

BOTH SIDES *of the* DON

| Covering Seaton and Tillydrone |

COVID-19 Issue

In this issue:

LOCAL SCHOOLS
SEATON LINKSFIELD
COMMUNITY NETWORK
CORONAVIRUS CHAMPIONS
TILLYDRONE HUB

www.shmu.org.uk/press

Image: Wendy Laing

Contents

3	COVID -19 Update
4	Coronavirus Champions
5	Community Update
6	Seaton Linkfield Hub
7	Waste & Recycling
8&9	School Page
10	Rainbow of Hope
11	Seaton Sings
12&13	Local News
14	shmu
15	Seaton Park

Editorial

How we get it all together

Read on for more information about how the Seaton Scene and Tilly Tattle magazine teams came together to produce this magazine during the Covid-19 lockdown.

Thanks again to all our contributors – we are very grateful to those who has submitted an article or photo to the magazine. We have stories from Seaton Linkfield Community Network, Tillydrone Community Flat, Seaton Sings and primary schools in the two areas as well as contributions from local people.

Seaton Scene and Tilly Tattle are quarterly full-colour community magazines produced in partnership with Station House Media Unit (shmu) and are two of the seven community magazines produced for Aberdeen's seven regeneration areas with the printing costs being met by Fairer Aberdeen Fund.

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 **Laura on 07752586312** or email her on Laura Young: laura.young@shmu.org.uk.

The staff at shmu are able to support and train anyone living in Seaton and Tillydrone who are interested in developing their ideas and skills in either writing, photography or proof reading.

You can also view this magazine alongside previous editions on the shmu website www.shmu.org.uk

then click the '**PRESS**' option.

The Tilly Tattle and Seaton Scene magazines both have Facebook pages which we will be keeping updated with information. Search for them and hit that like button!



Supported by



Dear Seaton Scene and Tilly Tattle readers,

The volunteers involved with the Seaton Scene and Tilly Tattle community magazines and the support team from Station House Media Unit (shmu) would like to wish you well during these unprecedented times. These magazines are put together by volunteers in partnership with shmu and its purpose is to share important local information, celebrate the community and encourage positive social change around the issues the community is passionate about.

As the magazines are produced in partnership with local volunteers and community organisations, the production time of the magazines is a longer process than most commercial news or magazine products. However, we thought it was important to still deliver the magazine for a variety of reasons. With a substantial amount of information on Coronavirus circulating, we believe it is important to continue to present the great things that were happening in the Seaton and Tillydrone areas before we went into lockdown. There are also a significant number of people throughout Seaton, Tillydrone and Aberdeen city who do not have access to the Internet, where a huge amount of information is being shared and we know they look forward to receiving their magazine from us. To reduce the pressure on our magazine volunteers we have decided to join some of the teams together to produce joint magazines to be delivered throughout our target communities.

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

Our plan is to continue to produce and distribute Seaton Scene and Tilly Tattle despite the present restrictions, although they may look slightly different depending on how much information we get from our local communities to include in the magazines. We are keen for the magazines to showcase and celebrate our amazing communities and would like people to get in touch with us if they know someone who has gone the extra mile to help their area during the coronavirus outbreak (or generally) whilst also sharing important community information you may have that will benefit your community.

We are aware that information may date as things are moving quickly so please tune into our community radio station on 99.8FM or online at www.shmu.org.uk/fm to keep up to date with the latest news regarding coronavirus and your local area. Seaton Scene and Tilly Tattle also both have Facebook pages which we are keeping up to date with community information.

In the meantime, if you are looking for information on receiving or providing help during the coronavirus pandemic, please use the following resources;

Aberdeen City Council Helpline (8am – 8pm, 7 days a week): 0808 196 3384

Grampian Coronavirus Advice Hub: www.gcah.org.uk

Scottish Council for Voluntary Organisations: coronavirus.scvo.org

Please take care and stay safe.

Seaton Scene and Tilly Tattle Editorial Team and shmu support team

CORONAVIRUS CHAMPIONS



Is there someone in your community who has been going out of their way to do good for your area? The Seaton Scene and Tilly Tattle editorial teams would love to hear about them. Read on for some stories of the good deeds happening in the Seaton and Tillydrone areas.

TREE PLANTING

Sinclair and Scott from Donside Village (whilst maintaining social distancing requirements) planted 200 trees in the local area.

LITTER PICKING

Scott has done a solo litter pick (after a 10-hour shift at Tesco) and collected 5 black bags, rubbish included over 100 dog poo bags (yes, he was counting!)

Zack, whose aunty lives in the village, is a young person who has committed to collect litter for one hour each day and is posting his 'collections' daily on social media.

