

TillyTattle

Autumn 2020



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POLICE UPDATE

SHOP LOCAL

ST MACHAR SKATE PARK

www.shmu.org.uk/press

Autumn Edition 2020

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Welcome to your Autumn edition of the Tilly Tattle.

In this issue we have articles covering the Tillydrone Community Campus, local businesses in the area and a petition to move the mini skateboarding ramp from St Machar Park.

If you would like to get involved and join the editorial team or if you have ideas for the community publication, you can easily get in touch with us. The staff at **shmu** are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography or proof reading. So please don't be shy, this is your magazine written, edited and designed by the good folk of Tillydrone.

If you live in the Tillydrone area and would like to come along to the editorial meetings or submit an article then get in touch with **Laura** at **shmu** on **0752586312** or you can email her on laura.young@shmu.org.uk.

You can also view this magazine alongside previous editions on the **shmu** website www.shmu.org.uk then click the '**PRESS**' option.

Our dates for the next edition have not been set yet but keep an eye out on the Tilly Tattle Facebook page for more information coming very soon!

Tilly Tattle 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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TILLYDRONE COMMUNITY POLICING TEAM UPDATE

With the introduction of guidelines in relation to Covid 19 society was greatly affected, with the way Police Scotland engaged communities significantly impacted also.

Although the recent “local lockdown” has now been lifted, we are aware of community concerns surrounding the transmission of Covid 19 and are actively supporting the public through high visibility patrols, as well as having a presence in licensed premises, and public places, where people are likely to congregate. Those breaching guidelines are actively engaged, educated and from this we are seeing positive reactions from the public.

With the lifting of restrictions, we have seen call demand rise, from an initial drop of 25% seen at the start of lockdown.

The “lockdown” also greatly affected criminality trends, with instances of acquisitive crime coming to the fore. To address shoplifting we’re working alongside local shopkeepers to deter criminality and actively pursue repeat offenders. This has been warmly welcomed with recent analysis showing positive drops in reported shopliftings.

The use and supply of controlled drugs continues to be a scourge on our communities, with us actively

pursuing this. Through assistance from the public, and proactive work undertaken by local officers, large quantities of controlled drugs worth five figure sums have been recovered during the summer months.

Our work will continue, and as a community policing team we will remain visible and accessible within Tillydrone, endeavouring to address the issues that you raise. I look forward to building on the successes already achieved during the coming months.



International Credit Union Day

October the 15th 2020 marks International Credit Union Day.

A credit union is a community savings and loan provider set up by community members who have something in common to benefit their community.

The idea behind credit unions is that members mutually benefit and there is no profit for third-party stakeholders.

Here in Tillydrone we have St Machar Credit Union which has been in the community for over 20 years.

International Credit Union Day celebrates the global credit union movement and reflects upon the achievements, and hard work of the movement.

St Machar Credit Union was started by residents of Woodside and Seaton who were fed up of high interest doorstep lenders charging high interest rates for small loans because they were not offered basic banking due to low incomes.

St Machar Credit Union is now open to people who live in Seaton, Woodside, Tillydrone, Middlefield, Hilton, Heathryfold, Linksfeld, George Street, Froghall, Powis, Sunnybank, Old Aberdeen, Cummings Park and Northfield.

Back in 1986 a steering group came together to start the process of launching a credit union, which would be the very first one in the Grampian region.

In 1990 the credit union moved into their first office at 22B Sandilands Drive in Woodside and stayed there until 2009, when they moved to Woodside Fountain Centre.

In 2016 the credit union bought and refurbished the old Clydesdale Bank building on Great Northern Road.

Staff from the credit union also do drop ins at Tillydrone Community Campus where members can pay in and withdraw money.

For more information about St Machar Credit Union visit www.stmacharcreditunion.co.uk or call 01224 276994.



TILLYDRONE COMMUNITY COUNCIL – WHO ARE THEY?

Your Community Council is a group of residents who meet once a month to discuss issues involving Tillydrone, trying to find a way to resolve any problems and make improvements.

What do they do?

Your community council must be consulted on all issues involving planning and licensing which means we very often have visitors to our meetings to talk with us in order that we can consult with you, our neighbours, and ask your point of view. In the past we have worked with our community on issues such as:

The underpass at Hayton Road, work which has still to be completed.

