

TillyTattle

Spring 2021

Image Credit - Heather Petrie



In this issue:

EARTH N WORMS

WALLACE TOWER

COMMUNITY COUNCIL

www.shmu.org.uk/press

Spring Edition 2021

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Welcome to your spring edition of the Tilly Tattle.

In this issue we have articles covering the new Earth n Worms project, Tillydrone Community Flat and a historical look at the Wallace Tower.

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.

Supported by





TILLYDRONE COMMUNITY POLICING TEAM UPDATE

As a Community Policing Team we are alert to public concerns affecting the Tillydrone area. In order to ensure that Tillydrone is a safe place to live we are committed to combating those involved in criminality, monitor offending trends as well as priority offenders.

We are aware of the damage that substance misuse causes to families and wider communities, with the targeting of those involved in the supply of illicit substances being a priority. The last fortnight has seen us proactively target drug dealers seizing large quantities of cannabis, cocaine and heroin in addition to money, totaling an excess of five figures.

Thefts continue to be a priority for us, and recently we have seen an upwards trend which we were able to attribute to an offender recently released from prison for similar offences. We were able to identify him as responsible for this increase, with property recovered. The trend has now dissipated, and the identified offender now remanded back in custody.

When dealing with those involved in criminality, we are aware that reasons exist behind their offending, and keen to establish this. To lessen offending we ensure that those charged are fully supported with access given to support services, such as

substance misuse services or foodbanks.

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

Contact Tillydrone Community Policing Team on:

tillydroneseatonoldaberdeencpt@scotland.pnn.police.uk

Pathways in
Tillydrone!

WORKING FROM HOME BUT HERE TO HELP!

With the latest Covid restrictions (February 2nd) our team at Pathways are working from home, but we can still help, and here is how we do that.

PATHWAYS – here to help with CV's, job search, online applications, interview techniques, training courses, funding, in fact everything around employability and helping you get into work or sustaining employment. If we can't do it, we can signpost you to other organisations for specific help!

Contact us by emailing info@pathways-online.org or message us on Facebook -www.facebook.com/PathwaysAberdeen1A

You can still call the office on 01224 682 939 but it may be a couple of days before voicemails are responded to.

Learning English Online Grampian Regional Equality Council

What would you do if you were stuck in another country during the pandemic?

Imagine yourself having to stay in a country where people don't speak your language. Think what would be like to have to find information, ask for help, buy food, look for work or speak to your children's teachers or doctor.

If you are a native English speaker, you may not have thought about people who are currently living in Aberdeen and who speak English as a second language. They are likely to be facing difficulties to deal with the current restrictions. Speaking over the phone or accessing information online may seem simple tasks, but that would not be the case for those who are not fluent in English.

Language barriers create a very stressful environment. People who speak English as a second language may be less likely to secure jobs. They could also become victims of exploitation and fall prey of scammers. The difficulties we experience during the pandemic are worse for those whose English language skills are poor.

Sometimes although they are able to communicate in English, they may not have the self-confidence that it takes to be fluent in another language. Think about your second language skills. Whether it would be French, Spanish, Russian or any other language, you can imagine how brave you may have to become to interact with local people and settle in a country where they speak a language you don't know well.

The Grampian Regional Equality Council (GREC) offer Language and Integration Projects which are tailored to help people who speak English as a second language. We have online activities every week via Zoom. We welcome people from all walks of life. In the last three years, we have met people from over 35 nationalities within the ages of 16 and 82. And that was even before we went online!

We change the topics of conversation and activities every week to share a relaxed and fun space. There are also opportunities to learn more about local services and meet people with common interests.

We have two different sessions every week:

LANGUAGE WORKS – Tuesdays 7:30-8:30 pm: We discuss topics related with work and employability in the UK.

LANGUAGE CAFES – Thursdays 10:30 am – 12:00: We have a different topic every week to help everyone to gain confidence to speak English and learn about living in the UK.