There are so many people stepping up and doing what they can. When you're out and about make sure you take your litter with you and if you can, maybe you could do a litter pick on your daily walk? As the saying goes "mony a mickle maks a muckle" and all the small

acts of kindness, selflessness and generosity add up to a tremendous community spirit.

CARING FOR OTHERS

Sarah Inglis, a local person, found a homeless man living in the woods in the Tillydrone area on one of her dog walks. The man had been working in the hospitality industry and had been made redundant due to the coronavirus pandemic.

Sarah and a neighbour helped the man by providing essential items and contacting Somebody Cares, a charity for those who are facing poverty.

Jane Fullerton, another local resident said: "I think Sarah is a local hero, showing kindness and compassion and probably saved this man's life. She deserves some recognition for her altruistic actions."

Tina from Seaton wanted to give a shout out to Andy Ritchie for all

the amazing work he does in the community to help people in the area. Before Covid-19 he ran the craft class at the STAR Flat on Seaton Drive.

Since the class has had to temporarily stop because of the virus he has been collecting shopping and prescriptions for those who need help.

Tina said: "He's a bit of a superman really, nothing is too much trouble for him! He's a really nice guy who would help anyone out."

She also wanted to thank the STAR Flat for the work they do in the community. She's only lived in the area for three years and was a bit timid about moving to a new place at first but the people at the STAR Flat made her feel really at ease as it's a really nice welcoming place to go.

Tilly Flat Update

Hello everyone - these are strange times indeed! After the Government announced plans for a nationwide lockdown in March we took, with regret, the decision to keep our service users, volunteers and staff safe and closed up the Flat. We are working from home, which is tricky when your working life revolves around face to face contact with people. Sarah is doing a brilliant job supporting service users by phone and I am less useful, utilising my time in exploring new funding opportunities and anything else that may be of use.

Our new status as a registered charity has afforded us more funding options... Wait a minute – did I

forget to mention that the Tillydrone Community Flat is now a bona fide Scottish registered charity?! Well yes. After being given the great news at the end of last year that we were able to stay in our current location, we realised we would need to find extra funding to make up the shortfall. We submitted an application to OSCR (Office of the Scottish Charity Regulator) towards the end of February and were delighted to get amazingly quick confirmation that our application had been approved, only three weeks later. We are now officially Tillydrone Community Flat SCIO – registered number SC050049 but that's our Sunday name. You

can just call us the Tilly Flat. We haven't got all grandiose and vainglorious. Yet.

We'd like to thank you all for being patient during our closedown and for understanding the circumstances. We miss you all very much and can't wait to get back to normal and see you all. We might even bring cake. I've been baking a lot of cakes during lockdown and unfortunately eating them too so I might need a bigger office chair when I get back. Perhaps even a bigger office if this continues much longer...

In the meantime... stay safe, happy and positive. These days will pass.

Fiona

St Mary's Church

It is lovely to be writing to you all again having been off work since November. I am now phasing back in two days a week at the moment. I'm not sure what I am phasing back into with the lockdown in place and putting all my plans up in the air. The best laid plans, wasn't that what Rabbie Burns said? I am thinking so much of everyone in these uncertain and even frightening times and hope it won't be too long until we meet up in person and get back to some sort of normality, if that's possible.

There was word last year of many churches closing down permanently here in Aberdeen in the local plan by our Presbytery. Such a radical plan has to be worked through and time taken to formulate what is best for St. Mary's folks and how we can best serve the community around us.

So please watch for more news in the months to come. St. Mary's is thinking positive for the future.

There was a request I sent out to our members a few weeks ago to light a candle and put it in their window, a light which represented the visible symbol of the light of life – Jesus Christ, the source of hope in our lives. In these difficult days I will lighting my candle as I think of each person in our parish and surrounding communities and asking God to keep you safe.

Though separated by lockdown may God's light and love bring us together and shine out in these dark days.

God Bless you all

Elsie

(Rev. Elsie J Fortune)

St Machar Credit Union

Our credit union collection points are closed due to Covid-19 at the Tillydrone Community Campus and at the STAR Community Flat

Members can still pay into their credit union accounts through their bank account - Give us a phone (01224) 276994 or email f-credit@fersands.org, or private message us on Facebook by searching for St Machar Credit Union for more information on how to set this up.

The main office is open (reduced hours) Monday to Friday 9.30 am to 3 pm (Wednesdays 9.30 am to 12.30 lunchtime as usual).

