

seatonscene

Winter 2020



In this issue:

STREET FRIENDS
HELPING THE HOMELESS

ST MACHAR
CATHEDRAL TOURS

SEATON EARLY LEARNERS

www.shmu.org.uk/press

Photo credit - Laura Bremner

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Seaton Community Centre



Seaton Community Centre is located next to the primary school on Seaton Place East and is open for residents to use. Get in touch with the staff team for more information about the activities they have on offer.



editorial

How we get it all together

Seaton Scene is YOUR quarterly full-colour community magazine produced by Station House Media Unit (shmu) and is one of seven community magazines produced for Aberdeen's seven regeneration areas with the printing costs being met by the Fairer Aberdeen Fund. In this edition we have news from Street Friends Helping the Homeless, Seaton Early Learners as well as other local service providers.

If you would like to get involved and join the editorial team or if you have ideas for articles, you can easily get in touch with us. Please phone shmu at **07752586312** or email shmu's Community Media Development Worker, Laura Young: laura.young@shmu.org.uk The staff at shmu are able to support and train anyone living in Seaton who are interested in developing their ideas and skills in either writing, photography or proof reading.

Seaton Scene is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

You can be reassured that our distribution company is taking every measure to ensure they are delivering your magazine safely and within government guidelines.

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Supported by





THE ALLOTMENT MARKET STALL IN SEATON PARK

This year we did not expect a worldwide pandemic, but it has forced us all to think about what is important.

At The Allotment Market Stall (TAMS) we have done a lot of thinking and restructuring, and more than ever we feel growing our own food and spreading the knowledge about being sustainable for our communities is even more important.

TAMS newest developments are that we have completely restructured our focus and created a digital presence. We've had a brand spanking new (ecommerce) website built, allowing us to sell home grown allotment fruit and veg garden boxes for a reasonable £15.

As Covid -19 has affected everyone differently, we felt it only appropriate to prioritise the vulnerable people during this pandemic. On top of our regular once a week market held in Victoria Park, Duthie Park and (our main hub) Seaton Park we have been able to make veg boxes for some people that do not

have the luxury of coming to visit us at Seaton Park.

TAMS is very proud of what we have been able to achieve since 2013, but we are nowhere near what we want to be able to achieve.

Our non-profit (ecommerce) website www.theallotmentmarketstall.org.uk is fully up and running. Our aim is to spread the information to all Aberdeen growers/people that who want to start growing, to get involved/contact via our website. TAMS needs as many producers of home grown produce as we can get. Our belief is that the Aberdeen community will benefit exponentially by taking action towards where we get our food and the impact it has financially/environmentally on not just Aberdeen but the world. Plus we have been able to help feed the less fortunate.

At Seaton Park this year we managed to set up our veg market every week and felt a swell of support from the

community. This has left us at TAMS feeling very humbled and grateful. We want to thank (as we have too many names to quote) everyone that has helped support our cause. All of your support has helped us donate constantly to the less fortunate people of Aberdeen.

If you are interested in volunteering, have excess to growing food, want to find out more or fancy learning about sustainable self growing yourself, please get in touch via our website **www.theallotmentmarketstall.org.uk**.

As we are a non-profit company, the financial structure we used is to split the profits with our growers equally, allowing them to have money to help the upkeep of their allotments.

If you want to help, we need volunteers, allotments, donations (via our website) or please just spread the word about what we do. It really does make a massive difference to your community.

Aarrone Sangster (TAMS)

St Machar Cathedral Restoration

There is a gem in the heart of Aberdeen, nestled away in the history of Old Aberdeen. It is the beautiful and historic St Machar's Cathedral. The building is in the middle of a conservation and restoration project that is deemed so important and worthwhile that even scaffolding tours are taking place right now to showcase its grandeur and legacy. The public are donating money to help with the conservation work on the heraldic ceiling, stained glass windows and slate roof. This year is the 500th anniversary for the heraldic ceiling. The cause for all this work and celebration is because the cathedral has a long and fascinating history.

The building has Celtic and Pictish origins on the land on which it rests and Christian lineage from Saint Machar himself in 580 AD. The cathedral survived changing bishops, monarchs, and religious worship over the centuries due to the Reformation, Wars of Independence, Civil War, the Jacobite Risings and World Wars. This building which was largely built between 1380 and 1520 is a time capsule holding on to these changes through a wealth of knowledge, tradition, and craftsmanship.

