

seatonscene

Winter 2021



In this issue:

SEATON
COMMUNITY CHURCH
STIGMA AND POVERTY
LOCAL HISTORY

www.shmu.org.uk/press

contents

- 3 Seaton Community Church
- 4 Community Growing
- 5 Post Office Follow-Up
- 6 Local History
- 7 Living Wage
- 8&9 The Stigma of Poverty
- 10 News Bites
- 11 Let's Go For a Walk
- 12 Totem Pole
- 13 Waste and Recycling
- 14 shmu
- 15 News Bites

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 stories covering the stigma of poverty, the opening of Seaton Community Church and community growing work happening in the area.

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.

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

Seaton Community Centre Key Contact Information
Tel: 01224 277927

Graham Donald | Community Development Officer
Tillydrone Community Campus Hayton Road
Aberdeen AB24 2UY
GrDonald@aberdeencity.gov.uk
Direct Dial: 01224 2191
Mobile: 07917 305803

STAR Flat,
14A Seaton Drive.
Administrator: Gillian Urquhart
01224 524209

Supported by





Seaton Community Church's Official Opening

It was a great pleasure to officially open our building on the 2nd October. The building was completed in December 2020 and has been in use since the beginning of 2021, however due to lockdown and restrictions we have only now been able to celebrate properly. It was a great weekend of spending time together, eating good food, and celebrating the wonderful work that God has done for the church and Seaton.

On the Friday and Saturday morning we kicked off the weekend with a breakfast for pastors and then a men's breakfast. Both were great fun and very encouraging for those from the church and others who attended.

On Saturday night we had our official opening service. It was wonderful to see so many people in the building including the Lord and Lady Provost and others from the church and community who came to celebrate

the new building. We heard from various people such as Robert West who project managed the project. His stories about how the project started and seeing photos of the building process were a reminder of how far we have come, and all that God has done for us in the process. But as Robert highlighted, the building is just the beginning of all that is to come, and we can't wait to see all that will go on in the building for many years to come.

Amongst others, we also heard from the Lord Provost who spoke about the Community Asset Transfer which enabled us to take over the land from the council. As he shared, the heart and passion behind the building project led to the transfer of not only the land where the hut was but also the plot and grass area behind.

The evening ended in the coffee area with great food and great

conversations. We are so thankful to those who helped make the weekend possible and everyone who came along.

We'd love for you to come to see and use the building for yourselves! The church is open every Wednesday morning for Coffee @ 10. You're welcome to come along for some coffee and cake, we'd love to see you! We hope to start groups for kids again soon so keep an eye out on social media for that.



COMMUNITY GROWING IN SEATON

The FRESH Community Wellness team, a local community growing group, along with the support of Keep Growing Aberdeen are uniting locals through community growing.

CFINE Community Growing has supported 7 new community growing spaces along with 75 community growing volunteers. The team have also supported many local growing groups, helping spread an enthusiasm for community growing all over Aberdeen City.

CFINE Community Growing established Keep Growing Aberdeen in the increased social isolation experienced during the Coronavirus pandemic. Keep Growing Aberdeen is a partnership effort between CFINE, One Seed Forward, Aberdeen City Health and Social Care Partnership, and Aberdeen City Council. Rebecca Dunn, CFINE Community Growing Development Worker, created and has managed this partnership project for almost 2 years.

Since the project began 679 growing packs have been distributed for at home growing, each one containing

everything required to grow your own. Eight virtual cook-alongs have been held showing how to cook with what was grown, and three new community projects have been supported through the provision of advice, support and resources, such as raised beds, compost and plants. We have also had 20 volunteers having provided an incredible 400 hours to support the project's growing initiatives.

One of the three groups in Aberdeen that has taken on the exciting challenge of developing a new growing space is the STAR Community Flat in Seaton, along with an independent voluntary group called FRESH Community Wellness.

Tools have been loaned to this new project through the CFINE Tool Library, with FRESH Community Wellness making great use of these, particularly for their work at Seaton Totem Pole to clear away roots and weeds, with plans for a memory wall of Seaton's people and places, past and present.