Seaton Linksfield Community Network

As you might of heard we are not doing any public meetings at Seaton Community Centre until it is safe to do so. We will try to keep everyone updated through our Facebook page and our new website - www.seatonlinksfield.webador.com and our new email address: seatonlinksfieldcommunity@gmail.com

Community Meetings:

We normally have our community meetings at Seaton Community Centre on a bi-monthly basis. We are thinking about changing this and will circulate news around the neighbourhood. We will also look to potentially hold a meeting in the common rooms of the multistorey and sheltered housing blocks so we can reach as many people as we can who might be interested in coming on-board the Network. These community meetings can be about anything from updates from local

groups, regeneration and clean ups etc. We can also put you in touch with some people at Aberdeen Council such as the Communities Team, Tenant Participation, Councillors, Environmental Team and Housing Team.

Keep Scotland Beautiful - It's Your Neighbourhood 2020

We had decided to sign up to the 'It's Your Neighbourhood' campaign by Keep Scotland Beautiful for our second year. We have done quite a bit since January but have had to put everything on hold due to Covid-19.

A clean up event was planned for April, but we had decided to cancel it in order to stick to social distancing rules. We would like residents to maybe look at just keeping their front of their homes clear of any litter or dead leaves and branches that have fallen. Even just clearing the path in front of your home can make a difference.

Giving your fences and doors a fresh coat of paint can also make a positive impact in the area.

Neighbourhood Watch Scotland

Last year the Network had started an online Neighbourhood Watch group, through Neighbourhood Watch Scotland & Our Watch. We started this as a way to let people know of any important issues that have happened in the area. Such as break-in's, vandalism, speeding, accidents etc. We normally let people know of these at our meetings or through our Facebook page.

By joining the Neighbourhood Watch, some insurance companies can give you a 5% discount or even reduce your premiums as you have joined a Neighbourhood Watch group. If you visit www.ourwatch.org.uk/join

VSA Carers Resource Service

Are you looking after someone who couldn't manage if you weren't there?

At the time of writing this article we have just started our second period of lockdown and our day to day lives have changed in ways we could never have imagined.

Each day we are talking to people in your area who are looking after someone and we are offering support and understanding at a time when being a Carer for a family member or friend has become harder due to the restrictions placed upon us.

They worry about how to keep their family member/friend safe and that usual routines are no longer available so keeping active and well is difficult.

As Carer Advisors we can offer help and whether that be practical information or having a chat on the phone, we are here to support you in your caring role.

By the time that you are reading this article, the challenges we are experiencing daily may be very different, and we very much hope that this is for the better, but we are living in uncertain times.

If you look after someone who could not manage without your help, please do get in touch with us by calling Donna on **01224 358545**, Helen on **01224 358631** or by visiting our website at www.vsa.org.uk

The main office is open (reduced hours) Monday to Friday 9.30 am to 3 pm (Wednesdays 9.30 am to 12.30 lunchtime as usual).



Waste and Recycling News Update

In order to keep staff and members of the public safe during these exceptional times, we have had to make temporary changes to some of our collection services.

If you have wheelie bins collections: mixed recycling and brown bins will be every 4 weeks. Check your temporary bin collection dates here: www.aberdeencity.gov.uk/bincollections

If you have communal bins, they will continue to be collected; however, due to social distancing measures, there may be delays. We appreciate your patience.

HANDY TIPS TO HELP MANAGE YOUR WASTE:

Flatten cardboard and crush bottles to make the most of space in your bin.

Avoid food waste - visit the Love Food, Hate Waste website for tasty recipes using up leftovers.

Mend, repair and upcycle – give your stuff a longer life! Learn new skills and get your kids involved.

Use reusable personal care products such as cloth nappies and menstrual products.

Sign up for electronic bills and statements.

For more hints and tips on waste reduction visit the Greener Scotland website www.greenerScotland.org

FAQS:

Will my excess recycling and garden waste be collected?

No, excess will not be uplifted. This is to protect collection staff by reducing

contact with waste, a particular risk at this time.

Please store your recycling where it is safe to do so and make the most of the space available in recycling bins by flattening cardboard boxes and crushing bottles.

Will I get a refund for my garden waste permit?

Garden and food waste collections (brown bins) were temporarily suspended in order follow the measures from the UK government. Brown bin collections restarted from 6 April on a reduced frequency. No decisions regarding refunds will be taken until the impact of any changes is fully understood.

Are recycling points open?

Recycling points are still available at many supermarkets, however you should not make special trips to use them. Instead, you could use them while you are doing your essential shopping, in line with Government guidance. You should not leave anything beside the bins at recycling points. For your nearest recycling point visit www.aberdeencity.gov.uk/waste.

How do I report an overflowing communal bin and/or fly tipping?

The fastest way to report an overflowing bin is online: Please visit www.aberdeencity.gov.uk/waste. Any waste next to the bin is considered fly tipping and is illegal. You can report by visiting www.aberdeencity.gov.uk/reportflytipping

I have bulky items, how can I book a collection?

