about a fundraising idea you have, get in touch with Frieda to get one of our fundraising starter packs! [frieda.strachan@shmu.org.uk](mailto:frieda.strachan@shmu.org.uk) or 01224 515013 for more info!



# Give Your Family a Healthy Start!

Healthy Start is a UK wide scheme that provides pregnant women and children under 4 in low income families who receive certain benefits an opportunity to access vitamins\* and vouchers that assist to buy cow's milk, fresh or frozen fruit and vegetables, and first stage infant formula.

NHS Grampian Health Improvement Team are currently working hard to increase the uptake of the Healthy Start Voucher Scheme. Public Health are working hard with midwives, health visitors and any other person or establishment that work with pregnant mothers or families with children under the age of four years to encourage them to claim for Healthy Start.

To qualify for Healthy Start you must be pregnant or have children under 4 years of age and in receipt of the following benefits:

Income support OR  
Income-based Jobseeker's allowance OR  
Income related Employment and Support Allowance OR

Child Tax Credit (with a family income of £16,190 or less per year)

Universal Credit (with a family take home pay of £408 or less per month)

If you are under 18 and pregnant, even if you do not receive the above benefits, you qualify for Healthy Start.

You can pick up your Healthy Start forms from your local GP surgery, the Department for Work and Pension, or you can download and print the form from [www.nhsgrampian.org/healthy-start](http://www.nhsgrampian.org/healthy-start) and send to the freepost address advertised on the NHS page. Your form must be countersigned by a midwife or health visitor or practice nurse prior to sending. For more information and to check whether you qualify for Healthy Start please visit our local Healthy Start page at [www.nhsgrampian.org/healthy-start](http://www.nhsgrampian.org/healthy-start)

***\*every pregnant mum in Grampian is entitled to free vitamins throughout their pregnancy***

## Arts and Crafts at the STAR Flat

The arts and crafts group at the STAR Flat are looking for new members to join them. The group meets between 10am and 12pm every Thursday. You don't need any previous experience, just come along and have fun!

## Stella's Voice

Stella's Voice is a charity which protects the world's most vulnerable people from traffickers. Their vision are young people are no longer at risk of being trafficked because they have sustainable employment and a safe, secure future filled with hope.

The young people come to the charity when they age-out of the state-run orphanage system. Stella's Voice's homes provide them with safety and shelter, provision for their needs and all within a caring, family environment. This removes them from the vulnerability and danger of being trafficked.

They also provide assistance with education, whether that's tuition, finances and other resources to ensure each person in their care progresses through the education system from secondary school, right through to college or university.



# Community Contacts

## Alcohol

Alcoholics Anonymous 0800 9177 650  
Drinkline 0300 123 1110

## Crime

Crimestoppers 0800 555 111

## Drugs

Drugs Action Helpline 01224 594700

## Dentist

Emergency - G-Dens 111

## Doctors

NHS 24 Emergency 111

## Electricity

If you have a power-cut 105

## Family Planning

Aberdeen Community Health and Care Village 0345 337 9900

## Gas

Gas Emergency 0800 111 999  
Gas emergency with a meter 0845 606 6766

## Housing

Emergency Repairs 01224 219 282  
Call Centre Emergency 0845 608 0929 or 116 123

## Police

Non-emergency 101

## Samaritans

Need to talk 01224 574 488 or 116 123

## Social Work

Social Work Duty Team 0800 7315520  
Emergency Out-Of-Hours 01224 693936

## Young Carers

01224 212021

## Water

Scottish Water Emergency 0800 0778 778

## CFINE

01224 596156

Home-Start 01224 693545

Pathways 01224 682 939

Cash in your Pocket 0800 953 4330

Citizens Advice 01224 569750

Terrence Higgins Trust 0808 802 1221

LGBT Youth Scotland [ehepburn@aberdeencity.gov.uk](mailto:ehepburn@aberdeencity.gov.uk)

Seaton STAR Flat 01224 524209

Seaton Project 01224 277930

Seaton School 01224 277920

## Local Councillors

### Councillor Ross Grant

01224 346621

[rossgrant@aberdeencity.gov.uk](mailto:rossgrant@aberdeencity.gov.uk)

07738688458

### Councillor Alexander McLellan

01224 346633

[amclellan@aberdeencity.gov.uk](mailto:amclellan@aberdeencity.gov.uk)

07500 99952

### Councillor Jim Noble

01224 522051

[jimnoble@aberdeencity.gov.uk](mailto:jimnoble@aberdeencity.gov.uk)

07748 760557

## YOUR LOCAL MP

Kirsty Blackman,

46 John Street

Aberdeen AB25 1LL

Tel: 01224 633285

Text: 07464606650

Email: [kirsty.blackman.mp@parliament.uk](mailto:kirsty.blackman.mp@parliament.uk)

## YOUR LOCAL MSPs

Lewis Macdonald,

70 Rosemount Place

Aberdeen AB25 2XJ

Tel: 01224 646333

Email: Lewis Macdonald

Kevin Stewart,

Third Floor

27 John Street

Aberdeen AB25 1BT

Tel: 01224 624719

Email: Kevin Stewart