FRESH Community Wellness and volunteers have now, after weeks of

teamwork, built a number of raised bed planters outside the STAR Flat which will be used as a community herb garden.

Gillian Urquhart, STAR Flat Administrator said *"It's really nice to be able to do something outside and safe for people to participate in. It's very good being able to make contact with other local groups, we're delighted that FRESH have come along to help us develop the project."*

The FRESH team are always looking for new people to join in with some gardening and friendly chats as well as the chance to join in on discussion about what else can be done regarding community growing in Seaton. Please do give them an email at info@freshcommunitywellness.com if you would like to join in!

You can also follow FRESH Community Wellness on their Facebook Page and to keep up to date with Keep Growing Aberdeen and take part in future projects, please join the Facebook group www.facebook.com/groups/keepgrowingaberdeen



Post office Follow-up

In our last edition we ran a story on the closure of the Post Office counter in the Spar on St Machar Drive.

Initially we were told that the counter would not close until November, however, it closed very quickly in August of this year with little notice to the community.

Now CJ Lang, Spar's owners, have come under fire for comments they have made regarding the decision.

Colin McLean, CJ Lang Chief Executive said: "It's probably the best decision we've taken in many years" about their decision to close the Post Office counters.

He claimed that closing the Post Office counters would allow Spar managers to focus on profit according and he confirmed that the counters would be replaced with hot food outlets.

Many people in the community, including local campaigner, Fiona Campbell, were angry at the decision to close the counters.

Fiona said: "We always knew this was about money rather than customers. People here have kept that shop going for years and have added to their profits. Now they are being swept aside."



Scotland's Census

Next year (2022) is Scotland's census year.

The census is the official count of the person and household information in Scotland. It is important to fill out the census as the government and councils use the information from the census to plan public services and how to spend their budget.

In 2022 it will be a digital census, however, there will be an option for people to fill it out on paper if they would prefer.

You should expect a letter to your home mid-February and there will be a code available for people to fill out the census online and it will also include information on how to request a paper copy.



SEATON RACES

Alan Johnstone

Huge crowds attended a mid-summer horseracing meeting at Seaton House Racecourse on 14th and 16th July 1923. The Aberdeen Press and Journal reported on the first day:

Crowd of 30,000 at Seaton. Amusement and Excitement. So long is it since the last race meeting in Aberdeen, apart from the Hospital Gala venture of twelve years ago, that so far as the present generation of Aberdonians is concerned, Saturday's revival of the Aberdeen races was something entirely new. If betting is as universal as it is said to be, there must have been many among the thirty thousand spectators who went, if not with anticipations of a thrilling afternoon, at least with a very keen curiosity to see for the first time the actual process by which their money is lost or won. And there was no doubting the fact that the vast majority of that large crowd had never witnessed a race meeting before. This was evidenced by the unfeigned amusement they derived from the babel of book-makers' voices shouting their odds previous to each race - ringing voices, hoarse voices, piercing voices, raucous voices. "Three to one on the field" and "Two to one bar one" were proclaimed in all the notes of the modulator, and in accents which varied from the "r-less" tongue of the south to the broad and deliberate enunciation of a west country mining district.

The day was one of sweltering heat, though not of continuous bright sunshine. Seaton Park, with its enclosing curtain of glorious

trees, was a scene of beauty. The crowd, stretched out as it was along the entire length of the course, presented a less imposing picture than its actual numerical strength might have warranted. Although many took up their positions more than an hour before starting time, the turnstiles were busiest for half an hour before and some minutes after the races commenced. The unfamiliarity of a section of the crowd with the "bearings" of a racecourse was evidenced by their almost ruthless endeavours to secure a good vantage point. Several spectators were intercepted by the police in the act of crossing the course from the two-shilling enclosure to the paddock, unaware of the fact that to view the races from the opposite barrier meant payment of an additional five shillings. The crowd apparently got full value for their money. One of the races at least was good enough to raise genuine excitement. There were no fewer than fifteen competitors, and it was fine to see that crowd of noble animals, stretched and strained to the utmost, flying round the course, and to hear the thundering beat of their hoofs on the firm, springy turf.