We are running a reduced large item collection service at the moment, however some slots are now available for booking. Please visit: www.aberdeencity.gov.uk/waste to book your collection.

Where can I get more caddy liners?

Many caddy liner distribution points are now temporarily closed.

As an alternative to caddy liners you can:

Use an ice cream tub or other container to collect your food waste and then tip it directly into your communal food waste bin or brown bin.

Wrap food scraps in newspaper or paper towels and put directly into your communal food waste bin or brown bin.

Uncooked food such as fruit and vegetable peelings can be home composted

It is difficult to predict the future impact of coronavirus and whether any further changes to services will be necessary.

Stay updated by visiting our Aberdeen City Council's COVID-19 webpages for updates or follow us on Facebook or Twitter.

www.aberdeencity.gov.uk | Twitter: @AberdeenCC | Facebook.com/AberdeenCC | www.facebook.com/recycleforaberdeen

All staff from the Waste and Recycling department send their thanks for your patience and understanding during this time.

Stay safe, best regards

Waste and Recycling Team

WILDLIFE IN THE RIVER DON

By Gabriel and Oliwier

A seal has appeared in the River Don in Aberdeen! It usually comes out when it's sunny, the seal loves to sit on a tree and sometimes you can see it jumping up. If it's not on the branch, then you can try to search the water for a little grey head, although there are ducks about so don't get them confused! You can also see lots of other things, such as fish jumping about. They like to hang out near the Diamond Bridge. Swans and ducks and if you're there at the right moment you can spot a heron running around.

Many people like this place and sometimes get to see the amazing seal that lies beneath the water.

LEARNING IN THE CHEERFUL SEATON HUB

By Annesu

I have been in lockdown for about four weeks now and it's been a pretty tough four weeks. My mum is a key worker, so I have been going to a hub and that's been making my days. Every time I go it makes me happy. I have made lots of new friends and have the time of my life during lockdown and I feel very grateful to be somewhere where I am not stuck inside all the time. Some things I have been getting up to in the hub is my schoolwork of course... I have also been very active by trying lots of different sports such as volleyball, basketball, football, tennis, ping pong. We are going to be learning to be leaders and teach the little ones PE.

I love music and it's one of my favourite things to do during lockdown and I also get to do it in the hub! I'm also helping my friends playing piano and she really likes it. We also got to water plants and draw

on the floor. We did lots of stuff like drawing hearts and rainbows for the NHS. We also make TikToks and teach each other new dances.

I'm really happy being here and I really want the lockdown to go back to normal...at least whatever normal is...

ONLINE LEARNING

by Oliwier

As many people know there has been a huge pandemic outbreak called Covid-19. This virus spreads like butter and is pretty dangerous.

Due to this most countries have gone on severe lockdown. As a result, all schools, clothing outlets, restaurants and airports have been closed and most schools have transferred to online learning.

We all get sent a good morning email around 9am explaining what our tasks are today. Every morning children are expected to do a little exercise with an online fitness trainer called Joe Wicks. After we work up a sweat, we get ready for the day and that's usually when we receive our first task. Our tasks are sent through an online platform called Google Classroom. We try to have a regular assembly every Friday like we do at school. I'm pretty sure most people look forward to that because they can finally see people other than their family.

As far as I know there have been some debates about whether online school is good or not. Some children prefer online school because it has a better impact on their mental health, while others miss traditional school because it's better for pursuing their education.

RAINBOWS, ONLINE SCHOOL AND CLAPPING FOR KEYWORKERS

by Rachel and Adel

Recently, you have probably seen some rainbows about but what do they really mean and why are they there?

In schools (and at home) kids have been creating rainbows to put up on their windows to spread cheer and joy to passersby, and to thank the key workers for all their help.

We asked 11-year-old Ola what she thought about the rainbows. She said: *"I think the rainbows are very important because they make people believe that it's all going to end soon"*

HOW ARE CHILDREN FEELING ABOUT ONLINE SCHOOL?

by Oliwia

Some kids have experienced huge changes in their routines because of online school. But we wanted to know what some of you were feeling. We spoke to some more eleven-year olds who told us their opinions on online school.

Eleven-year-old Ola said: *"I like online learning but the problem with it is we don't get to see friends."*

We talked to another eleven-year-old girl called Millie. Here are her views on the matter: *"I do like it but, being at home is boring. I do like using Google Classroom though."*

CLAPPING FOR ALL KEYWORKERS

Every Thursday at 8pm people stand outside and clap to show their appreciation to the NHS and key workers. Most pupils say they clap outside and some even bang pots together. Other people play the bagpipes, or the banjo and the ships honk their horns in appreciation.

