

Spring Edition 2015

TillyTattle

LOCAL NEWS DEDICATED TO YOUR COMMUNITY



Featured in
this issue...

Donside - R.M Bush

THIRD DON CROSSING
Latest Update

7 WAYS TO CUT YOUR FOOD BILL
Budgeting Tips

TYP
Relocation News

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Welcome to your Spring edition of the Tilly Tattle.

In this issue we have articles about the Third Don Crossing, Tillydrone Vision, St George's Church and much more.

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 **515013** 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.



Supported by





Be part of the Aberdeen International Youth Festival 2015

We have a fantastic community opera as part of the Aberdeen International Youth Festival and we want you to be a part of it. Noye's Fludde by Benjamin Britten will be one of the

highlights of the festival with a mix of professional opera stars and community singers. There is no experience necessary so whether you are a family or individual get in

touch to register your interest. You can email info@aiyf.org or keep a look out on our website www.aiyf.org or Facebook page for updates.



People's Champion 2015

Aberdeen City Council is seeking the People's Champion of Aberdeen. We want you to tell us about the person you think has gone the extra mile and always with a smile. We want to hear about the waste and recycling teams, school crossing patrollers, care assistants, housing teams, dog wardens, teachers, dinner ladies, street cleaners, gardeners, road workers and so on that have made a difference to you.

Our first People's Champion voted by you was school crossing patroller Pearl Rendall. Could 2015 be your Champion's year?

You can obtain a paper copy of the Nomination Form by contacting Caroline Souter **01224 523920** csouter@aberdeencity.gov.uk

Nominations have to be submitted by Friday 10 April 2015



TILLYDRONE COMMUNITY FLAT

It seems a long time since our last update, during the late days of summer just after the Gala! The flat continues to be very busy with our classes being well attended and many residents visiting to seek advice regarding benefits, welfare and other issues.

We had a Social Work placement student from September to December, Gemma Anderson, who was a real asset to the project and who is still missed by the crèche children! Gemma has written an article about her time at the Flat which can be read in this edition of Tilly Tattle. In the run-up to Christmas we were overwhelmed by the generosity of our citizens and eternally grateful to Cash for Kids and the Giving Tree for the amazing gifts we received for distribution to families in the Tillydrone area.

Going forward, I am delighted to report that Aberdeen Greenspace have confirmed they will take forward a vision for a Community Garden area at the back of the Tilly Flat, on a piece of currently

unused waste-ground. The garden will incorporate a seating area, raised beds for easy access, pathways and hedging. We will be looking to recruit local volunteers to help with planning, delivery and maintenance of the project which will be a great addition to the area. With many of us focusing on new beginnings in the new-year I am trialling an informal weight-loss and healthy eating group in the Flat on Wednesday mornings. This will involve a weekly weigh-in and chats around healthy options and simple, affordable meal ideas. Anyone interested in coming along should give me a shout.

We are still very keen to recruit new members to the Tillydrone Network and to the Tilly Flat Management Committee. It would be great to have wider community input in these groups. Please contact me if you are interested in finding out more, or if there are any specific issues affecting the Tillydrone area which you would like to discuss. Looking forward to another busy year!



Gemma Anderson spent 12 weeks on university placement at Tillydrone Community Flat - she shares her experience with the Tilly Tattle...

I am currently studying Social Work at Robert Gordon University and for my third year placement I have been working at the Tillydrone Community Flat for the past 12 weeks.

Before coming to the flat, I did not have a lot of social work experience. I went to college for a year and studied the HNC Early Education & Childcare Course and through this I got a placement in a Primary School working with young children. I then left college and began studying Social Work. I was given a placement at a resource centre for adults with learning and physical disabilities. The experiences allowed me to build on my communication skills and gain confidence with working with individuals of different ages and backgrounds.

Since being on placement, I have built some good working relationships with the people who come in to the flat. I have tried to meet their needs as much as possible from making phone calls on their behalf to accompanying them to meetings. I have done

this by working with a non-judgemental attitude and keeping all of the information which is shared confidential. Treating the service users as individuals and empowering them at the same time is vital and this placement has given me the opportunity to do this. I have also worked alongside Carol and Ruzina in the crèche, helping them prepare for the Care Inspectorate and helping them with activity ideas for the children.