Aberdon House - the recommendation from Aberdeen City Council was to provide accommodation for homeless young men. We asked our community for their opinion and they told us of their concerns asking that this proposal be stopped. The site will soon be part of a new phase of building work in the area.

St. George's Play Park - we had noticed the poor play facilities

behind St. George's Church and invited some young parents to join us at a meeting where they chose equipment they felt would be best for our youngsters. We raised the funds necessary, bought the equipment and the play park was built. We surrounded the play park with fencing, making it a safe and happy place for our children.

Donside Paper Mill - after the mill was demolished, a proposal was made to relocate First Bus onto the site, something our community voted against at several public meetings. Your community council worked with you and were successful in having the proposal overturned. We now have Donside Village on the site.

Of course, our biggest campaign was the Third Don Crossing. Your community council held several public meetings to understand the views of our residents and worked to support them against the proposal. Diamond Bridge has no doubt proved an asset to Tillydrone but it has also brought increased traffic into and through our community. Again, your community council are working with the authorities to resolve the road traffic issues around Hayton Road.

Our work is not all about solving problems, we undertake work to enhance our community such as:

Christmas at Tillydrone - your Community Council did some fund raising and bought Christmas lights for Hayton Road and the new campus. We discussed how we could celebrate this achievement since this was a first for Tillydrone and contacted Riverbank Primary School, invited the entire school and community to join us at a s witch on celebration. An event to be repeated annually!

We have been busy planting spring bulbs across Tillydrone and a wild-flower garden at Diamond Bridge.

These are some examples of the work we do, we're not always successful but we try.

2020 will bring new challenges with the building of a new nursery school, primary school and housing.

If you feel you have time once per month and wish to be a member of Tillydrone Community Council, please do contact our secretary at:

Secretary.tillydrone@hotmail.com



Covid-19 has had many impacts on society but one of the more positive effects is encouraging people to return their focus to shopping locally. With restrictions on how far we could travel, public transport services reduced and massive queues at the larger supermarkets, local businesses saw an increase in support from consumers.

Research by Accenture has shown that 56% of consumers are shopping in neighbourhood stores and buying more locally sourced products. Their research has also shown that 79% of consumers are planning to continue this behaviour post lockdown.

With this in mind the Tilly Tattle editorial team wanted to highlight some of the great local businesses that we have in Tillydrone.

Unfortunately we didn't manage to get to speak to everyone who has a business in the area but we would be keen to continue to highlight

local businesses in future editions. If you would like to get involved email laura.young@shmu.org.uk.

First up is Lurch Monster's Tilly Butcher. The butchers opened in 2011 and is an award winning butchers. They celebrated their ninth anniversary in Tillydrone this September.

They said: *"Nine years of 5 for £20, award winning funky sausages and the most professional unprofessional banter going.*

"Thank you so very much to everyone who has supported the shop, through all the changes and through all the good and the bad. The shop has always had amazing and supportive customers – you're pretty flippin' ace!"

Donside Stores is one of the most recent businesses open in the Tillydrone area.

"Hello from all of us here at Donside Stores! We are a local

convenient store situated right in the heart of the Donside Village. We have been here for over four years and are open:

***Monday to Saturday 8am to 8pm
Sunday 9am to 8pm***

We have a great selection of items across the store at reasonable prices. We also provide facilities including Paypoint and cash machine.

Recent times due to COVID-19 have been very challenging. We have been overwhelmed by the continuing support from our customers, old and new, to all the changes that we've had to introduce in store.

We look forward to seeing you."

If you fancy a treat tea you can always turn to Qismat. The shop has been operating under the name for over ten years and the current owners have been in the community for two years.

They said: *“Tillydrone is a good community and a lot of our staff live nearby. People have been really supportive of us during the pandemic, especially when they couldn’t go out to pubs or restaurants. We were really busy but we are glad of that. The community helps us to keep going. We actually made a point of keeping our prices the same, despite increased price of products so that we could help the community too.”*

As lockdown began to ease, an organisation called Savour the Flavours organised a survey in Dumfries and Galloway to find if Covid-19 is likely to impact people’s longer termed shopping habits and

plans to use this information to help local businesses. How have your shopping habits changed during the coronavirus pandemic? The local businesses we have in Tillydrone are unique, supportive of the area and need the support of local people. If you can afford to here are some of the benefits of shopping locally:

You know the people behind the product – when you know the person you’re buying from you get a connection from them that you wouldn’t get from shopping at the larger chains.

