

# TillyTattle

Winter 2019

## TILLYDRONE COMMUNITY CAMPUS



Scottish Government  
Riaghaltas na h-Alba  
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### In this issue:

TILLYDRONE COMMUNITY  
CAMPUS

LOCAL GALAS

YOUR VIEWS

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)

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## *Welcome to your summer edition of the Tilly Tattle.*

In this issue we have articles covering the opening of the Tillydrone Community Campus, the community galas which took place over the summer and how to keep safe and save money over winter.

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 **01224 515013** or you an email her on **[laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk)**.

You can also view this magazine alongside previous editions on the SHMU website **[www.shmu.org.uk](http://www.shmu.org.uk)** then click the 'PRESS' option.

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



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## TILLYDRONE COMMUNITY POLICING TEAM

**It has proven to be a busy summer period in the Tillydrone Community Policing Team (CPT) and time is marching on towards the longer nights.**

We continue to engage regularly with our three local community councils and other community forums. This helps us identify issues and trends at an early stage, implementing a joint approach to address problems.

Working in partnership with Aberdeen City Council, a number of vehicles have been seized in the area of Auchinleck Crescent (car park in front of multi storeys) where an illicit car repair operation appeared to be taking place. Abandoned vehicles, fire hazards and discarded property have been removed with considerable improvement in the area.

Officers have also been investigating two fire raisings this month, one in Seaton Park where a sign was set alight and one in Marquis Road where discarded sofas were set on fire. These acts not only cause damage to the property of others

but often show an utter disregard for the safety of the general public. The CPT urge anyone with information relating to these incidents to contact Police Scotland on 101.

Warrant enquiries also remain a priority and since June, the team have cleared 25 warrants for crimes of violence, domestic abuse, road traffic offences and misuse of drugs.

As we head towards the Autumn/Winter period the weather, combined with darker nights, can make pedestrians and cyclists more vulnerable. In such conditions it can be difficult for road users to spot those who are crossing the road or cycling. This danger can be increased as dark conditions make it difficult to judge speed and distance. Where possible wear bright or reflective outer clothing, which is easily visible when lighting is poor. If it is necessary for you to walk in the carriageway keep as close to the pavement as you can and walk against the flow of traffic so that you can see oncoming vehicles. There have been recent instances of

pedestrians using their mobile phones when crossing the road and subsequently being struck by vehicles. Please take care when entering the roadway and avoid the temptation of looking at your phone.

Darker nights also present an opportunity for criminals to go unnoticed and people should remain vigilant in relation to the security of their homes and vehicles. Thefts from properties and vehicles do not always relate to them being broken into. A number of recent high value thefts across the North East have come about as a result of 'sneak-in' type thefts where valuables and vehicle keys have been left on open display, in easily accessible areas. These have been in both residential and business properties. Ensure your property is secure and do not leave valuables or vehicle keys in obvious places.

To contact the community policing team please call Police Scotland on 101 or to report criminal activity anonymously, call Crime Stoppers on 0800 555 111.

# Get Ready for Winter

**Tillydrone residents are being urged to get ready for winter and ensure their fuel bills do not rise too high as the temperatures drop.**

The Home Energy Advice Team (HEAT) – delivered by Scarf – is advising householders on the Warm Homes Discount Scheme and general energy efficiency advice to help them save money and stay warm.

One of the most helpful steps is to apply for the Warm Home Discount Scheme.

With the Warm Home Discount Scheme, low-income households, or those in receipt of benefits, can receive £140 towards their electricity bill.

The £140 is not paid to directly to the householder but is a one-off discount on electricity bills sometime between September 2019 and March 2020.

The discount is not related to any Cold Weather Payment or Winter Fuel Payment that may be received already and is also available for those who have an electric prepayment meter.

HEAT Energy Advisor, Sean Crichton, explains further: “When you receive the discount depends

on when you apply and which energy supplier you are with.

“What we can do is help people access the scheme, to find out whether they qualify and, if they do, take them through the application process.

“If they are eligible, the Warm Home Discount Scheme is something we strongly encourage householders to apply for to help them with their fuel bills. It can really make a difference.

“The number of discounts offered are limited, so please contact us as soon as possible.”

HEAT advisors offer free advice and support to help householders find out if they qualify for the scheme and guide them through the application process.

There are other free and low-cost measures to help people use less energy, spending less money in the process.

Sean: “A lot of the advice might sound like common sense or even seem quite silly but small changes can add up to big savings.”