It seemed, indeed, as though the fates were out to provide that "first time" crowd of spectators with many of the thrills which are never set down in the programme. When, for instance, a riderless horse dashed past the winning post, there were many excited queries as to what had happened to the jockey. He had been thrown before reaching the bend leading on to the straight, but fortunately he was not hurt. Then, for

those who had backed the winner in the third race, there was a period of suspense while the stewards dealt with an objection entered by one of the jockeys. The objection was overruled and the "bookies" paid out. But perhaps the greatest thrill, and one that was accompanied by much sympathy, was when a beautiful horse (Sweet Memories) was seen to struggle along bravely on three legs for a distance of over 50 yards, having broken a leg in taking the final bend. The animal had afterwards to be destroyed. The "bookies" reaped a fairly rich harvest. Almost entirely ignoring "favourites," many of their clients plunged on the horses on which then biggest odds were offered, and, taken all over, the betting was of such a nature as to make matters quite safe for the "bookies". But while bookies and betting were conspicuous there were many present who were there with eyes for nothing but the horses and the race. It was a democratic crowd, too, of all classes from town and country. Women formed a large proportion of the sightseers in all parts of the grounds, from the grandstand down to the one shilling enclosure.

ABERDEEN MID-SUMMER RACES
(UNDER A.B.A. RULES)
At Seaton House Race Course,
OLD ABERDEEN,
SATURDAY and MONDAY, July
14th and 16th.

£450—SILVER PLATE AND SILVER CUP,
SATURDAY, 14th JULY.
FREE TRIAL HANDICAP, £50; 6 furlongs.
POINT BACE, £20; 3 furlongs.
ABERDEEN LICENSED VICTUALLERS STAKES
(Handicap), £70 and Silver Cup, value £20; 7
furlongs.
ST. MACHAR HANDICAP, £40; 1 1/2 miles.
FETTERBURN HANDICAP, £20; 1 mile.

MONDAY, 16th JULY.
DOW HANDICAP, £20; 6 furlongs.
POINT BACE, £20; 3 furlongs.
MERCHANTS' PLATE (Handicap), £70 and piece
of Plate value £20; 1 1/2 miles.
SEATON HANDICAP, £40; 1 mile.
CONVOGLATION STAKES (Handicap), £20; 5
furlongs.

First Race starts at 2 p.m. each day. Entrance
Gates open at 1 p.m.
Refreshments, catering by Licensed Mr. Gillan,
Wellington Tower, Aberdeen.
A limited number of Stables for vendors of Fruit
and Confectionery only are available on application to
the Secretary.
ALL BOOKMAKERS MUST OBTAIN LICENSES.
ADMISSION EACH DAY:—
To Grandstand by Ring Street and Chancery Gates, 1s.
Transfer by turnstiles to St. Machar, 1s extra.
To Paddock, for Paddock Gate, Don Street, or by
transfer turnstiles to Grandstand, 5s extra.
To Uncovered Grandstand from Paddock only by
transfer turnstiles, 1s 6d extra.
Ticket admitting to Grandstand, Paddock, and Grand
Stand, reserved and numbered seats, 10s net each.
Obtainable at the Secretary's Office, 413 Union
Street, Aberdeen, by call or post.
HENRY J. GRAY, Secretary,
Aberdeen Race Meetings, Limited.



MAKING A DIFFERENCE THROUGH THE REAL LIVING WAGE

We know employment should free people from the grip of poverty however, the reality is that for many workers, being employed does not guarantee financial security. In-work poverty is increasing, with many in the city unable to meet their everyday needs despite having a job.

It's estimated that one in five children in Aberdeen is living in poverty, with a large proportion of those in families where at least one parent is working, highlighting the impact of low pay.

But what can be done?