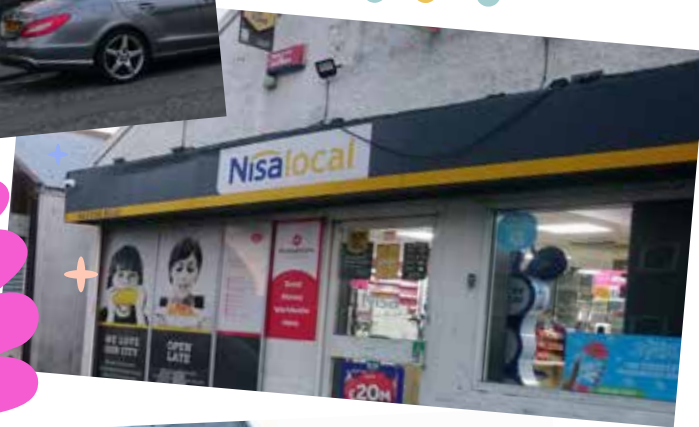
Better customer service – you are more likely to get better customer

service from a local business

Local economy – research has shown that for every £10 spent in the local economy means up to an additional £50 goes into the local economy.

Job creation – shopping local creates jobs for local people and supports local entrepreneurs.

Healthier environment – choosing to shop local has a positive impact on the environment. Their supply chains are shorter and ordinarily you can walk to them rather than drive to the large shops.



List of local businesses:

Tillydrone Pharmacy -

01224 277434

Ray’s Fish and Chips -

01224 487819

McColl’s -

01224 497921

Nisa -

01224 484215

Golden City -

01224 487500

Qismat -

01224 482200

Lurch Monster’s

Tilly Butcher -

01224 480229

Donside Stores -

01224 379977



St Machar Skate Park

A local skating group have raised a petition to move the skate ramp currently based in St Machar Park.

Aberdeen Skate Association are proposing to move the skate ramp to Westburn Park and have raised a petition to Aberdeen City Council.

The Tilly Tattle editorial team spoke to people from the Move the Mini campaign to find out more about their campaign.

In their petition they claim the ramp has been neglected and is not used for its intended purpose. The ramp is apparently not suitable for skateboarding as there is a large gap between the ramp surface and the coping at the top of the ramp which makes it difficult to use properly, particularly for inexperienced skaters.

In order to address this issue Aberdeen Skate Association are offering to fund the refurbishment of the ramp but one of their conditions is that the ramp be moved to Westburn Park where it would be used more widely by members of the skating community.

Tillydrone residents have had mixed reactions to their proposals.

Ashleigh said: *"I've never seen it being used for anything other than kids run up and down it. If moving it means it's going to be used for its intended purpose then that can only be a good thing."*

Kelly agreed, saying: *"If moving it means it will be better used that would prob be best idea but I think personally if they decide to do that they should replace it with something else that would benefit the kids of Tillydrone."*

However, other members of the community would rather the ramp was left for the children of Tillydrone to play on.

Lorraine said: *"I'm pretty angry that they think they can just take our kids' stuff away. It doesn't matter how they use it, it's played on most days. I think it would be used more if they put the bike track back in, that was well used once upon a time."*

Aberdeen Skate Association said: *"It is not our aim to alienate the residents of Tillydrone in any way and we would welcome any dialogue between groups to try and work together to better the community for all."*

"While there is already a skate park at Westburn Park it is becoming overcrowded and ramp skating is a totally different discipline from what is currently on offer."

Some Tillydrone residents feel angered that something has been taken away from a disadvantaged community to move it to an affluent area.

The Tilly Tattle editorial team spoke to Aberdeen Skate

Association who said they understood residents' concerns.

They added: *"We are currently gauging interest from our members to volunteer to help renovate the cycle track in St Machar Park if the community would like us to help with that. We have bikers in our group who would have the knowledge to do this and are keen to help."*

"We are also proposing to get a pool of skateboards together and offer the children of Tillydrone the opportunity to take up what is now an Olympic sport at Westburn Park."

Conversations between residents and community workers now have local people looking at applying for funding to install new equipment in St Machar Park so we will keep you updated on this as things progress.