We also run free of cost ESOL (English as a Second Language) courses on regular basis to introduce people to the world of work, while learning and practicing English.

Anyone looking for classes or wanting to join our activities can email us at language-cafe@grec.co.uk or join our Facebook page: Learning English in Aberdeen.





TILLYDRONE COMMUNITY FLAT UPDATE

Now that 2021 is upon us (good riddance 2020!) we can take stock of what was a strange, challenging and hard year for most of us.

We started 2020 on a positive note, having learned that we were to stay in our existing location. This great news was greeted with relief and happiness by our service users. This positivity continued when the Tilly Flat gained the official title of Tillydrone Community Flat SCIO (SC050049) after being awarded Scottish Charity status in mid-March – less than two months after Sonny and I submitted an application with wonderful support from Sandy Mathers at ACVO. This is a great result for us and gives the Flat real credibility.

Then came the difficult stuff.... Like most organisations we were forced to close our doors for three months from 23 March as the nation was put into lockdown. Community work is tricky to do remotely but Sarah in particular was a real champion to our service users while I mainly did the boring stuff like chasing funding. We were very fortunate in being given awards from Scottish Government via the STV Children's Appeal, the Lord Provost's Hardship Fund and Mission Kids which

enable us to keep our food bank stores up and assist individuals and families in various ways through the hardest days.

We were able to reopen, albeit on a part time basis in June and have been busier than ever since then. We had the Flat repainted in August which with the addition of new blinds has brightened the place up. A fantastic team led by Steve Christie and ably assisted by some brilliant local volunteers has transformed the garden area at the rear of the building and we look forward to seeing this develop during the warmer months.

In October I was approached by our friends in the news team at STV regarding a feature on child poverty statistics in Scotland and the impact of Covid 19 on families and I participated in a live panel discussion on Scotland Tonight.

In late November I launched our annual festive appeal for donations of food or funds to help those in need. As always, the response has been magnificent and we are truly humbled.


We ended the year on a real high note with our own Sarah being announced as the winner of the

Beating Heart of the Community Award in the annual Aberdeen Health and Social Care Partnership HEART Awards. These awards recognise people in the health, social care and third sectors who have gone above and beyond the call of duty in their particular work area. I nominated Sarah way back in January (much to her disgust) and knew she was a finalist but as the ceremony was cancelled due to Covid, we'd pretty much forgotten about it. Sarah was up against some serious competition but obviously the judging panel knew, as we do, that she is peerless when it comes to helping others. So we now have an award-winning support worker on our team.

As we start a new, and hopefully better year, we thank you all for your continued support and friendship and hope that 2021 will see an end to this awful, unprecedented situation and that Covid will no longer control so many aspects of our lives.

Fiona, Sarah and the Tilly Flat Management Committee

Get in touch with the Tillydrone Community Flat team on 01224 486641





St Machar Skate Park

In the last edition of the Tilly Tattle we covered the petition which was created to remove the skate ramp in St Machar Park.

We wanted to keep our readers up to date with this story. We have emailed Aberdeen Skate Association but have not heard back from them.

However, Tillydrone Community Council noted that their online petition had been removed and were updated by the local councillors that it was not viable for the council to remove the ramp and the group requesting for it to be moved elsewhere had withdrawn their request.



Your Views

The Tilly Tattle team always welcome submissions and thoughts from local people. We were contacted by a resident of Pennan Road about the feeling of safety in the area. We'd love to know what you think.

They said: "I have been a resident of Pennan Road for the last ten years, living in one of the odd-numbered flats near the path with the underpass. This underpass is behind what used to be the library and the Family Centre. Since these places have closed where I live feels more unsafe and it would feel better having CCTV on the path and towards the car park as there is a blind spot from Conningham Terrace.

I spoke to other people in the area and one of the residents of the terraced flats has burglar alarm and another cctv to protect his mode of transportation, whereas, another resident said there more dangerous places in Aberdeen.