Increasing hourly wage rates for workers is an effective means of delivering extra cash directly into the pockets of low paid workers. The real Living Wage cannot solve in-work poverty on its own – but it is an effective tool – and the movement to increase the amount of employers paying the real Living Wage is taking off in Aberdeen.

Through the Aberdeen Prospers Group of Community Planning Aberdeen, partners have announced their intention make Aberdeen a Living Wage Place - delivering a plan to increase the number of real Living Wage employers, subsequently winning pay rises for workers to

help tackle issues around poverty that headlines about Aberdeen's economy can hide. But on a day-to-day level – what difference can the real Living Wage make?

The current UK government minimum wage is £9.50 per hour (this will come into effect April 2022) for workers aged 23 and over. If workers on the current UK government minimum wage were lifted onto the real Living Wage of £9.90 an hour, on average, they would benefit from a pay rise of hundreds of pounds a year.

It can mean people have extra wages to meet everyday needs like weekly shopping, and requirements like clothing for children – whilst relieving some of the stress and pressures caused by low income. It's good for businesses too. Employers who pay the real Living Wage can become accredited, gaining recognition for tackling low pay. Accredited employers have also reported a boost in company reputation, enhanced productivity, and a motivated and loyal workforce – reducing staff turnover and saving on long term training costs. It can help economic recovery– the Smith Institute highlighted if just 25% of

Scotland's low earners had their pay raised to the real Living Wage, the subsequent increase in wages and spending could deliver a £89m boost to Scotland's economy, including £3m to Aberdeen.

As we rebuild following Covid, we must ensure those on low pay are not left behind.

In future editions we'll update on progress and the difference the real Living Wage is making to workers and families in Aberdeen.

If you are an employer and want to learn more about how the real Living Wage can boost your business, please contact Living Wage Scotland at accreditation@povertyalliance.org



The Stigma of Poverty

Rose Ross

Aberdeen's relationship with poverty has fluctuated over the last few years. With the impact of oil downturns, it is unlikely that anyone in the city was unaware of the struggles of those effected.



The city also took a hard hit throughout the Covid-19 pandemic, unemployment rates rose across the city despite the buffer of the Covid Job Retention Scheme. In early 2021 Aberdeen City Council reported a 128% rise of people claiming Universal Credit. Over five thousand new families in Aberdeen contacted crisis helplines to put food on their tables.

One organisation all too familiar with this is Community Food Initiative North East (CFINE). CFINE's Depute Chief Executive, Fiona Rae commented on the impact of these staggering figures: "We know the impact of that because we have dealt with that over the last couple of years and certainly over the last eighteen months. The impact of that was hugely apparent in the first few months of the pandemic, when we were doing around five and a half thousand food deliveries in a month.

"We also saw a huge increase in referrals to the S.A.F.E team, last week, 40 people alone were referred for benefits advice. This time last year it was 15 people per week. This is a dramatic increase and that is because of the removal of the £20 a week uplift to Universal Credit,

unemployment increases and the end of furlough, and this is still likely to continue rising."

Poverty levels even vary dramatically between communities in Aberdeen. Attention was drawn to this last year in 2020, when the Scottish Government published a report which looked into poverty in Scotland.

The study showed that the 10% of most disadvantaged areas included various areas of Aberdeen such as, Middlefield, Torry and Seaton, while Woodside was named the most disadvantaged area of Aberdeen. Contrastingly, included in top 10% of least disadvantaged areas were Ferryhill, Rosemount and Bridge of Don. Communities a mere five-minute drive from one another are so widely disjointed and detached.

Despite the fact that poverty is on the rise and affecting more people, there is a certain degree of stigma surrounding the experience of those living it and this stigma can be as crushing as the financial struggle.

Poverty stigma as separates and categorises people into two groups, poor and not. A division so deep and unclear it inevitably leads to judgement and shaming.

This manifests all around, from the language normalised in society to refer to those struggling, to how they are portrayed in media. This all has an effect and does not go unnoticed by those in poverty and can seep into other aspects of their life, affecting their education, health and mental wellbeing.

