

TillyTattle

Winter 2016



In this issue:

DONSDALE GALA

DONSDALE HYDRO

TILLYDRONE

COMMUNITY HUB

www.shmu.org.uk/press

contents

3	Community News
4	What's in a Name
5	Art Group
6	Donside Gala
7	On the buses
8	Donside Hydro
9	Stay and Play
11	On the buses
13	Local update
14	shmu
15	On the buses
16	Our Place, Our Priorities



Welcome to your Winter edition of the Tilly Tattle.

In this issue we have articles covering the locality planning for the St Machar area, Stay and Play in Tillydrone and the newly completed Donside Hydro.

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 anyone⁵ 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 **01224 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



Tillydrone Community Hub

Residents in Tillydrone have backed new concepts for a multi-million pound state-of-the art community hub.

The facility will replace an existing shopping centre on Hayton Road with a fit-for-purpose multi-use hub which may include a library, crèche, retail space, training kitchen, business start-up unit, games halls for fitness and recreation as well as on site council services for housing tenants, community support and priority families outreach.

Aberdeen City Council has pledged £4.1million for the complex and has been shortlisted for a £1.9million grant which would take the designs even further.

If successful in the funding application, the hub will deliver a wide range of services that locals have identified as being crucial to supporting individuals and families in Tillydrone.

Aberdeen City Council's spokesman for Regeneration and Transport Councillor Ross Grant said: "Our design concept for this new centre has received widespread support from residents in the area.

"It will tick all the boxes by providing both educational and IT space for children and adults, leisure amenities and access to support networks.

However, we have also tried to help those most in need with the

inclusion of a laundry for those who need access, a training kitchen to teach families how to create healthy, home-cooked meals and access to shower facilities for those who may not have hot water.

In this way, the hub will not just be a centre for learning and fun but can also act as a lifeline for those who struggling with everyday needs."

Lynne Digby, vice chairperson at Tillydrone Community Flat said:

"The community hub is much needed in Tillydrone and it is very positive and exciting for the local area.

It is something fresh and new for the community and I hope that everyone can be involved."

Tillydrone Community Flat

We are delighted to have had the kitchen improvements carried out at the Tilly Flat and are now the proud possessors of a beautiful shiny red cooker. Also a shiny red kettle, toaster, microwave, mugs, basins..... there's a theme developing here). The installation of the cooker will allow us to deliver long-planned Confidence

to Cook classes which we hope to start in the New Year. These will be for small groups of 2 or 3 individuals and will include advice on food safety and budgeting as well as practical cookery sessions. Contact Fiona or Sarah at the Flat if you are interested in finding out more. The upgraded kitchen should enable us to receive a wider

range of fresh food products via FareShare and FoodCloud.

The Tilly Flat will close on Friday 23rd December and reopen on Monday 9th January. We wish all readers, service users and our partner organisations a peaceful and happy festive season.

What's in a name

The Tilly Tattle's very own historian, Margaret Mead aims to bring our readers a touch of local history. All the streets in Tillydrone have been named after people and Margaret will be bringing you the stories behind these characters.

Montgomery Road

Field Marshal Bernard Montgomery came into the world in 1887. He was one of nine children and spent his early years in Ireland. His parents were Rev. Henry Montgomery and Maud in Northern Ireland. His father was made Bishop and served in Tasmania where he had a terrible childhood and receiving beatings from his mother.

In 1901 he was sent to St Paul's School, after which he attended the Royal Military Academy of Sandhurst. He graduated in 1908 as 2nd Lieutenant and was assigned to the Royal Warwickshire Regiment serving in India.

During the First World War, he was deployed to France with the British Expeditionary Force known as BEF. He was badly wounded in 1914 near Meteren. For the rest of the war he was detailed to the War Office and he received the

Distinguished Service Order. He was given the rank of Brigade Major.

Between the wars he commanded occupation forces and was reverted to the rank of Captain in 1919. Attending Staff College, he was again made Brigade Major with the Infantry Brigade in Northern Ireland in 1921. He took a hard line with rebels.