There is a rare reference to the organ in musical history from the time when Bishop Dunbar arrived at the cathedral in 1519 and he heard the sweet notes of singing and organ music. Due to the Reformation, the organ was no longer used until 1889 when an

Organ Committee was established, and fundraising began to re-establish an organ. The organ was installed in September 1891, with additions in 1898. It was rebuilt in 1928 by the organ building company Messrs Rushworth and Dreaper from Liverpool, and due to mechanical issues was rebuilt again in 1973 by the firm Noël P. Mander from London, with some additions. In 1991, the organ was cleaned in by A. F. Edmonstone of Perth and in 2018, the organ makers Harrison & Harrison Ltd. from Durham cleaned and restored various original pipes and at the moment, the same company is conserving and tuning the instrument.

The cathedral's ceiling has 48 heraldic shields dating back to 1520. The shields are in three rows showing the kings of Europe, the Pope and the clerics of Scotland, and the King of the Scots with his nobles. Currently, Charles Taylor Wood Conservators are working together with Scottish Wall Painting Conservators to clean the ceiling, repair any holes in and around the decorative shields, hand carve new details, fix any loose paint and gilding and preserve as much of the original wood as possible.

Another beauty at the St Machar's Cathedral is the stained-glass windows. The earliest dates from 1870 and the most recent 1953. The skill, patience and care taken to make and install these windows show such dedication to preserving their legacy. The windows

play an important part in decoration, colour, light, and useful historical and religious aids. The stained-glass artists are Daniel Cottier from Glasgow (1839-1891), Douglas Strachan from Aberdeen (1875-1950), Marjorie Kemp from Perth and Kinross (1886-1975), Margaret Chilton from Bristol and worked in Glasgow and Edinburgh (1875-1962) and William Wilson from Edinburgh (1905-1972). Anyone who is a stained-glass enthusiast, and a fan of these artists should visit the cathedral. At present, the company tasked with the cleaning and repair of these artistic beauties is Rainbow Glass. They are wiping all the windowpanes, repairing leadwork, fixing loose paintwork, thoroughly cleaning the original window grills, and crafting any new ones from the drawings of the window guards.

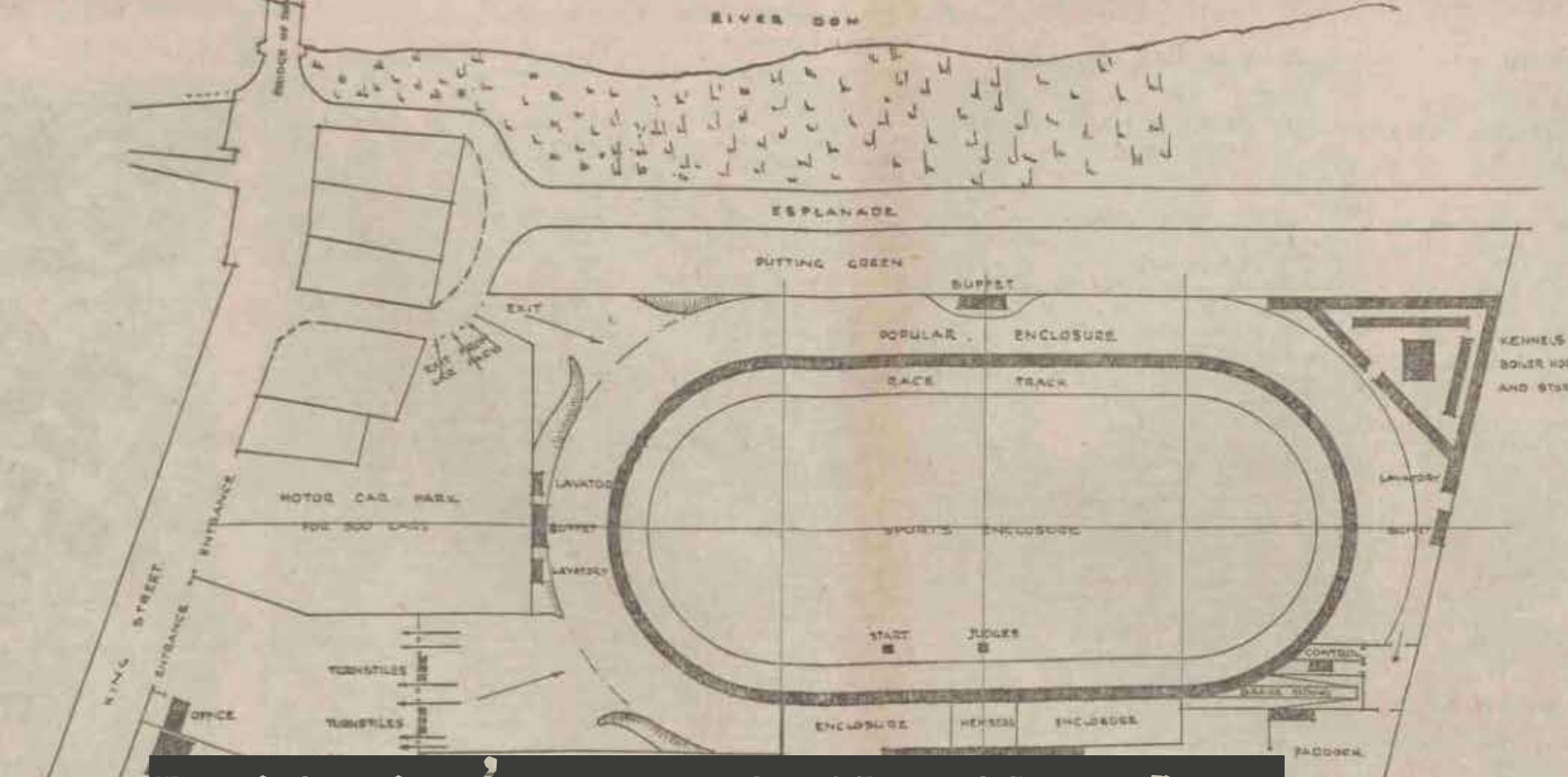
St. Machar's Cathedral is remarkable and unique to the city of Aberdeen, as well as nationally and internationally. It is at the heart of the community in Old Aberdeen and it deserves many a visit and much love and support.