Thanks for reading and stay safe!

RIVERBANK PRIMARY SCHOOL HEROES

Since we have been working at home during lockdown, the children have been taking part in weekly writing exercises. On one of our daily Google Meets, one child mentioned they had been clapping for the NHS heroes and this prompted a conversation about who else could be heroes. For their writing task that I asked them to choose their own hero to write about and give examples of why they think they are a hero and deserve a superhero badge.

Dear Kai,

Hi, I'm writing you a little letter to let you know that you are my hero. You are my hero because you always play with me so I'm not lonely and because you are my cousin. We do everything together. We go to each other's birthdays and see each other at Christmas.

We have sleepovers and go to the cinema and play in the park together. You are always kind and once at school when nobody wanted to play with me and I was very sad you came over and asked me to play with you, That made me feel better so that's why to me you are my hero.

Thank you for always being kind.

From Kerin

Dear Grandad Bobo,

I am writing to tell you that you are my hero. You bring me sweets and pocket money every week and always tell lots of funny jokes. I hope I can see you again soon.

From Kieren

Dear Dad,

I am writing to you to tell you that you are my hero. You are always there for me when I need help and I know that you always be there, that's why I am so proud of having you. You are the best Dad ever; I love you to the moon and back. Remember when I used to be little and you taught me how to ride a bike? You were so patient to teach me, and I do appreciate that. Also, remember when you were reading a story to me while mummy was at work. You have been looking out for me for so many years and always try to teach me anything. For example, how to protect myself, how to be strong and much more.

Thank you for being there to help me when I need it. I love you so much. You will always be my hero, doesn't matter what happens.

Love,
Milena

Dear Mum,

I am writing to tell you that you are my hero. You are my hero because you look after me. You make me yummy suppers and buy me nice things for my birthday and Christmas every year. You take me out on cool trips. Aden Park was fun and even though it was cold, we still had a good time. I have also enjoyed our walks to the river where we pick flowers together. I'm looking forward to having more fun together. Thank you Mum.

Love, Ruby

Dear Dad,

I am writing to you to tell you that you are my hero. You are always making me laugh, you always be nice to me and give the best hugs. You are lots of fun. You taught me how to ride a bike without stabilisers. You make me the happiest little boy ever.

Thank you for being you. I think you deserve a hero's badge for always being the best dad. I love you Dad.

From Tommie

Dear Mummy

You are my Hero because you help me when I am stuck at something and you sometimes help me clean my room when I don't want to. Lastly you also help me not to be scared of bad dreams.

Thank you mummy for being my hero. I love you mummy.

Love from Victoria

All written by pupils in P3F,
Riverbank School.





Tillydrone Childcare Hub

Our Rainbow of Hope

As part of Aberdeen City Council's lockdown provision of Childcare Hubs around the city, Tillydrone Community Campus opened its doors on Monday 6th April to two hub teams of staff and children: The A Team on Mondays, Wednesdays and Fridays; and Team Don on Tuesdays and Thursdays. Each group looks after 8-15 children from P1-S1, and it has been a great delight to be able to offer this local service during these challenging times.

Our two teams working with the children at the hubs come from a range of Council and partner services, and are led by a multi-agency partnership of ACC Education and Social Work. Most of our team are from primary and secondary schools including Head and Depute Head Teachers, Class teachers, PSAs and EYPs. Working closely with our school colleagues are Family Resource Workers and Children's Social Workers, a youth worker, specialist workers including Active Schools, ACE Voices, Aberdeen Play Forum, ACC Creative

Learning Team, ACC Music Services and other partners.

Every day when the young people arrive at Tillydrone Campus, there is a selection of breakfasts available for them, which sets them up for a busy morning with staff providing a wide range of activities from Google Classroom with support to engage in their learning, games of pool, table tennis or on the Wii, arts and crafts, sports and PE activities, reading in the library, den-building, loose parts play, music and singing, baking, leadership/transition projects, and many other options.

A vital part of delivering this provision successfully has been the very high quality of the campus

itself and the team managing the space, which opened in August 2019 following a community consultation/planning process that began in 2015. Our staff and children in The A Team and Team Don love the positive, free-flowing, and light-filled atmosphere of

the space, and the campus' many different areas have given us a great deal of scope to provide a rich variety of activities for the children both inside and outdoors. Also, the team managing the campus have been so generous with their time and support since we started here, and we are very grateful for everything they're doing to help us provide this service for our children.

We don't know what the next weeks/months have in store. However, while the lockdown continues, we are 100% committed to continuing to offer this provision and build our Tilly rainbow of hope for children around Aberdeen.