I like living on this part of the street, I just think it would feel safer if there was CCTV installed."

The Tilly Tattle team then approached the local councillors

to see if they had received similar messages from other residents.

Councillor Ross Grant said: "I think it can be easy for someone's first thought in response to an issue to be that CCTV needs to be installed. Based on issues that I've been dealing with lately that could be as a result of many things, however CCTV is expensive to install, and would require staff to monitor and maintain and as such there would require to be a strong justification in order to consider CCTV. Often issues can be tackled through understanding the specific issue and working internally with council services as well as external agencies such as Police Scotland to address any concerns. I work closely with both the local policing team and with the council's ASBIT, environmental service and housing dept in the council so happy for you to put the individual in touch with me if they think I can help."

If you have concerns about the area or things you would like to share, please get in touch with the Tilly Tattle team or your local councillors. You can find their contact details on the back page of the magazine.

50 YEARS OF THE ZOOLOGY MUSEUM

HALF A CENTURY OF ZOOLOGY MEMORIES

The Zoology Museum celebrated its golden jubilee on Thursday 17th December, and we are launching the Zoology Memories Project. Take this chance to send us photos and videos telling us about a time you have explored the many fascinating cases of the museum. What made your visit special? Did you attend any of our events? Did you engage

in a staring contest with our famous tiger? Which specimen had you think 'what a mood'? We want to hear from you!

Email:
uoacollections@abdn.ac.uk

Or tag #zoology50 on our social media channels.



Breastfeeding Group

There is a new breastfeeding group taking place for mums in the Tillydrone area.

The meetings will be virtual for now until we can all return safely to face-to-face meetings.

Sessions take place every Wednesday between 1 and 2pm.

It will be a great opportunity to meet other mums or mums to be in the area, have a cuppa and a chat.

To get the link to access the virtual meeting, e-mail NaWatson@aberdeencity.gov.uk or call Natasha at Tillydrone Community Campus on **077-892-73-818**.

If you need help or advice for breastfeeding you can call the National Breastfeeding Helpline on **0300-100-0212**.

So why breastfeed?

NHS Scotland says that breast milk and breastfeeding provides the best natural and complete nutrition for infants. It is a complete source of nutrition, providing all the nutrients for healthy growth and development.

Breastfeeding can reduce the risk of a range of infections during infancy and can increase the likelihood of maintaining a healthy weight. It also benefits the mother's health by lowering the risk of certain cancers.

There can be some inequalities when it comes to breastfeeding with younger mothers being less likely to breastfeed as well as those who are living in disadvantaged areas and dealing with economic inequality.

Breastfeeding support groups are proven to help increase the rates of breastfeeding so if you're pregnant, just had a baby or have a partner who is pregnant or just had a baby then come along to this new group in Tillydrone.



Earth n Worms



Earth n Worms has been causing quite a stir in the Tillydrone community over the last few months and we at the Tilly Tattle team wanted to find out more about it.

We spoke to John Sergison who set the organisation up after being furloughed due to the pandemic. He lives in the house in front of the patch of land where the garden has been established.

He said: *"I've always been interested in community projects and was interested in community gardens for a long time but I was put off by how many fail. I wanted to make sure there was a way that we could make this sustainable."*

"I thought if I can get out and do that while I'm still getting a wage than that's better than sitting indoors and watching Netflix. I've done the start up work but the rest is up to the community."

John is originally from Liverpool and moved to Aberdeen for university. He has been in Tillydrone for three years.

He told us: *"I always gazed out at that patch of land and imagined it full of flowers and veg."*

The idea for Earth n Worms is a community garden where people can meet, grow food and chat. It's very good for mental health and anxiety. It's going to act as a social

enterprise which will be a socially and environmentally conscious choice for people.

While the land is not large enough to grow enough food to feed everyone, the group hope to grow salad, onions, potatoes and herbs which will go to the Tillydrone Community Campus at their Fareshare stand.