He was promoted to Lieutenant Colonel in 1931. He rejoined the Royal Warwickshire Regiment and served in the Middle East. Returning in 1937 he was given the 9th Infantry to command a temporary rank of Brigadier. Years later he organised a massive training exercise which was praised by his superiors, he was promoted to Major General and given a command of the 8th Infantry Division in Palestine before being given the 3rd Division.

The break out of World War II in September 1939 meant his division was deployed to France as part of BEF. Fearing what would happen, he trained his men in defensive manoeuvres and fighting. He had a great campaign in North Africa, beating Field Marshal Rommel at El Alamein.

He was knighted and promoted to General for his victory in July 1943. He fought his way through Sicily and up Italy. He was criticized by General Patton and General O. Bradley for not advancing and taking the city of Caen.

Eisenhower was given command of the Allied Forces so in compensation Churchill made Montgomery Field Marshall. In later years, he struggled with the politics of it all. In 1951 he served as deputy commander of NATO European forces, remaining in that position for quite a while.

Pennan Road


Pennan came into the North East in the 18th Century. Until the 1930s the main families living there were Walt, Gatt and the Wests. The men caught fish to sell in the towns and to feed their families. It was put to the woman to fillet the fish and sell them. The children were to help as well. The modern trend is that the old families moved out and the new

bought the houses for holiday homes.

Pennan became famous in 1983 as the fictional village of Ferness in the Local Hero film. The red phone box is still there, not far from the famous Pennan Inn.

A landslide in 2007 caused severe damage to a lot of the properties in the village. In 2009 a 25-yard-

long crack appeared close to the cliff face overlooking the village following heavy rainfall. This meant that the village had to be evacuated. This part of Aberdeenshire has had people inhabiting it since the Bronze Age. One of the most ancient extant monuments is the long barrow at Long Mill Hill.



Local art group head to Iceland

A local art group based in Tillydrone Community Flat are due to send off their individual written pieces of work, as part of Yoko Ono's current exhibition in Reykjavik Art Museum in Iceland. Yoko's current exhibition, *Arising*, is created with the audience's participation and encourages women to document harm that they have experienced in their lives for being women. The group has engaged in creative writing and research sessions to develop their written statements for the exhibition and will be part of a global exhibition that is ongoing until February 2017.

The art group based at Tillydrone Community Flat, has been running for the last three years with current emerging artist Louise Foreman, supporting the development of artistic expression, through a variety of techniques and research based projects to support individual creative progression.

Louise said: "As a recent graduate from Gray's School of Art in Aberdeen, it's been a great experience and fantastic

opportunity to develop my creative practice whilst sharing skills for individual and creative expression. The group is very relaxed and it's a fun environment, where we all have a role in deciding what we will work on."

The sessions combine idea and skills development through discussion and the development of small art works and craft projects. The group are also encouraged to keep a sketch book to support their creative idea development and have a closed group on Facebook where they post ideas and share a variety of interesting documentaries, art work and everyday news stories.

The two-hour sessions run on a Wednesday afternoon from 12.30 to 2.30pm, with crèche facilities onsite.

If you are interested in attending or to find out more information contact Sarah at Tillydrone Community Flat on 01224 486641.



DONSIDE GALA

This year our events team included Angi Morrison, Margaret Galbraith, Wendy McKendrick, Jack Ramsay, Doug Morrison and Jane Fullerton. We decided this year to try and raise money for a local charity and because of the help they have offered some of our residents we chose St Machar Parent Support Project.

We had numerous stalls from residents this year as well as Modo Scotland who offered kids and adults assistance with their circus skills. They were absolutely brilliant and everyone seemed to enjoy trying out what they had to offer.

I also think I need to mention that Nicola Westwood of Rainbow Drops is a God send! We had been let down the night before and she stepped in to provide Candy Floss, Popcorn and other sweets on the day!

We had lovely burgers and sausages from the Tilly Butcher which were cooked to perfection by Doug Morrison with the assistance of Jack Ramsay and Josh Currie.

Local businesses and residents were also very generous with raffle prizes so we would like to say thanks to them as well.

Because of our gala, we were delighted to hand over a cheque to St Machar Parent Support Project for £175 and they were so pleased that we had thought of them. Look out for next year's gala!