There have been many opportunities to visit different organisations outside of the flat. I was able to attend a session at the St. Machar Parent Support Group, observe the work Street Soccer Scotland do and also saw the service Pathways provide to help individuals in the area. I attended a meeting regarding the Getting it Right for Every Child Scheme (GIRFEC) which allowed me to see how different organisations in the area work together, which was very interesting.

By spending the last 60 days on placement, I have been able to

witness how important the flat is to a lot of individuals. From attending different groups such as maths and language or health treatments or getting one-to-one support from the staff, it is clear that the Tilly Flat provides a great service for individuals in the area who may need some support.

I have really enjoyed my time at the flat and have felt like part of the team since the beginning. Every day has been so different but I have learned so much from the staff and everyone who comes into the setting. I would like to thank Gary Dawson for being a great practice teacher and helping me with my learning throughout my placement. Thank you to Fiona and Sarah for giving me the experience of working at the Flat and helping me gain confidence. I would also like to thank everyone else I have met at the Flat and for making this a great experience. I am really going to miss working at the Tillydrone Community Flat and wish everyone well!

By Gemma Anderson
Social Work Placement Student

Auchinleck Road

This road was named after Field Marshal Sir Claude John Eyre Auchinleck. He was born on the 21st June 1884 and died 23 March 1981. Nicknamed "Auk", he was a British Army Commander during the Second World War. During his first tour of duty in India he learned to speak Punjabi, thus gaining the respect of his men.

He was commissioned in 1904 and retired in 1947, an army career of 43 years. He fought in the First World War and in-between World Wars in other European upheavals.

Between the two wars he studied at the Staff Military College. While on leave in the South of France he met Jessie Stewart on the tennis court. Later they married, although he was sixteen years her senior. In India she was known as "The Little American Girl".

His commands were 1st Battalion, 1st Punjab Regiment (1929–30), then the Peshawar Brigade (1933–36) Meerut district (1938), 3rd Indian Infantry Division (1939), IV Corps (1940,) Commander in Chief Northern Norway (1940), V Corps (1940), Southern Command (1940), Middle East Command (1941 – 42), Commander in Chief India (141, 1943–47), Supreme Commander India and Pakistan (1947–48).

His battles include the First World War, Mesopotamian Campaign, battle of Hanna, Second Battle of Kut, The Fall of Baghdad, Mohmand Campaign 2nd World War, Norwegian Campaign and North African Campaign and he received many awards for his work in these.

Google search "Claude Auchinleck" for more information

Margaret Mead



Help on hand in Tillydrone

Over the last six months Cash in Your Pocket have been working within the Tillydrone community to provide free and friendly help and advice to local residents. Based at the Welfare Matters Hub, within the Housing Office (Tues, Wed & Thurs, 10:30am-12:30pm) they provide immediate assistance to anyone seeking help on matters relating to their finances. By providing a walk-in service, callers have the opportunity to discuss matters confidentially, face-to-face, in a relaxed environment.

Seeing more people struggling, with no knowledge or understanding of the welfare system and no other source of help available to them, the team have developed an unexpected role of intervening on behalf of clients, to avoid a worsening

situation. By taking immediate action - helping to explain letters, phoning organisations, or arranging suitable appointments etc, crisis situations such as eviction, or problems relating to benefit sanctions can often be halted or resolved.

In addition to the service provided at the Hub, Cash in Your Pocket are working closely with the Tilly Flat, as a first point of contact for anyone seeking financial help. Acting as signposters, the Flat provides free direct access to the Cash in Your Pocket Phone line, via a mobile phone, which is available to anyone seeking advice during office hours.

To help promote the service locally, Cash in Your Pocket took part in the 2014 Tilly Gala. As part of the fun, participants were

encouraged to enter a free prize draw, with the chance to win £100 of Christmas shopping vouchers. The draw was made on the 1st December and came as a lovely surprise to the winner who is also a local resident.

Coleen Davidson said: "I'm delighted to have won on the lead up to Christmas. It came as a great shock 'cos I never win anything."