If you would like to donate money to the conservation project www.justgiving.com/campaign/StMacharRaiseTheRoof

They finished on Saturday 7th November, but if you would like more info email outreach@stmachar.com

**All other enquires-
office@stmachar.com**





Britain's Most Northerly Greyhound Racetrack

Regent Park, Seaton

Alan Johnstone

For a brief period during the 1930s Britains' most northerly greyhound racing track operated at Regent Park, between Linksfield Road and Regent Walk.

It took several years for plans to come to fruition, with the Aberdeen Press and Journal reporting on 19 November 1927 that work would proceed immediately on ground south of the municipal putting course at the Bridge of Don. A map of the proposed racetrack appeared in the same newspaper on 31 January 1928.

Negotiations dragged on however, and nothing became of the original proposal. It was not until late 1931 that construction began on a site close to where the Aquatic Centre is situated today. The project was funded by the Aberdeen Greyhound Racing Company, who would manage the facility as an independent flapping (unlicensed) track. The course was in the shape of a horseshoe, with five greyhounds chasing a lure over two bends of 315 and 360 yards.

The first meeting was held on 25 June 1932 but only a couple of paragraphs were reported in the local press. "Good Sport At Opening Fixture. Greyhound racing has come to Aberdeen, but whether it is to meet with the same success as it has done in other cities in Scotland, it is too early yet to say. The first meeting under the auspices of the Aberdeen Greyhound Racing Company was staged at Regent Park, School Road on Saturday evening and attracted a crowd of about 2,000. There were six events and thirty dogs participated - five in each race. The majority of the events were keenly contested, the winner getting home by a head in no fewer than three."

Interest in the sport continued and by the end of October that year track lighting and a totaliser system had been installed, with four meetings per week being held. However, competition soon sprang up at the southern end of the city, with the Holburn Stadium opening at Garthdee in June 1933. It had a

larger, oval track and such attractions as licensed bars and a buffet facility.

The final blow for Regent Park was the introduction of the Betting and Lotteries Act, 1934 which limited the number of meetings together with on-course betting to 104 each year. Betting licences were required, issued by local councils, bookmakers were now charged a course admission price and it was made illegal for under-18s to be involved in any betting organisation. Income fell dramatically and by the end of 1935 Regent Park had closed, the area eventually being converted to an athletics stadium.