They also want to have days where people can come and harvest vegetables themselves as that's a huge part of the fun.

John said: *"I feel totally tied to Tillydrone and my loyalty is here, so I just want to show that to the community."*

John wants the community to get involved and the project will open the doors for the people of Tillydrone. Some of the ideas which he has suggested for the future of the project include:

People can drop off food and garden waste to the wormery. The wormery will be good for the soil and the by-products of this process can help with generating some income.

A tiered payment gardening service for local people where people will pay what they can afford

Potential for modern apprenticeships in gardening for local young people

A community bread oven where people learn how to make bread from scratch which could lead to a local bread delivery service or pay it forward scheme

He wants as many local people to get involved with the project as possible to help shape the scheme for the benefit of the community.

At the time of publishing the team had been applying for funding in order to pay for a polytunnel, improve the drive and get tools for all ages and abilities to be able to join in with the fun at the Earth and Worms site. Being so far north we are quite exposed to harsh weather so a polytunnel would help us plant some seedlings and keep producing food all year round.

Kepe an eye out for information on when sessions will start, and this will allow you to be part of the planning for when they are held. The plan in the first instance is to provide one on one sessions with people who are in need of being outdoors, prioritising places for people who are isolated or suffering from loneliness and/or adverse mental health. As restrictions ease, they would like to welcome households to join in as the project grows, harvest and make preserves from the produce for half day sessions.

Email earth.n.worms@gmail.com for more information or look them up on Facebook.

The Many Benefits of Community Gardens and Gardening

- 1) Increase access to fresh food in a community
- 2) Improve dietary habits through education
- 3) Increase physical activity through garden maintenance activities
- 4) Improves mental health and relaxation
- 5) Allows you to meet new people and brings the community together



Bird table for all the wild birdies to have a feast during the colder snap!



Start of the assembly of the shed space. Do you have some DIY skills, or would like to learn some to help complete it?



Soon to be filled with earth, the 'mega bed' can help produce a heap of root veggies!



Tillydrone Community Council Achievements 2020

Your Community Council held their Annual General Meeting very recently when we looked back at our work for the community over the past difficult year. I would like to share with you all we achieved as we continue our monthly meetings complying with our new way of life.

Our secretary, Lynn, did some research and found funding aimed at helping groups like us to continue working despite the pandemic and the disruption it had caused. She applied and we were awarded the full funding allowing us to buy an iPad for each Community Council member who soon got to grips with the new technology and our remote meetings began.

We have now twice successfully received funds for care packages. We aim to help vulnerable residents and those struggling during the Covid pandemic. In summer 2020 we worked alongside our local McColl's store to purchase and distribute the first of our care packages to elderly folks living locally.

We had sown the seeds for the 'poppy meadow' beside Diamond Bridge in 2019 which was in full bloom throughout the summer, offering a little brightness in what was becoming a troubling time for some. We hope you enjoyed it, look out for spring bulbs and another wildflower meadow this year!

Our work continued, Christmas was not too far off and another shopping list was compiled which included many everyday items but also some 'goodies', a gift and card from all of us. We did the shopping, packed two large bags for each household and in time for Christmas we delivered across our community, reaching even more residents. It is true to say, we were touched by the way in which these gifts were received and hope they were enjoyed over the festive period.

We purchased more festive lights to add to those put up for the first time in 2019 on Hayton Road. Not forgetting our children at Riverbank Primary School we delivered chocolate sweets to be distributed to them as the school broke up for the Christmas holiday.

It's now the beginning of 2021 and we are aiming to identify and distribute care packages to those affected by the pandemic. We will continue to source more funding to support our community as best we can. If you know anyone we can help, please get in touch via email at secretary.tillydrone@hotmail.com or contact us via private message at our Facebook page Tillydrone Community Council.