Fiona believes that CFINE beneficiaries can be affected by the stigma surrounding accessing emergency services, however changes made to operations during the pandemic may have helped to ease this issue.

"During covid, we changed our set up completely and it has been better since. Prior to covid, we had a foodbank which was open five days a week and we would get people coming in just off the street, very often there would be a queue forming due to how busy it was. I think there was more of a stigma associated with having to queue up for a food parcel.

"During covid we had to shut the doors of the foodbank but have continued to operate it through emergency deliveries, therefore this stigma wouldn't have been an issue as people weren't coming to publicly pick up a food parcel.

“Since the covid restrictions have eased we still do the emergency deliveries, but we have also instituted a call and collect service in which people book a slot and just arrive at the door at their allotted time, which again prevents the need for queuing. This helps but I would say that some people do still feel there is stigma, and that quite a big percentage of people because they don’t want to have to use a foodbank.”

Development worker, Sean McVeigh added *“We see people through our doors that are absolutely mortified that they have had to come ‘begging’ for food just to feed themselves and their families. We see people having to live in the most chaotic of situations, mostly through no fault of their own.”*

The charity work hard to create a welcoming environment for their beneficiaries. Sean explains, *“At CFINE, we like to operate on a ‘hand up not hand out’ model. We use a very person-centred approach; this means that our beneficiaries are at the core of everything we do. This can be shown looking at the services we offer “. CFINE are not just a foodbank but offer a wide variety of assistance such as financial advice services and community growth projects.*

The Deputy Executive echoes Sean’s sentiment, *“It is up to organisations like us to do all that we can to alleviate that and make them feel welcome, try to lessen the embarrassment for individuals by making them feel like they are accessing a service rather than just coming for food when they need it in emergency situations.*

“Food alone isn’t helpful, we offer other services as well which will help people in other ways for example

S.A.F.E team will offer benefit advice. So, people’s lives will then improve as they then have benefits coming in which they maybe didn’t know they were entitled to. It’s about engaging with people and making them feel like they are being listened to. “

Although poverty stigma is a prevalent and damaging issue, perhaps there is a silver lining to be found amongst the gloom. Fiona acknowledges that despite the fact there will always be judgemental people, over the last few years she has noticed a change in the attitude of many, seeing a lot more people show compassion and understanding for those who find themselves in dire circumstances.

There are a few ways that individuals can re-evaluate whether they actively contribute to stigmatising those who are struggling.

Question your beliefs.

It is important to stop and check in with your own views from time to time. Humans are constantly influenced by their surroundings and form opinions based on these influences.

It can do no harm to do some research, consider how you feel about the information learned, contemplate if your original opinions are truly fair and if they have changed. If you come to the conclusion that initial opinions are no longer relevant, question how you can change your behaviours and improve to stop contributing to the problem.

Select media carefully.

Media consumption heavily influences opinion. There are also many instances in which media has contributed to the stigmatisation of those in poverty. Subtle uses of

language such as the terms such as ‘scrounger’ contribute to the spread of this issue. Consuming this kind of media can affect individual’s perception of those in the media’s focus. Therefore, it is important to think critically about what media to consume and whether it may unfairly impact your beliefs and actions.

Challenge others.

Do not be afraid to challenge those who are stigmatising others and encourage them to challenge their own beliefs. Invite them to question why they have these beliefs, ask themselves how they formed them and educate them on how harmful stigma can be. However, be mindful that everyone is entitled to their opinion.

By educating one another and self-reflecting on dangerous behaviours, the spread of harmful ideals can be reduced, and the elimination poverty stigma comes closer.

In 2020 the UK Government granted a temporary £20 a week uplift to universal credit to support people through the pandemic.

However, this £20 uplift has now been withdrawn, the equivalent of £1040 a year.

Research by the Joseph Rowntree Foundation has shown that 4,130 families in the Aberdeen North constituency receive these benefit payments which makes the area one of the worst affected by the policy.