At the moment there is no fixed timescale for this project and the group would require permission from the city council before anything was to happen to the ramp in St Machar Park.

What are your thoughts on this story? Get in touch with laura.young@shmu.org.uk or message Tilly Tattle on Facebook, we would love to hear from you.



A vibrant, abstract collage of geometric shapes and patterns. It features concentric circles in blue and black, pink and blue squares, black and white polka dots, and various lines and dots in pink, blue, and orange. The overall style is reminiscent of mid-century modern or pop art.

Gaslighting is a manipulative tactic in which a person, to gain power and control of another individual, plants seeds of uncertainty in another person's mind. The self-doubt and constant questioning slowly cause the individual to question their reality.

Gaslighting can happen to anyone. Abusers carry out gaslighting behaviours slowly and deliberately so that the person it is happening to does not realise it. The abuser disproves concerns time and again to the point a person does not recognise the reality of what is happening.

10 Signs of Gaslighting Behaviour

1. Blatant Lies

You know the person is lying, often and with ease, yet they say they do not recognise this in their behaviour. You begin to have self-doubt, question everything and become uncertain of the simplest matters.

2. Deny, Deny, Deny

You know what they said. They deny ever saying it. They ask you to prove they said it. You start to question your memory. Perhaps they were right, they never said it. Increasingly you question your reality and accept theirs.

3. Using What You Love Against You

This is a manipulative tactic used by the gaslighter, causing the person to question themselves and things they hold close. For example, if the person loves their job, the gaslighter will find issues with it. If they have children, the gaslighter will make them believe they should not have had them, that they're a poor parent.

4. Losing Your Sense of Self

The gaslighting continues methodically and continuously over a long period of time. The victim, over time, becomes a different person. Self-confidence disappears, and the victim becomes a shadow of their former self.

Their reality and being becomes that of the abuser.

5. Words Versus Actions

A gaslighter will talk and talk to convince a person of their concern for them. However, their actions will not reflect the words.

6. Love and Flattery

A gaslighter will tear a person down, build them back up and tear them right down again. This abusive pattern becomes reality for the victim and the praise associated with the building back up convinces them to think the abuser isn't all bad.

7. Confusion

A gaslighter instils constant and consistent confusion leading the victim to become desperate for clarity. As the person searches for clarity from the abuser, the cycle continues, and the abuser's power increases.

8. Projecting

A gaslighter projects their actions on to their victim. For example, if the gaslighter is a liar and a cheater, they accuse the victim of being a liar and a cheater. The person feels that they constantly need to defend themselves for things they have not done.

9. "You're crazy"

The gaslighter knows the person is already questioning their sanity. They also know the victim is searching for clarity. Hence, when they call the person crazy, the person believes it.

The gaslighter will also tell other people the victim is crazy or mad. Hence, if the victim ever approaches those people for help, they will most likely not be believed.

10. Everyone Else is A Liar

The gaslighter may tell the person everyone else is against them and that everyone is lying. Such action further blurs the victim's sense of reality and increases their dependence on the gaslighter.

Gaslighting is a form of mental and emotional abuse. The sooner the signs are recognised, the sooner the victim can take steps to find help. If you recognise the signs and believe you, or someone you know, is in a gaslighting relationship, we can help and support you.

Contact Us

During these uncertain times Grampian Women's Aid are still providing all support services.

Women seeking support should reach out to us by calling 01224 593381 or emailing info@grampian-womens-aid.com or visiting grampian-womens-aid.com/contact-us/

When we're closed, Scotland's Domestic Abuse and Forced Marriage Helpline is available 24/7 via phone on 0800 027 1234, email helpline@sdafmh.org.uk or web chat at www.sdafmh.org.uk. Specially trained staff are available to offer support and information for anyone experiencing domestic abuse, those concerned about someone else and professionals with questions.



WHY MESSY PLAY?

The team at Aberdeen Play Forum have a passion for play! It is our job to promote children's right to play and raise awareness of the important role play has in supporting children's development and fostering their physical and mental wellbeing.

Sensory play is important because it provides children with opportunities to experiment, problem solve and make decisions. It supports the development of both fine and gross motor skills, and language. Furthermore, sensory play has been proven to build nerve connections in the brain and also helps to develop and enhance memory.