SEATON EARLY LEARNERS (ME2'S)



This has been a very different year for us as it has been for everyone. On Friday 20th March we were told that we had to close because of Covid-19. At that time none of us imagined how long we were going to have to stay closed for.

During lockdown we tried to stay in touch with our families as it was hard going for a lot of people. We managed to have a socially distanced graduation in Seaton Park for the children that were leaving us to go to school nursery. Around 20 of our children who were attending before lockdown were moving to nursery and we had 4 children returning.

Thankfully, we got word that we could open again and after a deep clean and a sort out of our room we opened on 25th August 2020. We had to change the way that we operated as no adults are allowed into the community centre except for staff. Children now go in through the playground at the back and into our garden. This way parents can see their child going in. The parents must queue 2 metres apart and wait their turn. It will be more difficult going into winter as it can be a slow process. We want to still be able to talk to parents as they drop off and collect their child.

As it was still good weather in August, we were able to have each child and their family in for a short induction. They met the staff and were informed of our procedures for infection control.

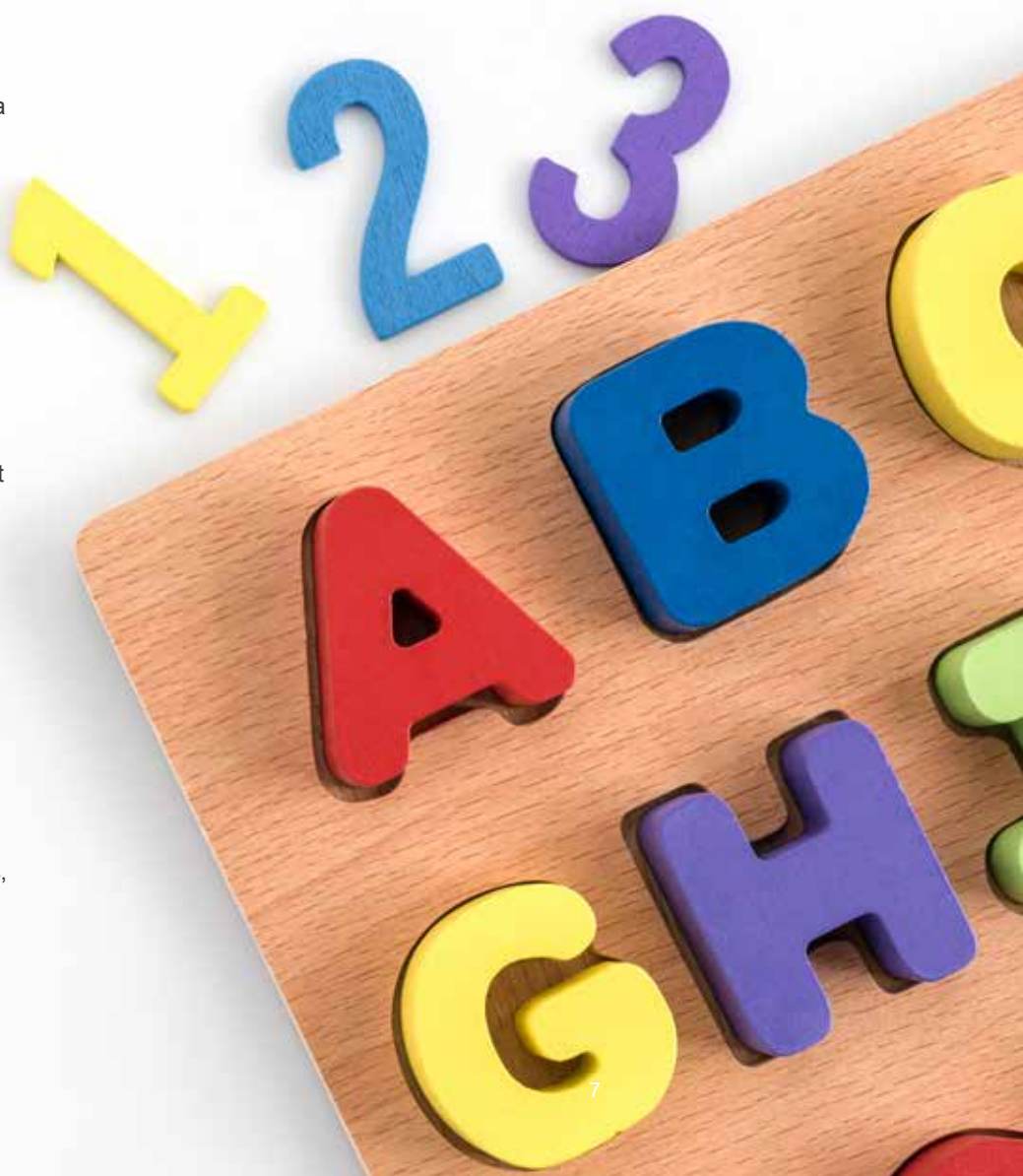
Due to Scottish Government regulations, we can only operate one group now, so we are running Tuesday to Friday 9.30-12.30. The times are later so