If you are struggling with your finances you can contact the SAFE Team at CFINE for support by calling 01224 531386 or by visiting www.cfine.org/forms/safe-referral

Pathways in Seaton

Our Keyworker, Stan Smith has been working in the Seaton area for a number of years now, helping people to find suitable employment, and has recently been able to resume seeing people for face-to-face appointments in the STAR Flat.

One of Stan's recent client's was actually in prison and met Stan as part of a project he was participating in. This led him to registering with Pathways and receiving help and support to find employment after his liberation. Stan met with the client weekly, creating a CV and helping him to secure a volunteering position to gain some valuable work experience as they began to look at the work opportunities available. There were a few suitable positions and Stan helped him apply for the jobs and coached him through the interview process. The client was successful in gaining employment. The client said, "The help I received from Pathways was excellent. I didn't think I would get a job but with the support and encouragement to keep focused and job searching was just what I needed".

Pathways can guide you to a new job destination, explore training or retraining opportunities, and equip you with the skills you need to take advantage of vacancies as they arise!

If you live in the Seaton area and would like help to find work you can contact Stan Smith by phone on **01224 682 939** or by email at **s.smith@pathways-online.org**. Check our Facebook page, Pathways at **www.facebook.com/PathwaysAberdeen1A**

Launch of the 'Changing Room' Programme at Pittodrie

Aberdeen FC Community Trust are delighted to have launched a life-saving mental wellbeing programme, 'The Changing Room' at Pittodrie. The programme uses the power of football to help support men aged 30-64 improve their mental wellbeing.

Run in partnership with the SPFL Trust and the Scottish Association of Mental Health (SAMH), the programme provides an opportunity for men to get together and explore specific areas that often challenge them: including how they view themselves, think and feel.

Aberdeen FC Community Trust Chief Executive said:

"The Trust has a really good pedigree of working with people

around their mental wellbeing. We are really proud of what we do around mental health and we hope 'Changing Room' can be an extension of what we have already managed to do."

The first twelve-week session kicked off on the 4th of October after a high level of signups in the local community. The Trust hope to continue to develop the programme and hold further sessions in the future.

More information can be found on our website:

www.afccommunitytrust.org/2021/08/31/afcct-roll-out-changing-room-extra-time/



Girls Brigade in Seaton

Girls Brigade in Seaton has restarted face to face at St Marys Church on King Street on Tuesday nights.

P1-P3 6pm until 7.15pm

P4-P7 6pm until 7.45pm and

S1-S6 6pm until 9pm



LET'S GO FOR A WALK!

Info:

Walk Name:	Donside Walk
Start Point:	Persley Walled Garden (car parking available)
Walk Type:	Linear
Distance:	Around 2.5 miles return
Nearest Bus Stop:	Hutcheon Low Drive
Difficulty:	Suitable for beginners, with some gradients and uneven surfacing

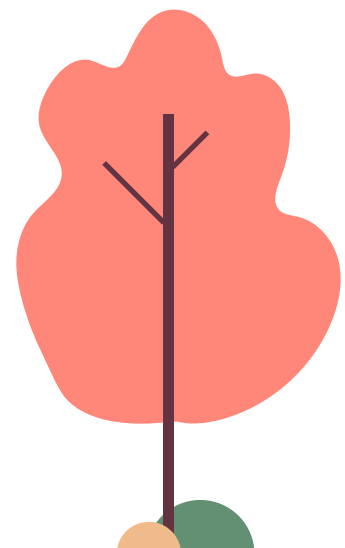


Review:

This is an interesting and relaxing walk which takes in part of the Donside Heritage Trail with all its' industrial history and pretty riverside views. I started this walk from North Anderson Drive, but the walk can be started from the Persley Walled Garden (car parking available).

As you walk down to the walled garden, its definitely worth taking a peek inside to admire this beautifully landscaped Victorian garden. You won't be disappointed!

From here take the sign for the River Don Path and you will soon see Persley Castle (now a nursing home) coming into view on the upper path and some interesting old industrial equipment from the old Grandholm Mill on the lower path. The path follows the riverside and takes in some lovely views, and some great nature! I walked along to the Jacob's Ladder steps (now closed) and returned the same way but you could carry on to the Donmouth Nature Reserve.