New bus service 8&9

Dubford – ARI via City Centre - Aberdeen University - Tillydrone – ASDA and Scotstown – ARI via City Centre – Aberdeen University – Tillydrone – Balgownie Drive - ASDA

The service 8 will operate the following route, from Monday to Saturday on an hourly frequency:

* Dubford (Shielhill Terminus), Dubford Road, Scotstown Road, Jesmond Drive, Whitestripes Avenue, Jesmond Avenue North, Valentine Road, Whitestripes Avenue, Fairview Street, Diamond Bridge, Gordon's Mills Road, Tillydrone Road, Tillydrone Avenue, Bedford Road, Powis Terrace, Powis Place, Causewayend, Gallowgate, Broad Street, Union Street, Bridge Street, Wapping Street, Denburn Road, Woolmanhill, Skene Square, Rosemount Terrace, Westburn Road, Westburn Drive, Cornhill Road, Ashgrove Road West, Foresterhill Road and Aberdeen Royal Infirmary (Foresterhill Bus Port).

The service 9 will operate the following route, Monday to Saturday on an hourly frequency:

* Scotstown Road, Jesmond Drive, Whitestripes Avenue, The Parkway, Balgownie Road, Braehead Way, Bodachra Road, Balgownie Road, Balgownie Drive to the turning circle, returning via Balgownie Drive, Grandholm Drive, Diamond Bridge, Gordon's Mills Road, Tillydrone Road, Tillydrone Avenue, Bedford Road, Powis Terrace, Powis Place, Causewayend, Gallowgate, Broad Street, Union Street, Bridge Street, Wapping Street, Denburn Road, Woolmanhill, Skene Square, Rosemount Terrace, Westburn Road, Westburn Drive, Cornhill Road, Ashgrove Road West, Foresterhill Road, and Aberdeen Royal Infirmary (Foresterhill Bus Port).

The bus services 8 and 9 will operate on an alternating hourly frequency which results in a 30-minute service on the common sections of the route.



A short, easy walk around the local community lead by a trained volunteer walk leader finishing with a cup of tea!

Walk Aberdeen, part of Sport Aberdeen, organises a range of 'Health Walks' across the city. Health Walks are short, sociable community based walks of up to one hour aimed at those who can't go far or fast. The walks finish with the opportunity for a cup of tea and a chat for which there is a small charge.

We meet every Tuesday at Woodside Community centre in the cafe area at 11am. For further information please contact:

Brian Harrison
07719 501361
bharrison@sportaberdeen.co.uk

A stylized illustration of a river scene. In the background, there are rolling hills in shades of yellow and green, with several green trees. A blue bridge with a white railing spans the river. To the right, there is a grey building with a white circular window. The river is blue with small white fish and blue ripples. The sky is light blue with a few white clouds. The title 'Donside Hydro' is written in large white letters on a blue rectangular background at the top.

Donside Hydro

Scotland's first urban community hydro switches on

Sinclair Laing, Founder of Aberdeen Community Energy

Aberdeen Community Energy's (ACE) Donside Hydro Scheme is now fully operational and producing clean, renewable energy for the first time.

Following the arrival of the Archimedean screw turbine and other essential pieces of equipment, including the gear box, generator and otter and debris protection screen, to the riverside site in September, all items were installed and tested to ensure the hydro was ready for full commissioning.

All went according to plan and the hydro's turbine turned for the first time in mid-September.

At just under five metres wide and weighing in at 25 tonnes, the screw turbine, manufactured in the Netherlands, is the largest diameter screw ever to be installed in the UK. It works by passing some water from the River Don over it, converting the energy in the water into clean, renewable electricity, which is then sold to the national grid.

Sinclair Laing, ACE Chair and Founder said: "We've passed a number of significant milestones as the project has developed, but seeing the turbine come to life and turn for the very first time was an extremely exciting and moving moment shared by many members of the community.

"We can finally say that that we've successfully reached our goal

of creating a fully operational, community owned hydro in the heart of Aberdeen city, which will bring many benefits to its immediate communities in years to come."