Yours

Eileen Grassick
*Chairperson Tillydrone
Community Council*

Lynne Cunningham
*Secretary Tillydrone
Community Council*

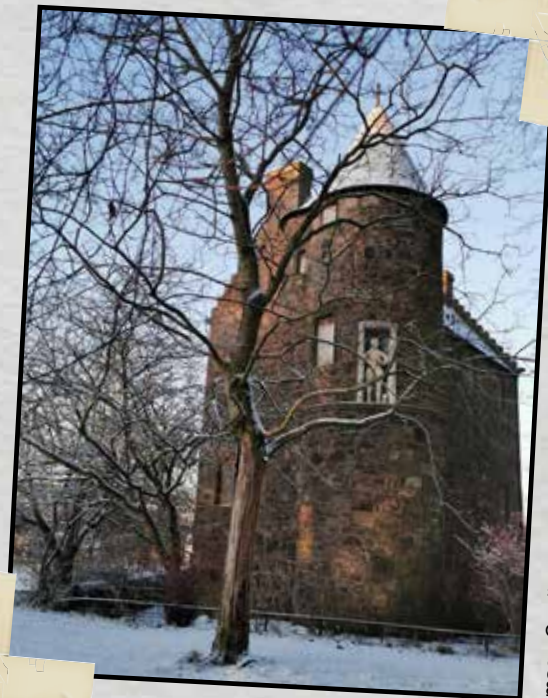


Image Credit - Heather Petrie

First Impressions of the Wallace Tower

ALAN JOHNSTONE

Benholm's Tower, better known to Aberdonians as the Wallace Tower through a corruption of the name well-house or wall-house, was relocated stone by stone from its position in the Netherkirkgate to Mote Hill in Tillydrone to make way for construction of Aberdeen's new Marks & Spencer store. Most of the work was carried out during 1964 and early 1965, with Aberdeen University Librarian and keen historian Dr Simpson and his wife taking up residency in June 1965. How suitable would this centuries-old building have been for modern-day living? We may form an impression from architects' reports and comments from the new tenants.

Council funds had been allocated for the clearing of allotments, soil preparation and grassing, tree planting and the construction of paths. An additional entrance to Seaton Park had also been provided. A massive hall with panelled ceiling and natural stone walls full of character welcomed visitors to the building. To the left a spiral staircase led up to the living quarters above. In

contrast to the medieval character of the tower were several incorporations of modern interior design. The plain sandstone surrounds of the fireplaces with their black tiled slipper hearths were filled in with boarding in which was encased ordinary bar electric fires. Much more practical than carrying coal and firewood up the spiral staircase.

Bulls-eye glass panes in the main window and the latticed effect of the leaded panes in the other windows had a charming effect, but it was impossible to see through the bottom half of the windows in the various rooms. Off the living room was a delightful tower room, which was certainly in keeping with the character of the house. Although quite small it would have made for an adequate study. Next door was the kitchen, an ultra-modern but badly lit room as the window was so small. The draining board on the stainless steel sink was of use only to a left-handed person and the serving hatch was positioned directly above the taps of the sink – an awkward combination of old and new.

To visit the bathroom and bedrooms involved a trip up another spiral staircase, but here again the picture was of stark modernity, apart from the attraction of a second tower room off the main bedroom which would have made a neat dressing-room, if it was possible to get furniture through the narrow door. The bathroom was compact, taking only a very small bath, as was the other bedroom, but both were adequate for their purpose.

Latest Plans for Benholm's Gateway

The Tillydrone Community Development Trust are working on plans for the future of Benholm's Gateway.

They recently announced plans for a sensory trail and play area surrounding the tower as well as a renovation of the tower which will include a café and office space for small businesses.

The team are looking for members to join them and you can do so by visiting www.tcdt.co.uk.



HOME-START THANKFUL FOR RESPONSE TO ALL WRAPPED UP APPEAL

Leading family support charity, Home-Start Aberdeen would like to thank members of the public, businesses and local community for their support and donations towards its All Wrapped Up Appeal.

The charity which supports vulnerable families with young children across the city appealed for donations of coats so as to provide children and families with cosy winter jackets as we headed into the cold, winter months.