FRESH IDEAS NEEDED FOR TOTEM POLE.

Fresh Community Wellness have now been awarded their official status as a registered charity, SCO51356. This is exciting for us, but now the real work starts!

We have been awarded permissions for three community gardens. The main one is the area from Bayview court, past Northsea Court and right to Aulton Court. The community garden corner on School Road/ Seaton Avenue, which we will work on with Aberdeen Gurudwara.

However, the most noticed is the Seaton Totem Pole community garden corner. We planned to repaint the totem pole but before this happened we needed an assessment to be done by an external expert engineer. Regrettably it was declared that the totem pole was rotten in several places, and unlike, 2016 it was not possible to

chop the rotten area off and then re-erect the totem pole.

What we have done is clear the area. The tyres from the centre have been moved to the sides, we have paint for them, and they will soon be repainted. We also have bulbs arriving and will be planting as edging for the totem pole corner. Two donated reels will be painted and seated securely as a table and seating.

So, it is a blank canvas. The original pole is there, which could become a bench. New wood has been sourced, which could become a new totem pole. Other ideas are to have the gable ends with memory tiles, and street art, so these could include faces and places of Seaton past, as well as those of the new, local residents and kids. Another idea is a shelter, almost like a bandstand, to allow for seating, eating, meeting

area all year round. Further ideas are with the Keep Growing Aberdeen team and to have planters with edibles, for the whole community to help themselves. A final idea is to have it as an information hub, with maps of local trails and places. We are open to more ideas, at any time.

We need ideas, residents and volunteers, as well as local businesses to get involved. All ideas are valid, it will remain a community focal point, but everyone gets a say. Our new website, (www.freshcom.org) will have voting options. Any ideas you have now you can send to our Facebook page ([freshcommunitywellness](https://www.facebook.com/freshcommunitywellness)).

With your help and ideas, we can bring some colour, hope and positivity back to the Seaton/ Linkfield area, so please get in touch.



WASTE AND RECYCLING

For the last year most of the multi-storey buildings now have the mixed recycling bins outside.

Most of these bins were in the car parks of the high rises which took up at least 4-8 spaces and could make parking difficult for residents. Now these bins have been moved closer to the buildings and are now able to take all loose rubbish.

Aberdeen Council encourages all residents to put loose rubbish into these bins as this then gets sorted at the Altens Waste and Recycling Facility. Individual bags of waste do not get sorted out and goes straight to the incinerator and takes up space in the bins and contaminates the other contents.

Since having these bins Aberdeen Council have seen an increase in recycling. If any items are left beside these bins, they will not be collected. If you have items that won't fit into these bins, you can take them to any of the recycling centres across Aberdeen.

Locations:

Bridge of Don Recycling Centre - Scotstown Road

Hazelhead Recycling Centre - Hazelhead Avenue

Bucksburn Recycling Centre - Bankhead Avenue

Tullos Recycling Centre - Greenbank Crescent

We know that flytipping and overflowing bins still happens across the city. So, we encourage everyone to report it to Aberdeen Council for collection. Most neighbourhoods in Aberdeen have a Facebook page and it is best to also let others know on these pages that flytipping has been reported. This can help reduce duplicate jobs being made and help Aberdeen Council staff get the job done quicker.

www.aberdeencity.gov.uk/services/environment/report-flytipping

Clean Up Aberdeen

Clean Up Aberdeen is part of Keep Scotland Beautiful's national campaign Clean Up Scotland. It is a coalition of organisations and people from all places and backgrounds who want the area to shine.

Litter picking in your neighbourhood is a great way to bring people together, those who care about the neighbourhood and want to see it improved. Keep Scotland Beautiful have support available and have set up Clean Up Hubs across Aberdeen.