Messy play, describes materials such as, paint, sand, slime, water, clay or mud that provide a sensory experience for the child. Messy play enables children to explore texture, sensations, imagination, and of course get messy and have fun! Messy play activities can be cheap and relatively easy to provide for your children at home. However, it can be daunting for many families. The team at Aberdeen Play Forum have some top tips to encourage you to try messy play at home with your children.

TOP TIPS FOR MESSY PLAY

Be positive and prepared

Keep it simple (very few and simple materials)

Set ground rules before you start and explain why (for example, try to keep

the water inside the tub so that the floor does not become slippery)

Older children can help prepare and set up the messy play. Also encourage them to help with cleaning up any spillages.

Have fun!

Think about clothes!

Put children in old clothes or strip them down to their nappy

Use mum/dad's/older siblings old tops for cover ups

Have face cloth/wipes handy for a quick clean up

Contain the mess!

Use the bathtub or outdoor area

Lay down a wipe clean tablecloth/ tarp/towels

Have towels and a bin bag handy for a quick clean up

TASTE SAFE MESSY PLAY FOR BABIES AND TODDLERS

Babies and toddlers love to explore using their mouths, this does not mean that they cannot get involved with messy play. Here are some ideas for taste safe messy play:

Cooked or uncooked pasta shapes (there are loads of recipes online explaining how to dye pasta for an optional twist!)

Jelly, wonderful to squish and squeeze and it smells amazing! You could even try burying toys and objects in the mixture before setting.

Cereal. Add a cereal of your choice to a basin/container. (A good addition here would be kitchen utensils or toy animals).

Dye yoghurt with food colouring for some finger-painting fun!

Taste safe mud. All you need is two cups of plain flour, 1 tablespoon of cocoa powder and two cups of water to create this taste safe mud. Perfect for your own mud kitchen or for some dinosaurs to stomp in!

NON-MESSY SENSORY PLAY

Here are some mess free sensory play ideas:

Fill plastic bottles with materials such as coloured water, sequins, glitter etc. Try dried beans, rice, bells or stones to create interesting sounds. (Remember and seal the lid with superglue or duct tape)

Create your own texture boards. Using superglue attach various textured items such as colourful scourers, stones, fur, cork etc to a large piece of cardboard.

Get out your kitchen utensils and pots and pans to create your own musical instruments.

Make an indoor den, close the curtains and create cool effects with torches, fairy lights and glow sticks.

Participatory Budgeting in Tillydrone

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.

The closing date for applications was the start of October

Voting will take place towards end October with the final voting day being 29th October. This will be done both online and on paper forms.

Votes will be counted on 30th October and successful applications announced shortly afterwards.

For more information email udecide.tillywoodsea@gmail.com.



Instant Neighbour foodbank

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.

During lockdown we have given out over 3,500 parcels.

These parcels contain dry, ambient tinned goods and the items we always run out of are, unsurprisingly pasta sauce, tinned meals, tinned fruit and tinned puddings.

We also like to give out tea, coffee, milk and biscuits as well as tinned beans and soup.

The foodbank is open Monday to Friday, 10am-1pm and 2-4pm. 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 Aberdeen City 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.

We have access to an industrial chiller now as well so have the ability to hand chilled and fresh food out to our beneficiaries which gives a much more substantial food package.

Food can be donated at our St. Machar premises anytime between Monday and Friday from 8.30-4.30. We encourage people to reach out by phone or e-mail to check what specific items we may be running short of.

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



LOCAL TEENAGERS STEP UP IN AID OF HELPING DISABLED ADULTS

Covid-19 has had a damaging effect on the whole of society, however it's not all doom and gloom!

Two local teenagers, who are lifelong friends, have stepped forward to help support their local community, particularly those that are physically disabled!

Ryan Bannerman (14) from Northfield, currently doing his Saltire Awards, volunteers his time for local charity Future Choices. Future Choices provides social inclusion and recreational activities, however due to the current pandemic, the charities activities are currently suspended.

Ryan said: *"Helping the most vulnerable is a really good feeling."*

Lucas Mackenzie (13) from Tillydrone is also doing his Saltire Awards and volunteers his time with Future Choices.

Lucas added: *"I'm so excited to help the most in need during this tough time."*

For both teenagers, the challenges of going back to a new school routine and academic year is a hurdle in itself so trying to help the community via an online fundraiser is very commendable.