that we avoid the school parents and children. This gives us plenty of time in the afternoon to clean resources and on a Monday, we do a deep clean of everything to keep the risk of infection down. We always have our door open, so children get free flow access to the garden and we try to encourage them to be outside as much as possible. We have had to get rid of all our rugs, cushions, blankets, and soft toys but the children have not really missed these items.

We now have 13 children attending, we have 2 on our waiting list and have room for up to 5 more.

We will continue to follow the governments guidelines and provide the best possible care and support for our children and their families.

If you are interested in finding out more about Me2 then please email fgillilan@aberdeencity.gov.uk



PARTICIPATORY BUDGETING IN SEATON

A steering group made up of Community representatives from Tillydrone, Seaton and Woodside, has been meeting virtually to plan and progress a participatory budgeting (PB) event.

The concept of PB originated in Brazil and the idea is that local people can vote on how local authority money is spent.

There was a total of £13,000, with £10,000 coming from Fairer Aberdeen and £3,000 coming from Police Scotland.

The themes for potential projects are:

1. **Young people**
2. **Mental health**
3. **Safety in your community.**

Initially the voting event was meant to happen in Autumn 2020 but has been postponed due to Covid-19 related restrictions and will take place in January.

If you have already sent in an application you do not need to resubmit. **For more information email udecide.tillywoodsea@gmail.com**

INSTANT NEIGHBOUR

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

The foodbank is open Monday to Friday between 10am-1pm and 2-4pm. There are no referrals required to use this service.

We have been open throughout lockdown for people to come and receive help and have been

partnered up with other foodbanks and the Council to 'Feed the City'

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

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



SEATON PARK

Seaton Park has been awarded a Green Flag for 2020/2021.

Friends of Seaton Park would like to thank everyone, staff and volunteers, who help to keep the park looking so good!

Seaton Scene would like to congratulate the team on such a fantastic effort, especially during the pandemic.



STAR FLAT

St Machar Credit Union are running their community collection point in Seaton STAR Flat every Friday.

They will be there between 10:30 and 11:30am.

Please ring the Star Flat bell for access as we can only allow one customer at a time due to social distancing regulations.

Please remember to wear a mask when you come to see us.

For more information call the Credit Union on 01224 276994

STREET FRIENDS HELPING THE HOMELESS

Seaton local businesses unite for Challenge Poverty Week and become Street Friends Helping the Homeless Benefactors

This year, the 5th to 11th October was Challenge Poverty Week, with the 10th October 2020 also being World Homeless Day.

Street Friends Helping the Homeless were formed in 2015 by Justin Ritchie and built from there. In June 2020 we looked to establish some governance procedures and in no time, we had initiated the processes required. We have formed an ACVO registered constitution as a community group, plus licensed with Aberdeen City Council. We built a website which is regularly updated with key information. We are run completely by volunteers and rely on donations. We cannot access funding and grants, until we are issued our bank account which can take months due to the Covid-19 backlog.

One of our original goals was to unite communities to help those most in need which we still stand by. However, we now have a full volunteers pathway, training and a 'tiered' level of progression for volunteers. Street Friends developed a befriending service as part of our outreach which we run twice a week. We see around 100 people per session currently out every Wed 6:30 – 8:30pm and Sun 5 – 7pm.

We are planning expansion when we can find some secure storage in the city centre which is accessible weekday evenings and weekends. Our long-term goal is to be able to offer an outreach and befriending service seven days a week.

Local businesses in Seaton united recently to support us and we would love to see that in other areas. Saf from Eclipz Scottish Barbers have joined with Gautum and Rapid Print who were determined to help with the current crisis. We also work with a number of local charities and services in order to provide information for people to make informed choices. By building the trust with befriending, we can then refer people on to organisations or work with them to refer themselves. As we see mainly homeless, vulnerable and poverty stricken – there are a wide range of factors which led to their being in their current predicament, so to enable them to progress is incredible. Whatever happens we will always be there at 2 St Nicholas Street, M&S.