If you, or anyone you know are experiencing difficulties - get in touch. Drop in to the Welfare Matters Hub, Tilly Community Flat, or call Cash in Your Pocket Phone line on 01224 686077 to get the help you need.

Helen McCulloch,
Cash In Your Pocket

Get **help** with:

BENEFITS Pension Universal Credit

HEATING YOUR HOME? STOP SMOKING

LOW COST LOANS FIRE/HOME SAFETY CHECKS

SAVING & BUDGETING Too Many Bedrooms

Repairs & Adaptation Food Parcels



The Third Don Crossing

Work started on the Third Don Crossing during 2014. Aberdeen City Council and their contractors, Balfour Beatty are aiming to have the work completed by December 2015. The bridge has been dubbed “controversial” and has generated significant debate from either side.

Klaudia and Lukasz from shmu’s Youth Journalism group interviewed Cllr Alan Donnelly of Aberdeen City Council and the Chairperson of Tillydrone Community Council, Brian Downie about the new bridge.

Brian Downie

Why are you against the bridge being built?

Members of the Tillydrone Community Council are concerned about the volume of traffic, car pollution, noise and safety of residents who have to cross the new road. The road may also be used as a rat run to avoid traffic queues.

How will it impact on the community and accessibility from Tillydrone?

The crossing will impact badly on the community of Tillydrone. The bridge will give us a new route in to Bridge of Don but we wonder if it is worth what will be forced on the residents of Tillydrone?

What are the advantages and disadvantages?

In our opinion the people in Bridge of Don will benefit from the crossing. We feel developers who are waiting to build new houses in Aberdeen will profit from the development as well.

Do you think the process of building the bridge is disruptive?

Yes it is. Balfour Beatty should not have been allowed by ACC to more or less dig up the left hand side coming in to Tillydrone. We have temporary traffic lights; roads closed all over, buses diverted and rat running. Residents feel very unaware of what’s going on. Balfour Beatty are only working Monday To Friday and we feel they need to up the pace of work and get out of Tillydrone. We want to know if people realise it is nearly a year since the disruption started in Tillydrone and this crossing is not due to be up and running till December 2015?

What kind of public reaction have you had from people?

Go on to Tillydrone Community Facebook page and see what people are saying.

What are your views on the placement of the bridge?

Tillydrone Community Council believes that Aberdeen City Council made the wrong choice. The bridge should have been built at the mouth of the River Don. We believe they went for the cheapest option which also had the highest level impact with the road works and construction of this crossing which will be felt forever more by the residents of Tillydrone.



Brian Downie

Cllr Donnelly

Why do you want to build the Third Don Crossing?

There has been a plan to build a Third Don Crossing for the last 50 years. Because of the oil and gas industry Aberdeen's population of people has grown and there's more and more pressure on the roads and bridges. We've got thousands of people every day coming to the city from the north for work who are travelling across the Bridge of Don crossing at the moment. That bridge was widened about 40 years ago and it's now full to capacity. We think this will take some of the pressure of the Bridge of Don crossing and get commuters to and from the north of the city with less waiting time and less stress and pressure.

What are the advantages?

Two bridges are better than one bridge that is heavily congested. The Third Don Crossing is going to be part of what is called the 'Holy Trinity.' Aberdeen is badly congested and gridlocked and that costs money and time. We're now building a bypass round Aberdeen (AWPR) which will skirt around the edge of the city and take traffic from the north, particularly industry traffic, around the city and away from the city centre streets, for example King Street and Union Street. In partnership with that we're going to realign the Haudagain roundabout. The Third Don Crossing is the third part of the jigsaw in solving Aberdeen's chronic gridlock and traffic congestion.

What would you say to people who are unhappy with the decision to build the bridge?

You will get people who are naturally unhappy if it transports through their communities and there was quite a lot of

opposition in Tillydrone where the south end of it will be transported through. What we're saying to people in those communities is we're hearing what your concerns are and there will be benefits. It's not a question of speeding the traffic through there but it's something that the city has to have to move forward. I think once it's up and running and commissioned then we have safe passing places the people in Tillydrone will come to live with it and appreciate it. We are confident that the measures we are going to put in place will alleviate any issues.

What was the general public opinion?