The charity received an overwhelming response to the appeal with hundreds of coats donated. A range of organisations, companies and individuals donated coats, some new, others gently used which were cleaned for the charity by Timpson's, free of charge.

The charity invited all its supported families, to come to its charity shop at 101 George Street for a special and unique experience for them to choose coats and a gift for each of their children on the run up to Christmas.

Eleanor McEwan, General Manager, said: *"Thanks to the generosity of so many people we were able to provide 45 families, including 86 children, with winter coats, books, toys and selection boxes ahead of Christmas."*

She continued: *"The All Wrapped Up appeal was all about being able to provide something cosy to wear, something warm they need, something fun for a treat and something joyful to read. We'd like to say a huge thanks for each and every donation we received. It's made a big difference for local families at Christmas and over these cold days."*

One mum said: *"I gave the kids their coats and gloves and put other bits away for Christmas. My daughter was beaming with her jacket she is so happy with it. She feels really proud and smart in it. She wants to make a thank you card."*

For over 30 years the charity has been supporting vulnerable families across the city to prevent family

crisis and breakdown. This support is usually provided via a home-visiting service where carefully selected and trained volunteers are there for families, visiting them in their own homes with compassionate, confidential help.

COVID-19 has meant that the charity has had to adapt how it delivers its services to families, continuing to support over 160 families remotely since the start of the pandemic. These young families have at least one child under the age of five and are typically affected by social isolation, bereavement, relationship problems, illness, disability and financial hardship.

To get in touch with Home-Start Aberdeen call 01224 693545 or email admin@homestartaberndeen.org.uk.



Lockdown and Domestic Abuse

The Coronavirus pandemic has negatively affected all aspects of life and for survivors of domestic abuse it has resulted in increased risks of harm and has made seeking help more difficult. The message throughout lockdown to 'stay at home' has not meant safe at home for those experiencing domestic abuse. Current Coronavirus rules and guidance do not prevent anyone from leaving their home to escape domestic abuse or taking other measures to keep themselves safe from domestic abuse. Similarly, if you are required to self-isolate or quarantine, it does not mean you cannot seek support and domestic abuse services are still available to help you think through your safety options and provide emotional support. You can access support by calling a national helpline or accessing support online. Local support services are also still open and are adapting the way they work to ensure you can still get the help you need.

Understanding Domestic Abuse

Domestic abuse is a pattern of controlling, coercive, threatening, degrading and/or violent behaviour, including sexual violence, by a partner or ex-partner. Domestic abuse is overwhelmingly

experienced by women and perpetrated by men; however, men can be victims as well. Often when people think of domestic abuse they think of physical violence, but domestic abuse is very often so much more than that.

From 1 April 2019, a new Domestic Abuse law came into force in Scotland. In the new law, abusive behaviour is any action that is violent, threatening or intimidating. Abusive behaviours include:

- physical abuse,**
- sexual abuse,**
- isolating the survivor from family and friends,**
- monitoring and regulating the survivor's activities,**
- controlling their money and/or activities,**
- depriving them from their freedom of action,**
- frightening, humiliating, or degrading them.**

Previously, the criminal law focused on physical violence; however, the changes now make coercive control a criminal offence. This means that a person who engages in a pattern of abusive behaviour toward a partner

or ex-partner can be prosecuted and punished by the law.

Support

Domestic Abuse is not acceptable. It is not your fault and you are not alone. If you or someone you know is experience domestic abuse, help and support is available nationally and locally:

Police Scotland

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

National Domestic Abuse Helpline

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

Grampian Women's Aid

Telephone: **01224 593381**
Website:

grampian-womens-aid.com

If you are concerned about having somewhere to stay, please contact Aberdeen City Council on **0800 917 6379**.

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



Radio SQAs

In 2020 our volunteers were offered the opportunity to complete an NPA in Radio Broadcasting. With a few already started before lockdown we offered the opportunity to other volunteers who wanted to keep themselves busy in lockdown.