INTERGENERATIONAL PROJECT BETWEEN SEATON SINGS AND SEATON SCHOOL P7S

Friendship and Remembrance across the generations

By Alec Thompson-Miller
(Director of ACE Voices)



Our intergenerational project between Seaton Sings and Seaton School P7s began in December 2018, and is built on kindness, friendship, respect, belief in each other, a safe space to express ourselves and take steps out of our comfort zones, and supporting each other through loss as well as joyful times.

Seaton Sings is a community adult singing group based at Lord Hays Court and is run by ACE Voices. It began in January 2018 as a partnership project, and we are very grateful for the support we have had from many different local organisations. It is free to take part, is open to any adults, and is founded on the belief that everyone can sing. For more info, please get in touch via alec@acevoices.org or 07422 575711.

An incredibly special part of this project is the friendships that have been building between our Seaton Sings members and Seaton School P7 classes from last year and this

year. We hold monthly gatherings, which include learning songs and singing games together; sharing memories, news, stories and jokes; playing table tennis, darts, and traditional games; arts and crafts; sharing snack-time; and other special experiences.

One of the key people helping to make this all happen is Sarah Turner, P7 Teacher at Seaton School. She cares so deeply for all her pupils and our Seaton Sings members, and has been instrumental in this project being a success. Her ongoing commitment is playing a key part in our plans, which we have started to put into action, to continue our intergenerational journey during lockdown. These include regular phone calls to our Seaton Sings members, Google Meets, a new Seaton Sings website created by Miss Turner, newsletters and planning for an intergenerational party whenever this may be possible! Watch this space for more news!

I would like to finish with the words of Rihanna (Seaton P7 pupil), and a

poem that she wrote to remember Pat, a member of Seaton Sings who died earlier this year with whom she had such a lovely bond. We were planning to hold a tree-planting ceremony at Lord Hays Court for Pat, but this has been postponed until after the lockdown. Thank-you so much, Rihanna, for letting us share this beautiful poem.

PAT

**Today is a sad day
But I am glad that I knew you Pat
Pat I only knew you for a while
But you always made me smile
I hope you know that I cared
for you
I hope you are at rest
Because you were one of the best
Some people are kind – they have
a good heart
I hope you are at peace and can
rest at ease
God rest you – PLEASE!**

Aberdeen City Mutual Aid

A group of community volunteers have formed a support group for those in need during the Coronavirus outbreak.

Aberdeen City Mutual Aid is part of a nationwide group who are coordinating community support for vulnerable people.

These community members are not medical professionals but volunteers who are interested in supporting people by running errands, picking up prescriptions and shopping and emotional support.

The group was put together by Robyn Ward, a student nurse who was witnessing how Covid-19 was affecting people on the front line and wanted to offer support in the community to those who needed it.

Rachel Meacock, one of the group admins said: *"As things were getting more serious with the virus, I knew I wanted to do something to help. I am currently really lucky*

where I have a job that allows me to work from home but I have previously been in situations where the restrictions put in place would have meant I would have lost my job. I started looking online and came across the mutual aid group, signed up and immediately got involved."

Rachel is involved primarily in the fundraising aspect of the mutual aid group and has worked alongside the wider community to raise around £2500. The funds can be used to help pay for shopping and bills for people in need.

She added: *"The last thing we want during this time is for people to be worried about financial issue when we have funding to help them. The funding is only a short-term solution, but we want to provide assistance where we can."*

The group has lots of volunteers who can provide assistance to those who need, whether it's

picking up shopping, prescriptions or running other errands for people.

They also provide emotional support for those who need.

Rachel said: *"The lockdown and social distancing measures are undoubtedly having an impact on people's mental health and with people feeling lonely, we thought it was important to ensure we were providing something for people who wanted to chat about any issues they were having."*

If you would like to request assistance from Aberdeen City Mutual Aid please call them on **01224 515513** or email **aberdeenmutualaid@outlook.com**.

Their community fundraiser is still open so if you would like to donate to support vulnerable people go to **www.justgiving.com** and search for Aberdeen City Mutual Aid.

Pathways are open for business

Our dedicated and experienced team of Employability Keyworkers are working from home during lockdown, but we can still help you to look for work, or help you prepare so when things open up, you are ready to go!

We can get you registered to work with us at Pathways. A few simple questions to get to know you and what kind of work you would like to do.

Write a new CV for you or help update an existing CV.

Set up an email address for you if required.

Carry out jobsearch and help you apply for any suitable vacancies.

One for you to do! If you have a smartphone or tablet, go to your app store and download the app for, Indeed, the job site. Create an account with your email address and a password and then upload your CV to your account. Your Keyworker can help you with this if required.