Throughout the construction phase there were many fascinating discoveries. Several of the former mill's remains were uncovered while digging the hydro lade (water channel), including the original entrance to the lade that once fed the Donside Papermill, sluice iron gates and a 75m long stepped block granite wall. To preserve these important, original features, the location of the new lade was moved slightly to incorporate these into the hydro's design. Many of the heritage features are hoped to be restored and used within the scheme to make it an educational



Photo credit: R Morven Bush



and historical experience for visitors.

This stage comes as ACE raised £500,000 through its Community Share Offer and launched its bond offer to complete the funding for the hydro scheme.

The bond aims to raise the remaining £600,000 required to complete the project. Buyers are promised an extremely competitive 4% fixed-rate annual return.

The riverside path through the site, which was diverted during the construction phase, is once again open to the public. Finishing touches to the hydro and riverside site, including landscaping, fencing, access paths and planting, will be developed and installed over the course of the next year as the seasons and wildlife activity allows.

To find out more about the project and how to access the Bond Offer, please visit our website and follow us on social media:

ACEnergy.org.uk
www.facebook.com/
ACEnergy2016
twitter.com/ACEnergy2016



STAY AND PLAY

Early Years Scotland offer free Stay and Play sessions for children from birth to preschool and their parents at Tillydrone Community Flat each Thursday afternoon from 1:30 to 3.

The primary aim of the session is to give children and adults the opportunity to play together while meeting new people. Hannah is the Early Years Practitioner who currently leads the sessions and she ensures that there is a messy or crafty activity as well as other resources such as books, trains, dress up or drawing for everyone to enjoy during the session. We hope that these activities give ideas for parents to try at home with their children so please ask if you want any more information. A small snack of mixed fruit is provided for the children during the session – this encourages healthy eating as quite often the children will try something here that they won't eat at home. And sessions usually finish with a story time and a song time which

encourages the children's language and communication development. Even the youngest babies enjoy the song time, listening to the voices and moving in time to the beat.

If you think you and your child would enjoy these sessions then please feel free to pop along on a Thursday afternoon. If you would like more information you can go to www.facebook.com/aberdeenstayandplay or call Susan on 07785 455 800.

During the sessions we have found that children and adults enjoy activities using play dough. We always make the play dough so thought you may like to try this at home so here are a couple of the recipes that we use.



RECIPE 1

- 1 cup plain flour
- ½ cup salt
- 1 tablespoon oil (baby, or cooking)
- 1 teaspoon cream of tartar
- food colouring or paint (optional)
- 1 cup of boiling water

Place all the ingredients apart from the water in a bowl and mix them together.

If using paint or food colouring add this to the water then mix everything together until the dough forms a ball in the bowl.

Turn out onto a board or surface and knead until smooth – you may want to leave the dough to cool a little before doing this.

This makes a firm dough, ideal for modelling, cutting and printing. It can be kept for a few weeks in an airtight bag or container in the fridge.



RECIPE 2

•1 cup of cheap hair conditioner

•2 cups of cornflour

Mix the two ingredients together and enjoy

This makes a lovely soft “melty” dough which is fun to manipulate but not ideal for cutting or model making.

Early Years Scotland offers baby massage classes on Wednesday afternoon at Aberdeen Lads Club. The classes run from 2:30 until 3:30 and are totally free. They are led by Early Years Practitioner, Hannah, who has been specially trained to deliver the baby massage sessions.

The sessions are ideal for babies from six weeks until they start crawling, but if your baby has started to crawl or is less than six weeks old and you would like to attend then please contact Hannah for more information and to see if it is for you.

Baby massage has lots of benefits for the baby including, bonding with parent, relief of colic or constipation, aiding sleep patterns, relief of teething pain and it can support the child's immune system and weight gain.

However, the parent also benefits from participating in the massage, building the bond between them and their baby, improving confidence in handling the baby and being able to settle them when

they are upset. Feedback from parents shows that the sessions also help them to relax with their baby. There is also the benefit of meeting other families and sharing experiences. Knowing that other people are going through the same things and finding out how they are managing can really help.

Classes are open to mums, dads and grandparents to attend with the baby. We recommend that only one person participates in the massage during the class but a second parent or grandparent is more than welcome to come along to give support, learn how to perform the massage at home and participate in the discussions.