It was mixed. We'd been talking about building the TDC for around 50 years, so our older generation have been expecting it. We actually built approach roads to it, for example Formartine Road is kind of an approach road in Tillydrone to the Third Don Crossing as the duty of a local authority is to plan ahead.

Do any of your family and friends think that the bridge is wrong?

From my perspective, I'm a Conservative councillor so I supported it because of the road pressures we have in Aberdeen but there are other political parties who were against it, particularly the Labour Party who were concerned about the impact the bridge would have on the community of Tillydrone. However, we took a democratic vote and that's how local democracy works.



Cllr Donnelly with the shma youth media team

What kind of compensation do people get if their land is bought through a CPO?

Well, for example there's one chap on the route and we have to take quite large chunk of his garden which obviously impacts on the value of his house so what we do there is we normally give the market value of the house.

What impact do you think the bridge will have on future generations?

It will serve its purpose for the present and the future, getting traffic up and down and across Aberdeen city more safely with less volume and pressures but as the population expands there will be more cars and that's something that future strategic development planners will have to look at. But then again who's to say in 20 or 30 years who's to say we'll be driving cars as new technology develops?

Aberdeen Lads Club Community Cafe

A new cook has joined the Community Café at Aberdeen Lads Club. Diane Ingram is working with Carole McCamilie and we must say we love the new recipes and dishes now on offer along with our usual menu items.

We have regular parents, children, school kids and staff who use the cafe. We have also had workers in from the building sites. Through word of mouth and some Facebook and local advertising we have seen some new faces which is great.

We now source our meat from our local butcher, Tilly Butcher on Hayton Road.

All our meals are freshly prepared and always cooked in the healthiest of ways. We have meal days on a Tuesday and Thursday which is when we serve our delicious home cooked meals and we serve lunch snacks, sandwiches, paninis, hot filled buns and wraps on the other days.

We also serve cooked breakfasts on Tuesdays, Wednesdays and Thursdays and on a Friday we do a 'Mega Breakfast' for only £3.00 which includes tea or coffee.

We have started doing a homemade soup every day to warm you up in this cold weather. We now have a 'panini of the week' to add a bit of variety and we welcome any suggestions you may have.

Over the next few weeks we are doing themed weeks for example Chinese week, Italian week, Scottish week where we serve traditional dishes from those countries, just as a bit of fun.

We love seeing the cafe as busy as possible and aim to keep the menu fresh and exciting. We also have lots of ideas about seasonal dishes, meal deals and much more to keep new faces coming in.

If you haven't made it along yet pop in you'll be made very welcome. The café is open between 10am and the last serving is 1:15pm.



Saint George's Church Film Club

Remember those Saturday mornings down at the pictures? St George's is looking at starting a free film club for all age groups that'll be held in the Church. There's some red tape to be dealt with, changes to be made in the hall, and a few other things to do before we get off the ground. We're hoping that everything's going to be in place before the summer break. We've an amazing 120" screen, surround sound and a catalogue of tens of thousands of films from up-to-the-minute blockbusters to black-and-white classics: there's going to be something for everybody.

The starting point will be a free Saturday morning cinema aimed at kids and then look at interest from other groups, including mums, elderly, Polish & other nationalities, and more – everybody likes a

good movie! The Church has different days and times available through the week to best suit various groups that fancy setting their own big-screen viewing programme. To make the film club a success we need volunteers to get involved and run the film club. Depending on the number of folk that are interested in helping out, it's probably a commitment of one Saturday morning every couple of months. No specific skills are needed and we'll give training in the use of the equipment. Membership of a PVG scheme would be a bonus but, where needed, we'll enrol volunteers under the Church's scheme.

The Church's website is at Tillydrone.Church, the Facebook page is at Facebook.com/Tillydrone.Church and the general email address is:

Info@Tillydrone.Church



First Port of Call

A Tillydrone charity shop and community outreach, Bethany Christian Trust

During the first week of January the shop was closed while staff and volunteers worked hard to clear out the shop and revamp it.

The shop was well attended on the first day of opening on 2015 on the 12th January.

The shop will be restocking every two weeks with assistance from the George Street shop.