Contact Pathways:

Call **01224 692939** or **07835 567 997**, Monday to Friday, between 10am and 2pm. Or, email **davidcook@pathways-online.org** stating which area of Aberdeen city you live in.

This article was written before the Government Update on Thursday 7th of May. To keep up to date with current operations and assistance available please visit our Facebook Page here: www.facebook.com/PathwaysAberdeen1A

Access to the CFINE services during COVID-19



Community Food Initiatives North East (CFINE) had to close its premises to the public for the duration of the coronavirus outbreak to safeguard their beneficiaries, volunteers, and staff. Although there is no access to the building for members of the public, the charity and social enterprise continues to provide emergency support services for those self-isolated individuals and families who are facing difficulty.

CFINE's SAFE Team offers over-the-phone help and support for people who are facing challenges navigating the welfare system while the rest of the team is busy preparing and delivering emergency food parcels for those who placed a request. The charity distributes over 1,500 emergency food aids weekly to families who are struggling to get by.

Besides the CFINE fleet, partners and volunteer drivers are making sure that no one goes hungry in Aberdeen during the lockdown. CFINE's two electric cargo bikes have also joined the fight against hunger in the middle of April. The bikes are part of a wider project, called "Vegaroonitoo", aiming to provide access to food for house-bound beneficiaries and reduce CFINE's carbon footprint by making smaller fruit and veg deliveries in the city.

If you are self-isolating and you have no way of accessing food, you can request a contact-free food parcel delivery on 01224 596156 or at info@cfine.org. In case you are having a hard time applying for Universal Credit or would need support with any other benefits, get in touch with the SAFE Team on 01224 531386 or at safe@cfine.org

HELP TO HEAT YOUR HOME

Scarf launches new fund to help households in need

Local charity Scarf has launched a new emergency fund that aims to help households across Aberdeen access support to heat their homes in these difficult times.

The Scarf Heat Fund will help provide instant access to heat for those who need it most.

The new fund can provide help and support in the form of:

PLUG IN HEATERS

PREPAYMENT CARDS

COSTS FOR EMERGENCY

BOILER REPAIRS

Lawrence Johnston of Scarf, said: *"We recognise that with more of us stuck at home for the coming weeks we'll see our fuel use rise and of course, worries about fuel bills increase."*

"Our advisors are on hand to help guide you through the best way to keep your bills down and ensure that you're aware of the funds that can help take away the immediate fuel bill worries. By calling 0808 808 2282 you can check your eligibility for the Scarf Heat Fund and other grants and schemes."

"If you, or someone you know, is struggling with fuel bills or heating your home the new fund could be the answer to your problems."

Each application will be treated on a case-by-case basis with those needing the most help given priority.

Scarf works with Aberdeen City Council and the Scottish Government to provide free and impartial advice on reducing fuel bills. To get more information on how to cut your energy use while at home you can check out the Scarf website, www.scarf.org.uk or access free and impartial advice from the Scarf team by speaking to one of our experienced advisors.

Call Home Energy Scotland at Scarf on 0808 808 2282 for more information on how to access Scarf's fund as well as other grants and schemes.

Shmu - very much open for business!

Due to the current Coronavirus outbreak, shmu have had to adapt how we work with our target communities while we are on lockdown.

In light of the latest guidance from the government and NHS we have made the difficult decision to close our building.

This means that for the foreseeable future we will be working remotely and providing our communities with information in a different format.

It is even more important to share information and celebrate communities at this challenging time. There are also a significant number of people who do not have access to the Internet in their homes. We believe that community magazines and community radio will provide useful content for these people.

shmuPRESS will still be delivering magazines during this time and will be ensuring this is done safely and in line with government guidance. We believe it is important to bring some sense of normality to people and to continue to celebrate the great work that is happening in

each of the communities we work in. If you would like to get in touch to celebrate someone or an organisation in your area who is going above and beyond to help those in need or know of an interesting community story please get in touch with Laura on laura.young@shmu.org.uk or call her on 07752586312. All of the community magazines also have their own Facebook pages which will be sharing the latest community information.

shmuFM staff and volunteers are now recording and editing shows and community information from home. We are continuing to provide a daily schedule of radio programmes which now include a variety of information hours, entertainment and news shows. Keeping our communities safe at home, connected and informed is our priority.

We are working with community partners to ensure information is

relevant and up to date and have launched our "Tell Us" campaign which allows shmu to reach out to all service providers in Aberdeen to give them a

platform to share their information. If you have something to share please email tellus@shmu.org.uk.

Remember to tune in to 99.8FM or online at ww.shmu.org.uk/fm.

While we may be apart, shmu is connecting us together.