We urgently need volunteers, donors, sponsors, benefactors and much more. Our website has the details of this and all our social media links.

streetfriendshelpingthehomeless.com/

Anyone is welcome to join our website and our social media. We would love local businesses in other areas, as we see people from all over Aberdeen, to contact us.

We offer chilled fresh meals and desserts, from registered bakers/businesses. We do not accept any homemade or baked products for health and safety reasons. We do need further registered professionals for meals, from local areas. As well as a meal, we hand

out a food parcel with non-perishables, a bag of toiletries, sanitary products, contraception and clothing plus sleeping bags and mats.

Outreach and befriending sessions involve two teams, queue monitors to ensure distancing and move on any groups forming. As per exemption by the government for providing emergency care we are permitted to continue operating. All volunteers wear hi-viz, clean hands, sanitise and gloves as well as masks. All attendees must sanitise and wear masks. Further to ongoing restrictions we remain 2 metres apart from other volunteers and attendees.

There are volunteer opportunities with the organisation which include:

Storage provider volunteers,

Outreach/befriending volunteers

Drivers

Donation sorters and packers

First aiders

Admin/digitisation assistants

More details are available through our website and social media.

You can also email admin@streetfriendshelpingthehomeless.com at any time.



Gone Before

WILMA COLLIE

There's no doubt these are worrying times and one of the most worrying is surely employment and the changing jobs market.

Oil seems to be the main employer and the fact it's going through a downturn is a problem for many people. In the past, before oil, who were the main employers in Aberdeen?

I left school in 1963 aged 15 with only a general leaving certificate which didn't qualify me for much but even that didn't stop me being able to take my pick of jobs and by the time I married in 1967 I'd worked in almost every factory in the city

Thinking about that made me try to remember what was made in Aberdeen in the past. My memory may not be reliable, but I'll have a go at listing what I can recall.

Starting with clothing, there were at least three knitwear factories. Glen Gordon, Harrots, and Kilgore and Walker are the three I worked in during the early 60s. These factories supplied local shops with all knitted goods and even had a good export market.

Willerby Tailoring came to the city in the 60s too and made men's suits and coats. I had been trained as a cutter in the knitwear factories and went to Willerby Tailoring for a job. I got the job, but the factory was very high tech, with electric cutters which I didn't like the look of so I didn't take the job

I then got a job cutting out material for mattresses. This was in a little factory called Cothill Mills, just off Union Street. I loved that job, the cloth we used was very luxurious.

I also worked in Strathdee the Baker factory which was in Northfield. That was a very early start and my first job was to coat the hot doughrings in sugar. Quite a few never made it to the packing!

After I got married, I carried on working for a while on a part time basis. I worked for the Donald family who owned quite a few businesses in the town. Their ice cream factory was in Mount Street and I also worked in the local bingo hall, selling the ice cream!

One of the biggest employers was the fishing industry. The many fish factories and the haulage businesses which grew up round about them would have been Aberdeen's main employment for a long time.

When oil came it offered big wages which drew people from all over the world resulting in the growth of the city and its population. Someone said to me not long ago that as they weren't born in Aberdeen they were only aware of oil being the only major industry in town, and I can see why people might think that way, but at one time Aberdeen had many diverse industries. I decided to look at how the River Don supported a range of industries in the past and how they are now almost all gone.

The following list has been given to me by word of mouth and I'm sure there could be more which someone might know of so feel free to contact the magazine to add to it.

The Rug Store (remnants of this can still be found in Woodside)

Grandholm Mill (famous for their Crombie cloth)

Esslemont and Macintosh (a storage facility only)

Persley Castle (a sawmill and wood store)

Donside Paper Mill

Aberdeen Milk Marketing Board

Abertay Paper Sacks

Mugiemoss Paper Mill

Stoneywood Paper Mill

Taits of Inverurie

These places are all gone with the exception of Stoneywood and have been built over to such an extent that very little remains to be seen. There were one or two food manufacturers along the Don too and of course the world famous Grandholm Mills, producing cloth used in all the big fashion houses at one time.