Bethany's Employability and Community Development Worker, Jan said: "The shop is an amazing resource within the community providing low cost and good quality clothing and goods. I am excited about building stronger partnerships within the community including with the Lighthouse and SHMU and providing a place where people can come for a chat, advice, to shop or to volunteer with a view to upskilling."

Since the New Year the shop has welcomed two new volunteers, Donna and Mandy and is busy recruiting a few more, so watch out for familiar faces!

The shop is open between 11-3pm, Monday to Friday.

If you would like to find out more pop in to the shop or call Jan on **01224 647677**.

Street Soccer Scotland – John Brown's Experiences

How did you get involved?

I found out about the programme while doing a course at Aberdeen Foyer when Michael asked if I was interested in joining in training. As a football fanatic I was really happy to be given this opportunity.

What sort of experiences have you had?

Amazing. Coming home with five cups in one year felt better than anything I've ever experienced. I've been able to play football all over Scotland and met lots of new people facing similar issues to myself.

Where would you be without the Street Soccer programme?

If it wasn't for Street Soccer Scotland I would have nothing to get up for. It's completely changed my life for the better. The support I get from Street Soccer

Scotland is fantastic.

They understand my issues and have helped me deal with them and given me so many chances and opportunities.

How did it feel to get involved with coaching at schools?

We went to a school in Inverurie and helped the young kids with their training. It felt totally amazing to see them learn and see the smiles on their faces. Football with Street Soccer Scotland totally changed my life and I would like to see other young people given the same opportunity.

Street Soccer Scotland hold sessions at Aberdeen lads Club every Friday. These are free and will run between 6 and 8pm. If you're 10-16 years of age then come along and get involved. For more information you can phone Scott on **077-125-197-51**.

Creative Writing

A poem that some can relate to

I remember the cheese of my childhood,
and the bread that we cut with a knife,
when the children helped with the housework,
and the men went to work, not the wife.
The cheese never needed a fridge,
and the bread was so crusty and hot.
The children were seldom unhappy
and the wife was content with her lot.
I remember the milk from the bottle,
with the yummy cream on the top.
Our dinner came hot from the oven,
and not from the fridge; in the shop.
The kids were a lot more contented,
they didn't need money for kicks.
Just a game with their mates in the road,
and sometimes the Saturday flicks.
I remember the shop on the corner,
where a pen'orth of sweets was sold.
Do you think I'm a bit too nostalgic?
Or is it... I'm just getting old?
I remember the 'loo' wa the lav,
and the bogey man came in the night,
it wasn't the least bit funny
going "out back" with no light.
The interesting items we perused
from the newspapers cut into squares,
and hung on a peg in the loo.
It took little to keep us amused.
The clothes were boiled in the copper,
with plenty of rich, foamy suds.
But the ironing seemed never ending
as mum pressed everyone's 'duds'.
I remember the slap on my backside,
and the taste of soap if I swore.
Diets weren't heard of and we hadn't much
choice what we wore.
Do you think that bruised our ego?
or our initiative was destroyed?
We ate what was put on the table,
and I think life was better enjoyed.
The age of remembrance, must be 60+!

By Anonymous

Reiki in the Community is 4

Reiki in the Community is celebrated its official 4th birthday this February. Founding member, Louisa Brown, who passed away last year had a vision for a volunteer led healing and spiritual well-being centre in the heart of Woodside, hence Reiki in the Community was born.

The group meet twice a week on Wednesday mornings and Thursday evenings at the Fountain Grange Common Room in Woodside. Many of you will know May Paterson, who is a complimentary therapist at the Tillydrone Community Flat. She became the group Reiki master. She

has trained several people in Reiki techniques and spiritual guidance courses.

As well as regular healing sessions, the band of volunteers are often at Gala days and other local events, such as the Tilly Gala at TYP. Reiki in the Community would like to extend their light and invite any practitioners in the area who would like to join the group. The group do not have a set price for appointments, they ask people to donate what they can instead. If you would like an appointment during one of the Wednesday and Thursday sessions then phone **07821375313**.



Wallace Tower Development

Plans to convert the Wallace Tower in to a community facility have been approved. Tillydrone Community Development Trust, the group behind the plans, are now working with organisations to raise funds for the project. Ross Grant, Chairperson

of the Trust said: "We have brought the Wallace Tower through a feasibility study and public consultations so the decision is terrific."