Supporting Communities Fund

shmu have secured funding from the Scottish Governments' Supporting Communities Fund to work with residents to develop community websites for the regeneration areas of Aberdeen. This project is in its early stages but the plan is to create an online portal dedicated to each of these areas which will become a one stop shop for anything to do with that community – all joined together under a Connected Aberdeen umbrella. If you'd like to find out more about this project or would like to get involved in the development of the Seaton and Tillydrone websites, contact laura.young@shmu.org.uk for more information.

Seaton Park in Lockdown

Lockdown is impossible for the park – there are no gates or fence! In any case, the park had an important role to play as somewhere local people could go during their allowed exercise time.

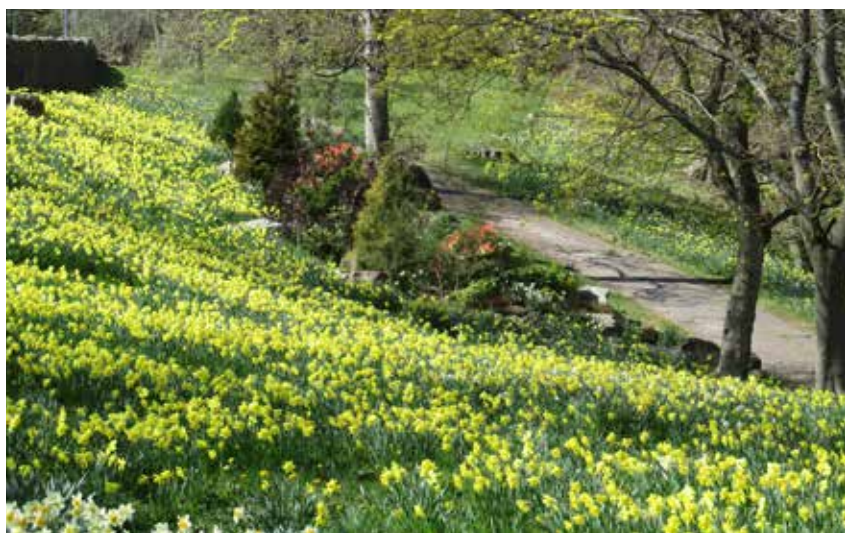
A big thank you to mostly everyone who managed to do the social distancing thing. It must be so hard if you have young children when you live in a flat and they have been denied the freedom to run around the play area.

Nature did not know about lockdown so it was great to go to the park and find a certain normality. Birds sang, the wildlife came to play and the grass grew. So did the flowers, in particular the spring bulbs. For those who

were not able to get to the park this spring, a photograph of some of the daffodils is attached.

By the time you read this, lockdown may be a bit less severe? When that happens it will be time to repair the ravages wrought by the fact that very little maintenance has been done in the park during the coronavirus emergency. Friends of Seaton Park would like to be able to be back working alongside Aberdeen City council staff keeping the park looking good. If you'd like to help please be in touch via friendsofseatonpark@gmail.com.

Finally, a reminder – when you visit the park, please remember to take your litter home!



The Allotment Market Stall (TAMS)

TAMS have been a regular feature in the park on Friday mornings from July to September for a few years now. They sell fresh fruit and veg which is all grown in local allotments. All profits go back to allotmenters to aid with next year's growing.

They really hope to be back in the park as per usual this year. To that end, seeds have been planted

and are being nurtured. Keep a lookout for announcements about when they will be back this year, easing of lockdown permitting! They may be joined by other stalls depending on weather and availability.

Looking forward to seeing everyone at the TAMS stall in the park in the near future.

'SHARP RESPONSE' - MOBILE NEEDLE EXCHANGE

In normal circumstances, Alcohol & Drugs Action operate once-weekly needle exchanges in Northfield and Mastrick, alongside a daily service from their base at 7 Hadden Street, Aberdeen. But coronavirus changed normal circumstances into extraordinary times for us all. The lockdown and social distancing presented significant challenges for everyone, including those at risk of increased harm through repeated use, and perhaps sharing, of injecting equipment.

Simon Pringle and his Direct Access team launched 'Sharp Response' a twice weekly, mobile needle exchange service for those in need of clean injecting equipment (and wishing used works collected). Five weeks into this endeavour, the service has grown in popularity and has been warmly received by those using it. Where possible some food is sometimes provided too. Deliveries have been city-wide, from Peterculter to Seaton, Torry to Bucksburn and many other areas in between.

Deliveries take place on Monday and Thursday afternoons. People will be phoned on Sundays and Wednesdays to confirm delivery. For more information or to place an order, please call our helpline on 01224 594700.

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

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

Oldmachar Medical Practice

0345-337-0510

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: sdfmh.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