The Milk Marketing Board was a government establishment and had a huge factory on Mugiemoss Road where milk from all the farms in the North East of Scotland was collected in tankers and delivered on site daily seven days a week all year round. Everything from bottled milk, butter, cheese, dried milk and anything which could be made from milk was made there and distributed across the globe.

Further along from the Twin Spires could be found Ross Chickens factory. As with the milk, chickens were collected from farms all over the north east to be processed there and distributed to all the various butchers, grocers, and food markets across the region. In the days before large supermarkets chicken were thought of as a luxury food. One chicken

was not enough for the large families of the time and so a chicken was usually reserved for Christmas. Apparently when a chicken was damaged in any way, a broken leg or something, it was discarded as only whole chickens were sold. Someone had the idea of selling these chickens to local chip shops and chicken and chips was born!

The workforce in most of these factories was so big that they had buses laid on to pick up workers and take them home. When the factories had extra orders to fill different shifts were put in place and again there were buses to pick up evening shift workers too. As with the various knitwear factories the workforce in all probability was in the tens of thousands and people would spend all of their working life in these places. Leaving school at fourteen or fifteen going straight from school to factory was the done thing and as a lot of these places were generational - it would not have been unusual to find several members from the same family working together.

A great social life was to be found there too and some places had their own social clubs with local singers and bands playing there. I know that quite a few romances started on the factory floor and ended in marriage. The phrase 'a job for life' really does not exist anymore but not that long ago going to work in one of these establishments meant just that.

If you can add to this story, please do. Did you work in any of these places? Remember the places may have gone but their legacy has not so please feel free to contact the magazine to tell your story. Aberdeen and the north east had a rich history of industries and any little snippet is welcome. Email laura.young@shmu.org.uk or call/text 07752586312.





Domestic Abuse

16 Days of Action

An international campaign which calls for the elimination of violence against women and children is supported with a series of events in Aberdeen which span over 2 weeks in November and December.

The 16 Days of Action campaign runs from November 25 (International Day against Violence against Women) through to December 10 (International Human Rights Day) with the aim of highlighting the connection between human rights and domestic violence.

The campaign is about increasing women's safety, highlighting the nature and prevalence of violence against women, raising awareness of violence against women as a human rights issue, showing solidarity among women around the world, promoting women's leadership, lobbying government, and strengthening local work to tackle violence against women.

DI Karen Main, from the Public Protection Unit, said: "16 Days of Action is an

International campaign with an important message; however, Domestic Violence occurs every day of the year. Often victims of domestic abuse don't want their family to be torn apart, they want to stay with their partners and live safely with them. Our experience tells us that people will suffer in silence but it's never too late to speak out or seek help. I urge people to come forward, whether it is to the Police, work colleagues, neighbours, Partner Agencies, such as Rape Crisis Grampian, Aberdeen Cyrenians or Grampian Women's Aid. We are here to provide help and support to those who are suffering the effects of domestic violence. We all have the right to live a life free from violence.'

Violence against women includes but is not limited to physical, sexual and psychological violence occurring in the family, general community or in institutions, sexual harassment and intimidation at work and in the public sphere, sexual exploitation, dowry-related

violence, female genital mutilation, forced and child marriages, and honour crimes. These different forms of violence against women have their roots in gender inequality and are therefore understood as gender-based violence.

If you or someone you know is experiencing domestic abuse, help and support is available nationally and locally:

Police Scotland

If you are in danger and it is an emergency, call 999. For non-emergencies call 101

National Domestic Abuse Helpline

Free and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: sdafmh.org.uk

For more information on local support visit: www.communityplanningaberdeen.org.uk/domesticabuse



MCR Pathways

MCR Pathways have joined forces with Aberdeen City Council to expand their Young Aberdeen Talent mentoring programme.

MCR Pathways have worked in St Machar Academy since August 2018 and this has now expanded to include Lochside, Dyce, Harlaw, Northfield and Hazlehead Academies.

Their programme involves volunteer mentors meeting the young person they are matched with for an hour each week in school and during term-time.

In S1 and S2 pupils meet weekly with the MCR Pathways Coordinator to take part in activities and learning and then in S3 pupils begin to meet weekly with their mentor to help them make positive plans for the future.

MCR Pathways is now looking for 150 volunteer mentors to get involved and help reach young people across the city and Aberdeen City Council will support their staff to mentor as part of their corporate parenting responsibility.