The Trust are keen to hear from residents so email your views to tcdt@live.com

TILLY YOUTH PROJECT

Sadly after almost 30 years, Tilly Youth Project (TYP) will be closing its door at its premises on Formartine Road. This is to make way for new developments in the area. It's not all bad news though, we will be relocating in to a retail unit at Tillydrone Shopping Arcade. Whilst not ideal, it does mean that TYP can remain operational until new community facilities are built.

Since 1986 TYP has provided a range of provision for young people aged 14 – 25 years. At one point there was particular emphasis on those aged 14 -17 years together with unemployed young people and young mothers. There was also a crèche funded through Sure Start which operated twice weekly.

The Project also supported the development of musical and artistic ability and worked in close partnership with other agencies to achieve this.

Since August 2011, due to a restructure within Community Learning and Development, the project hasn't been in a position to offer what it once did, however, we still offer young people living in Tillydrone and their friends a safe, non-judgmental environment in which to enjoy, participate and pursue activities which will enhance their lives. We currently

have three established youth groups and a dance group. These groups are well attended and the young people attending have had the opportunity to participate in Adventure Aberdeen activities, residential trips and overseas trips, one to Piacenza, Italy and just last year to Gothenburg, Sweden.

Young people from the project have also visited Uganda with Tillydrone Vision. To date we have funded two young people and we will be funding one more this year.

Unfortunately, there won't be space at our new premises for all the artwork here at Tilly Youth Project. If you would like to take one for your office, or perhaps you were involved in creating them, feel free to contact me on 07557 190775 to come down and have a look or take them home with you.

It's with a heavy heart that we move to our new premises. Lots of young people and staff will have created many happy memories and met new friends here at the Project, however, as the saying goes onwards and upwards and here's to many more memories being created at our new premises.



SHMU pioneers groundbreaking prison project in HMP & YOI Grampian

Station House Media Unit (shmu) has secured a major funding boost of £896,326 from the Big Lottery Fund which will allow it to extend its work within the criminal justice sector with a 5-year media project based in HMP & YOI Grampian. The funding will enable shmu to work in partnership with the prison and a broad range of other relevant statutory and voluntary sector partners to develop the first cross-platform, peer-led, Creative Media Unit within a UK prison. The Unit will offer a range of innovative opportunities for beneficiaries to engage in a radio station; training in all aspects of filmmaking; a magazine production suite; and a music production programme.

Working with all sections of the prison population – young offenders as well as adult male and female prisoners - the primary aim of the project is to reduce the re-offending rates of prisoners released back into the community. It will also include the provision of an intensive support package in preparation for and during their reintegration back into the community. The ultimate aim is to support participants on to a positive destination – a job, education, further training or a volunteering opportunity. The project has fully embraced the feedback from serving prisoners who participated in taster sessions with comments including; “I would like to show the younger ones that are easily led like I was that they don’t need to act like that”; “I enjoyed myself, I learned new skills”; “It’s really encouraging to see different people’s talents”; “Providing an incentive for change made me determined to put more effort into it”. The shmu grant was one of 11 projects sharing in £5,717,872 from the Fund’s Investing in Communities programme announced in January.

Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.



Tilly Talks

If you’ve been tuning in to Tilly Talks recently you may have noticed a new voice has been added to the line-up. We’d like to wish a warm welcome to Andrew Gibbons who has taken up the hot seat, alongside our longstanding presenter, Elsie Rennie. We’re delighted to have Elsie back on air after a short break during the winter months. If you are interested in getting involved with shmuFM then email adele@shmu.org.uk or give us a call on 01224 515013.

Tune into shmu 99.8fm between 10am-11am every Thursday for Tilly Talks

BFI

Station House Media Unit and the BFI Film Academy are running a 12 week course where young people aged between 16 and 19 will be given the chance to work with industry professionals to make two narrative music videos for Scottish musicians.

The course aims to help train and inspire the next generation of British film makers and creative industry talent. The young people will gain commercial and cultural knowledge alongside practical skills to help make a career in the creative industries a reality.