If you think these sessions may be for you then please give Hannah a call on 07508 979487 or Susan on 07785 455800 to book a place or for more information.

For more information on the massage sessions and the stay and play sessions that take place in various venues please visit our Facebook page at www.facebook.com/aberdeenstayandplay

Exciting times for Tillydrone

By Councillor Ross Grant

It's an exciting time for Tillydrone as Aberdeen City Council and the community continue to move forward with our ambitious regeneration plans for the area.

Locality Planning and Participatory Budgeting

On Saturday 8 October Community Planning Aberdeen hosted an event at St Machar Academy to find out from residents what they think their community needs to make it an even better place to live in.

Over 110 residents from Tillydrone, Seaton and Woodside came along and some fantastic discussions were had. It was brilliant to see so many people prepared to give their time to discuss how best to improve the local community.

I hope people enjoyed hearing about the Participatory Budgeting plans for the area – this is where the council will empower residents, tasking you with the opportunity to directly decide how and where money will be spent in their local area. In this case, there is more than £82,500 available for local projects and initiatives to help improve Tillydrone, Seaton and Woodside.

Both Councillor Milne and I attended along with other colleagues and we took part in discussions and heard such positive feedback from those who attended. I hope that those who came along continue to engage with the Council as we take these views on board and create an action plan to progress the

feedback to further improve the area.

New Community Hub

As you may know the City Council has pledged £4.1million towards a new community hub in Tillydrone. Earlier this month we heard that the community hub project is in the running to receive a further £1.9million from the Regeneration Capital Grant Fund.

If successful, this grant could help take the proposed building plans to another level and allow us to deliver all of the range of services that residents have identified as being important to individuals and families in the local community.

Our design concept for this new centre has received widespread support from residents in the area. The latest visuals have also sparked a very positive reaction.

The hub seems to provide both educational and IT space for children and adults, leisure amenities and access to support networks.

We have also tried to help those most in need with the inclusion of a laundry for those who need access, a training kitchen to teach families how to create healthy, home-cooked meals and access to shower facilities for those who may not have hot water.

New School Update

Progress has already been made with the much-needed additional school for the area. As a result of the feedback from parents from both St Peters Primary and

Riverbank Primary, Aberdeen City Council agreed to go to formal consultation with parents and residents on two options. These options are either to build a three-stream shared campus on the former St Machar Primary site or a three stream Tillydrone school on the same site. These options would be designed to address the projected school capacity issues in Tillydrone and at St Peters. The consultation ended on December 9th.

I'm pleased and proud that we are pushing the regeneration plans for Tillydrone forward and that they reflect the needs and views of residents in the area to ensure that they will be fit to serve the needs of the community. As we work together to transform our community, please get involved and have your say.

Contact details - rossgrant@aberdeencity.gov.uk





Homes Wanted

Have you ever considered fostering?

Kim McPherson, Operational Manager of Barnardo's Aberdeen

I sit with her in my lap after taking her from her parents. We watch intently as the only item she's brought to her new foster home - her teddy - is slowly heated in the oven to disinfect it. This little girl has been neglected; she has septic sores thanks to untreated lice infestation. Her new carer has the insight to know the girl needs her teddy to feel safe.

As a social worker, I've seen many feats of love and compassion from foster carers and adopters over the years. But they all begin at the same point - with a passion to help and a desire to be part of the solution. You don't have to be perfect to be a foster carer - children will take you just as you are.

In the 1860s, Dublin-born Thomas Barnardo decided he wanted to be a medical missionary in China. In London training, he saw thousands of children were sleeping on the streets and identified a need to help the most

vulnerable in his own community. And so Barnardo's was born.

In Scotland, there were 15,000 children in foster care in 2014 - that's more than the population of Skye. In September 2015, there were 206 children in Scotland that needed to be adopted; 197 of them were boys.

Anyone can apply to become a foster carer. Whether you are single or married, male or female, homeowner or renting, straight, lesbian, gay, trans or bisexual - you could foster a child. However, you must be over the age of 21, and have a spare room at home.

Fostering comes in different forms:

Helping to look after children while decisions are made about their future

Providing a forever family

Giving breaks to full time foster carers or families that need a break

By choosing to become a foster carer you can make a huge difference in a child's life - and yours.