- **Seaton/Linkfield - Currently being run by F.R.E.S.H. Community Wellness every week. Across Seaton, Linkfield and Pittodrie. Check out their Facebook page for more information.**
- **Fittie Community Trust - Contact fittietrust@gmail.com to get more information.**
- **Muggiemoss Clean Up Hub Find them on Facebook @ [communitycleanupuk](https://www.facebook.com/communitycleanupuk)**

If you want to set up a Community Clean Up Day in your neighbourhood. Aberdeen Council can help with equipment and collection of the bags. Call the Environmental Services Team at **03000 200 292** or email: **cleanaberdeen@aberdeencity.gov.uk**

WOWsers

Two of our Youth Media Team team members, Molly and Katie, have been working on the WOWsers project for about six months now, participating in monthly convening sessions and have listened to some amazing guest speakers. They have participated well, and the Project Manager has made reference to how well the girls have engaged in conversations and how good questions they have put forward in debates have been.

WOWsers is a creative explosion, inviting girls and non-binary young people aged 8-16 from all over the UK to be part of a special creative project led by The WOW Foundation which develops young leaders, and culminates in the creation of the first ever online 'Lending Library' curated by, with and for girls and

non-binary young people. Throughout the project, participants are forming a brand-new network with each other through a series of four monthly online convening sessions over Zoom where participants will address the issues that matter most to them.

Both girls have chosen to paint/draw for their artwork and as you can see here, they have done an amazing job! Their work is now part of the online lending library and a published exhibition!

The girls interviewed Lou, Project Manager, Cat Project Facilitator and Theresa who is a 17-year-old activist for their show for International Day of the Girl and how important it is to use your voice when you are passionate about something.





Smoke Alarm Law Change

There are changes coming to fire safety laws for homeowners in Scotland.

All Scottish homes need to have the following by February 2022:

One smoke alarm in the room you spend most of your day, usually the living room

One smoke alarm in every circulation space on each floor of the house, eg hallways or landings

One heat alarm in the kitchen

All smoke and heat alarms should be mounted on the ceiling and be interlinked. These alarms are all connected and talk to each other so once one goes off they will all go off.

This legislation change has been brought in after the Grenfell Tower tragedy and means that Scotland will be the first UK nation to have this requirement for interlinked fire alarms.

These alarms significantly reduce the risk of injury or death as they alert everyone in the property to a fire.

Some homes already have these devices and you will know if you have the right alarms by checking for the appropriate safety standards listed below:

Smoke alarms: BS EN14604:2005.

Heat alarms: BS 5446-2:2003.

Carbon monoxide detectors: British Kitemark EN 50291-1.

The alarms can be fitted by the homeowner without the need for an electrician and there is financial help available for vulnerable people. If you own your own home that has a council tax banding A-C and also either be of state pension age and in receipt of guaranteed Pension Credit, or have a disability and be in a support group for Employment and Support Allowance.

Defibrillators

In recent years defibrillators have become an increasingly common sight in publicly accessible places.

A defibrillator will assess the heart rhythm of someone who is in cardiac arrest and if needed it can be used to shock the person's heart back into a normal rhythm.

You don't need to be trained to use a defibrillator and there are clear instructions on how to attach the defibrillator pads and use the machine.

Would you know what to do if you found someone in cardiac arrest?

If you come across someone who is unconscious, unresponsive, or not breathing normally they are in cardiac arrest. The most important thing to do here is to call 999 then start CPR. When you call 999 the operator will tell you if there is a defibrillator nearby.

There is a public access defibrillator outside the Brig o Don pub.



Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen City Carers Service- 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Old Aberdeen Medical Practice

01224 486702

Tillydrone Clinic

01224 276723

Woodside Medical Group

01224 492828

LOCAL COUNCILLORS:

Councillor Alex McLellan

07500 999522

amclellan@aberdeencity.gov.uk

Councillor Jim Noble

07748 760557

jimnoble@aberdeencity.gov.uk

Councillor Ross Grant

07738688458

rossgrant@aberdeencity.gov.uk

DOMESTIC ABUSE SUPPORT

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

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

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

Help and support

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

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

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