For more information email bfi@shmu.org.uk or call the main office on 01224 515013.



7 ways to cut your food bill

Knowing your portion sizes and writing a list will help you save more - and waste less, too. Follow these 7 easy tips and you could start saving money on your food shop straight away:

1. Know your portions

If you always make more food than you need, get to know your portion sizes. Love Food Hate Waste's handy portion planner tool is a helpful way to shop for just the right amount of meat, veg and staples.

2. Make a shopping list

Stick to a shopping list to help reduce those unnecessary purchases once you're in the supermarket. Basing your shopping list around meal ingredients is a good way to keep your food shop on track.

3. Know what you've got

Rummage through the fridge, freezer and kitchen cupboards before you make a shopping list. You'll see exactly what you've got and which items you're running low on, so you're not spending extra money doubling up on ingredients.

4. Try eating before you shop

We've all headed to the supermarket with a rumbling stomach, only to come home with a bag of snacks and

nothing for dinner. Eating before you shop can help you stick to buying food that you really need.

5. Buy food seasonally

Keep your weekly food bills down by buying fruit and vegetables that are in season.

6. Make it from scratch

Cooking up meals in batches is a great way to make the most of your time. You can freeze portions for later and enjoy them on a night when you don't have time to cook.

7. Cook lots in one go

Cooking a big roasting joint can give you enough meat for extra meals. A large Classic lemon & thyme roast chicken will feed the family for Sunday lunch, with enough left over to make a tasty Chicken & bacon jacket potato filler and a Chicken, leek & mushroom pie.

For more information, contact:

Karen Wood, Waste Officer
Aberdeen Forward Limited
2 Poynerook Road
Aberdeen AB11 5RW
01224-560360

kwood@aberdeenforward.org

karenwoodzerowaste@yahoo.co.uk

FB: Aberdeen Forward

Twitter: @AberdeenForward



Cafe For Tilly Community

A new cafe has opened within the Tillydrone Shopping Centre building.

The Lighthouse cafe, it's a great place to meet friends for coffee. There's a good selection of pastries and cakes from 50p and you can have coffee, tea or hot chocolate from 50p.

We would like to thank staff from the Food Standards Agency for providing us with funding to undergo Food Hygiene Training.

The Lighthouse Cafe is run by the centre for the community. Local residents work voluntarily so that the service can be offered to the community at minimal cost. Presently the café is open on Thursday mornings from 9.30 to 12.30 but it's hoped to open at other times if there is sufficient interest and uptake.

The Lighthouse Support Centre as a whole is becoming busier and busier so the steering group have decided to appoint a Lighthouse Centre Manager who will be based full time in the Lighthouse office. We would like to welcome Jane Merson in to the team and wish her all the best within her new role.

The cafe has a cosy atmosphere, friendly staff and great coffee and snacks. A warm welcome awaits you. See you soon!





Funds raised by
Riverbank Primary School



Mud Roads in
Central Kampala

Tilly Travellers 2015

This year's Tilly Travellers group is a mix of people from 16 to 63 years old and has ten first-time adventurers going to spend two weeks in rural Uganda. For the first time, two teachers from St Machar Academy are taking part with a view to this being the start of a long-term involvement with Tillydrone Vision. Riverbank School has one teacher in the group, continuing its partnership with the charity. Six young people aged 16-18 are also being sponsored to take part in the trip.

The partnership with Bezalle Primary School in Kamuli, North-East Uganda, came to a natural and friendly end last year. This year's trip is about new beginnings and spending some time with a new primary school. Kamuli Township Primary School has a school roll of over 2,000 primary children and is the last resort for parents who can't afford to send their kids anywhere else. There's a huge opportunity for small actions to make great improvements for the poorest of the poor.

During this trip the group will visit Bezalle to renew friendships made over the last eight years, spend some time in Kamuli District Hospital, particularly the maternity and postnatal wards. Most of the groups' time will be spent looking at what can be done in the primary school. A trip to an HIV+ / AIDS community is still to be confirmed. This is by no means a holiday – the trip is physically and emotionally demanding but the memories will last a lifetime.

You can find out more about Tillydrone Vision through the following:

TILLYDRONE VISION WEBSITE
Tillydrone.Vision

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