At Barnardo's, we have over 100 years' experience finding families for children in need.

You don't have to do this alone, you will receive support, training, guidance and allowances and fees.

We truly believe there are no unwanted children, just un-found families.

To find out more, please visit: <http://www.barnardos.org.uk/fosteringandadoption.htm>

Or contact the Aberdeen office on 01224 624090.

**Kim McPherson
Barnardo's
Fostering Scotland North**



The BIG shmu Celebration

The first ever Big shmu Celebration Event was held on Tuesday the 13th of September at the Northern Hotel. This was an opportunity for us to showcase the brilliant work that all our staff and volunteers do and say thank you to the volunteers for all the time they put into making shmu the success it is.

The night was full of surprises, from musical chairs to comedy videos and the shmu staff team performing the evolution of dance. We had a variety of testimonies from volunteers of all ages which were very moving a lovely reminder of why we do what we do here at shmu.

We would like to thank the Northern Hotel for letting us use the venue free of charge and putting on all the catering. Thanks must also go to AVC media for lending us equipment to help the night run smoothly. The biggest thank you of all must go to our Board of Trustees and the volunteers who are here day in and day out – your commitment and hard work is truly inspiring.





OUR PLACE, OUR PRIORITIES

Community Planning in St Machar

The Communities team would like to thank everyone who gave up there time to come along to the Our Place, Our Priorities event on the 8th of October.

We were delighted at how many local people, agencies and volunteers that came along.

At the event the participants were asked to identify 3 key priorities themed under the headings Our Place, Our People, Our Economy and Our Technology. These priorities will lead to a draft of a Locality Plan for Tillydrone, Woodside and Seaton.

Some of the priorities were identified as:

Need to improve the bus routes and regularity

Safe / improved play spaces and hang out areas

Fly tipping and mess in the community

People

Widening the knowledge of what is currently available

Strengthening and build better communication links

Improved access to cheap / healthy food and healthcare facilities

Economy

Employment

Modernisation and redevelopment of the area

Youth activities

Technology

Free Wifi

Support and education of how to use safely

Make technology relevant to all

As part of the process of drafting the Locality Plan for Tillydrone, Woodside and Seaton, we programmed a series of visits and meetings where we checked with community members that the priorities identified reflected their views.

This was to give people who attended a chance to further comment and those that didn't the opportunity to contribute.

You can find out more about the Locality Plan for Tillydrone, Woodside and Seaton by visiting our TillyWoodSea Facebook page. If you would be interested in taking part of the new locality board please contact emcpherson@aberdeencity.gov.uk or call 01224 346 372

TillyTattle

COMMUNITY CONTACTS

Alcohol

Alcoholics Anonymous

0800 9177 650

Drinkline

0300 123 1110

Crime

Crimestoppers

0800 555 111

Drugs

Drugs Action Helpline

01224 594700

Dentist

Emergency - G-Dens

111

Doctors

NHS 24 Emergency

111

Electricity

If you have a Power-Cut

0800 300 999

Family Planning

Aberdeen Community Health & Care Village

01224 642 711

Gas

Gas Emergency

0800 111 999

Gas Emergency with a Meter

0845 606 6766

Housing

Emergency Repairs

01224 219284

Call Centre Emergency

0845 608 0929

Police

Non-Emergency

101

Samaritans

Need to talk

01224 574 488 or 116 123

Social Work

Social Work Duty Team

0800 7315520

Emergency Out-Of-Hours

01224 693 936

Young Carers

VSA

01224 212021

Water

Scottish Water Emergency

0800 0778 778

CFINE

01224 596156

Pathways

01224 682939

Cash in your Pocket

01224 686077

Citizens Advice

01224 569750

Tillydrone Community Flat

01224 486641

Riverbank Primary School

01224 483217

St Machar Academy

01224 492855

St Machar Parent Support Project

01224 487813

Aberdeen Lads Club

01224 492672

St Machar Credit Union

01224 276994

Include 01224 Dialling Code When Calling from a Landline.

Since 1 October 2014, people in Aberdeen have needed to include the area code whenever they dial a local number from a landline – in the same way people do when calling from mobile phones.