Graeme McEwan, MCR Pathways CEO said: "Our volunteers are from all walks of life; anyone can be a mentor,

you just need an hour a week and to care. We'd also love to hear from local employers who would like to support staff in becoming mentors. Mentors and their employers gain massively from the experience for relatively little time commitment."

For more information or to register your interest visit www.mcrpathways.org/aberdeen. There is an information session available online and you can email mentor.services@mcrpathways.org for any enquiries.

Youth Media Update

In line with Scottish Government Guidance face to face sessions for Youth Media sessions resumed in Station House on Saturday the 19th of September. It was great to have the young people back in the building, producing live radio. They are all wearing face masks

in the building and we have plastic screens installed in the studio in order to ensure everyone's safety.

While it is different to usual it's been lovely to have a sense of 'normality' back and have young people using the building again.



shmuTRAIN Update



ShmuTRAIN, our employability project, is now back up and running virtually and staff are currently supporting four young people regularly to gain employment, education and/or training.

There is currently a rolling recruitment process to get

another group started. If you know of a young person, living in Aberdeen city or shire, aged between 16 and 25 who would like some help with job-hunting please email michelle.trail@shmu.org.uk.

FANS Youth Film Festival

shmu is the fund-holder for two national projects for Film Access Scotland; the FANS Youth Film Festival and the Strategic Development of the Sector.

We are now in the third year of the FANS Youth Film Festival, which is designed and programmed by a team of young people and aims to

celebrate the films and interests of young filmmakers living in Scotland. There are two young people involved in the team from Aberdeen, who shmu Youth Development Worker, Lori is supporting, and there ten young people involved in total. They have been working remotely throughout

the COVID-19 lockdown to develop ideas for the festival in November. Originally the festival was going to be held in Aberdeen this year, but it is now looking like it will be completely online.

For more information visit filmaccess.scot/festival.



MESSY PLAY WITH ABERDEEN PLAY FORUM

Staying playful during a pandemic has been challenging at times for the team at Aberdeen Play Forum. However, our passion and creativity has meant that the Play Team have continued promoting a child's right to play.

Pre Covid-19, Play Forum's wonderful van could regularly be seen out and about around the city. The team were working in all weathers; supporting schools, local organisations and providing free play sessions in the city's greenspaces. Then, suddenly everything changed and we all had to try and get used to 'the new normal.' The Play Team knew that many families would still need support. Furthermore, spreading our message about the significant impact that play can have on a child's health and wellbeing, was perhaps even more important at such a stressful and uncertain time. Throughout lockdown the team worked in the vulnerable children hubs and used social media to reach out across the city, providing activity ideas and information. We continue to use social media as a way to support and encourage positive relationships, playful parents and being outdoors whatever the weather!

Now that restrictions have eased slightly, the play team are delighted to be back outside providing play sessions for the children of Aberdeen. Although, having to comply with current Covid guidelines

means we have had to limit the numbers and age range of the children for the time being, the team have been able to provide children with the same free play and loose parts sessions that we are known for. Recently, the Play team organised some October holiday play sessions. Unfortunately, the weather was against us for week two and one session had to be cancelled. However, those that were able to attend sessions had a great time and we got some lovely comments from the children, such as, "I don't know what to do next, this is so much fun!" One mum told us, "They are asking if they can come back tomorrow."

The team are currently providing one to one family sessions in collaboration with Homestart. For both the parents and the play team, seeing the children grow in confidence as they try out new things and practice new skills has been amazing! More play sessions are being planned for the winter. The play team will continue to provide loose parts, messy and sensory play opportunities, showing that with very few, low cost or free resources so much fun can be had. As the nights draw in there will also be some magical glow in the dark options as well! Please follow Aberdeen Play Forum on Facebook where all sessions are advertised.

Let's Play Again!



Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

VSA Carers Support - 01224 358631

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Old Aberdeen Medical Practice

01224 486702

Tillydrone Clinic

01224 276723

Woodside Medical Group

01224 492828

LOCAL COUNCILLORS:

Councillor Alex McLellan

07500 999522

amclellan@aberdeencity.gov.uk

Councillor Jim Noble

07748 760557

jimnoble@aberdeencity.gov.uk

Councillor Ross Grant

07738688458

rossgrant@aberdeencity.gov.uk

DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

National Domestic Abuse Helpline Free and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: sdafmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website:

grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk

LGBT Domestic Abuse Helpline

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

Men's Advice Line

Telephone: 0808 801 0327