With the course now online, the group had to look at other ways to achieve the outcomes and worked really hard to gain new skills.

Each participant was at a different level, so we worked around this by creating radio shows to match shmuFM themed weeks and this proved to be such a success that the group have asked to keep going with this after completion of the course.

We now have Dave Ironside, Natalie Hood and Kevin Morrison finished the course with others very close behind them. We have had a great response for the shows that were broadcast and the group are keen to continue help mentor the next batch of students for the course.

We have been incredibly proud of the achievements of all the group so far and look forward to starting with a new group soon!

Community Magazines

Did you know that shmu produce community magazines for the other communities of Aberdeen?

As well as the Spring edition of the Tilly Tattle we are currently working on the Spring edition of Mastrick Matters and Torry's Vision.

These magazines are also produced by local volunteers and are distributed free of charge to every door in the community.

You can also read them online to see what other things are happening across the regeneration communities of Aberdeen by visiting www.shmu.org.uk/press.

Welcome Ross

Welcome Ross! Big hello and welcome to the shmuCREW, Ross! Ross has joined us as a new Community TV Development Worker. He will be helping us develop and launch our new Community TV platform, as well as sharing his expertise and skills in other strands. Welcome to the shmu family, Ross.





Climate Week North East

After a year marked by a global pandemic and terrible forest fires, climate change is more apparent than ever. Fortunately, this year a chorus of calls for green recovery plans post Covid, have come from all corners of our world, not least in the North East of Scotland. Now, more than ever, we are prepared to change our lives to create a better more caring, sustainable society. Action to help reduce climate change and its effects is going on all around us, at an individual, organisational and local authority level. Climate Week North East is all about showcasing this - what is going on here in Aberdeen City and Aberdeenshire to tackle climate change and give inspiration on how we can all live sustainably.

In this health crisis, event delivery may have changed to online and outdoors with distancing, but the great breadth and quality of events has not changed. There is still a fantastic lineup of events and activities for you to take part in. You could get your hands muddy at an excellent horticultural event, take in some fresh air and fresh ideas on a guided walk or take part in a

fascinating workshop that gives you the necessary knowledge and confidence to make positive changes in your life and community and much more.

Alison Stuart, Director, Aberdeen Climate Action says *"After the year we have had, a lot of things have come into sharp relief, one is that we need a just green recovery and the second is that we have the most amazing communities and when we work together, we can make a real and concrete difference in all our lives. Climate Week North East is about celebrating all the amazing work that is already taking place here to reduce our carbon emissions and also to help everyone understand what steps they can take to live sustainably and create a region we all want to live and work in. As usual there is something for everyone in the programme."*

Check out what events are on during Climate week and how you can be involved at www.climateweeknortheast.org and follow CWNE on Facebook.

Instant Neighbour

Instant Neighbour have been working through the pandemic to support those in need.

Covid-19 has had a huge impact on the amount of people coming to them to seek help with food for a variety of reasons.

In 2020 the charity gave out nearly double the number of food parcels than they did in 2019 – 1400 food parcels to 2500 parcels. They are currently seeing anywhere between 40 and 60 people every day.

At Christmas time there was also a significant increase in the number of people needing help with Christmas gifts for their children with almost 3500 more gifts given out in 2020.

Unfortunately, due to current Covid restrictions they are severely restricted in the amount of people we could have working in the building and so they aren't able to take on hardly any volunteers which is a real shame.

The foodbank is being run by a skeleton staff and the charity are very grateful that donations keep coming in. It's impossible to say, long term however, if they'll be able to keep up with this level of demand, but folk in Aberdeen city and shire are so kind and generous, so the team are sure they will be able to keep going.

Contact Instant Neighbour on 01224 489955

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: sdafmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk

LGBT Domestic Abuse Helpline

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

Men's Advice Line

Telephone: 0808 801 0327