Both Ryan and Lucas have learnt a great deal by doing their Saltire Awards

and take pride in the community work they both do. They hope that with them doing this appeal, it'll raise much needed funds and inspire other young people to volunteer.

The funds they hope to raise will help to provide vital support to help those most vulnerable adults post Covid-19, and to help engage them in social inclusion by breaking down the social isolation barriers, they have had to endure since March

You can check out their special film and view their Crowdfunding page at www.crowdfunder.co.uk/help-support-ryan-and-lucas

Volunteers receive award which is equivalent to an MBE

shmu has been honoured with The Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK - the equivalent to an MBE.

The Queen's Award for Voluntary Service recognises outstanding work done by volunteer groups in their local communities and was established in 2002 to celebrate the Queen's Golden Jubilee.

We support over 200 volunteers on a weekly basis, and our CEO Murray Dawson said "It's an incredible honour for our organisation to have secured the Queen's Award for Voluntary Service. We just wouldn't exist without our amazing volunteers and everyone has played a part in our story over the last 20 years. Absolutely fantastic news."

Our Volunteer Coordinator Tracy Ewing summed up the importance of our volunteers by adding:

"We're incredibly lucky to have so many talented and committed volunteers at shmu, with almost 100 volunteers still volunteering and rising to the challenge during COVID-19. Whether writing articles for community magazines, recording radio shows, participating in our Tell Us campaign, or supporting other volunteers with technical queries our volunteer community has never been stronger. I'm proud to support and be part of such a loyal and creative team who are very deserving of such a huge award."

The commitment and dedication of the staff and volunteers was also praised by Trustee and volunteer Abeer Eladany who said they have a "profoundly positive impact on the wider local communities", and that she was "thrilled that they have been recognised with this prestigious award as shmu always inspires, motivates and holds the cultural banner across the region".

Finally, our Chair Jillian Evans paid tribute to the volunteers who "make SHMU one of Aberdeen's most valuable assets. Their energy, enthusiasm and

commitment to support local communities says a lot about who they are, and the vital part they play in our great big shmu family".

Representatives of shmu will receive the award from Barney Crockett, Lord Lieutenant of Aberdeen later this summer, with two volunteers from shmu being invited to a garden party at Holyroodhouse in July 2021, along with other recipients of this year's award.



HEPATITIS C -

SEE IT, TREAT IT,

BEAT IT

Gone are the days where Hepatitis C was a life sentence – where testing and treatment processes and medications were often worse than the disease itself.

The opportunities of having a simple and easy to access testing service has been greatly increased by the recent introduction and roll out of dry blood spot testing (DBST) being provided at local pharmacies across the city and in branches in the Shire. This is in addition to DBST services which are provided within NHS sites and GP practices as well as being available within the NHSG Sexual Health Clinic and as a service availed to clients of Alcohol and Drugs Action (ADA) in Aberdeen. For details contact their helpline 01224 594700 or website www.alcoholanddrugsaction.org.uk

This testing process is non-invasive and only involves a single pin prick to a finger to provide the required sample. This is then sent off for testing. Results are returned confidentially and directly to

yourself. A full list of participating local pharmacies addresses, and contact details is available on our website www.aberdeeninrecovery.org

New and much improved Hepatitis C treatments have been available now for the last three years and record a cure rate of around 95%.

The treatments no longer involve injections and are administered in tablet form, taken daily, and are prescribed over a number of weeks. This course of medication can now cure the virus in as little as eight weeks and involve no serious side effects, anything reported as being minimal and minor.

It's also really encouraging to hear that liver biopsies are no longer routinely used. Blood testing or ultrasound scans are now customarily used to check the health of your liver.

So, the message we wish to strongly convey is simply this, "See It. Treat It and Beat It" and you could be cured of the virus and its symptoms within eight weeks. You will also be doing your part in fulfilling the World Health Organisations and our Scottish Governments pledge to, eliminate Hepatitis C within the next decade!

More information available at www.hepcscot.org and www.hepatitisscotland.org.uk



New Building Developments in Tillydrone

Tillydrone is seeing lots of new building developments in the area.

Some of you may have noticed building work happening near Aberdeen Lads Club.

This development is going to become an early years facility with space for 40-50 children.

It is an Aberdeen City Council development.

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

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