They include:

- **Keeping physically active**

- **Re-using heat eg from your oven after cooking**
- **Draughtproofing around doors, windows and loft hatches**
- **Only use what you need and when by setting your heating controls**
- **Having warm food and drink**
- **Wearing more layers of thicker clothing**

All year round, HEAT offers free and impartial information and advice on a variety of energy and money saving topics including:

- **Switching supplier and/or tariff**
- **Fuel debt**
- **Insulation and draughtproofing**
- **Damp and condensation**

You can also arrange a free home visit, offering heating system demonstrations and further in-home, in-depth advice.

**There are plenty of ways to reach out to the Home Energy Advice Team. You can call freephone 0808 129 0888 or email [heat@scarf.org.uk](mailto:heat@scarf.org.uk). They are also available on Facebook (/HomeEnergyAdviceTeam) and Twitter (@HEAT\_Scarf).**



# Tillydrone Community Council

**Want to join your local community council and make a difference to your area?**

Tillydrone Community Council are currently looking to recruit new members. We are looking for anyone in the community who is 16 years of age and over, who is passionate about our community and has a few hours over the month to spare. We are looking for people who would enjoy attending meetings regarding all things local.

We would like to have representation from the community in as many aspects as possible and at present we have no one on our council who is a parent with children at school or nursery. However, anyone with a passion to improve our community is welcome to apply.

If anyone would like to get in touch for further information, please get in touch by emailing [secretary.tillydrone@hotmail.com](mailto:secretary.tillydrone@hotmail.com).

Our meetings are every second Wednesday of the month at 6pm in the Tillydrone Community Campus. We normally have July and December off.

**The next meeting is the 13th November**

# Digital Literacy Course to Take Place at Tilly Library

The SAFE Team at Community Food Initiative North East (CFINE) is extending their community services by introducing a new digital literacy course in Aberdeen. The course is available for free, anyone can sign up to learn basic computer skills. It will take place at the Tillydrone Community Campus Library and at the CFINE premises on Poynerook Road.

The aim of the course is to provide a basic set of skills for its beneficiaries, including:

- **computer navigation and operation**

- **accessing the internet**
- **setting up email accounts**
- **claiming and maintaining benefits**
- **searching for jobs and volunteering opportunities**
- **skill development**
- **learning basic Microsoft Word skills**

**To sign up, please contact CFINE on [nwoodward@cfine.org](mailto:nwoodward@cfine.org) or on 01224 531 386 or pop along to the CFINE site at 2-4 Poynerook Rd. AB11 9LS**

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# Fire Alarms

**Did you check your detectors in your house lately?**

**Have you pressed the test button?**

**Changed the battery?**

**Checked that the detector is not past its use by date?**

**Gave it a clean?**

**All as per manufacturers recommendations.**

# TILLYDRONE GALA 2019

**The Tillydrone Gala was organised by a subgroup of the Tillydrone Network and was held on Saturday 29th June 2019.**

The Gala has been held in Tillydrone for over 20 years in different venues and now held in the grounds of Lad's Club and Riverbank Primary School. The local community had a fantastic day with many fun activities which included: pony rides, bouncy castle/slide, climbing wall, face painting and many more. Plenty to eat from Lad's Club Community Organisation Café and ice cream and candy floss stall.

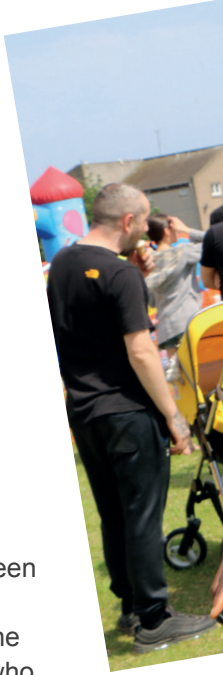
There was an excellent turn out from services with fire

engine, ambulance and police car attending, children had a great time getting to sit in all the vehicles.

Also providing information were Tenants Association group, information on fire prevention for high rise buildings in the area, Tillydrone Community Flat, Health Improvement staff, St Machar Credit Union, CFINE and Donside Community Association.

Music was also provided by Station House Media Unit, Guarana Street Drummers and the Concert Band. We managed to squeeze all this into three hours between 11am and 2pm.

A big thank you to the Aberdeen Lad's Club Community Organisation who provided the venue, staff and volunteers who put 100% into the day. Also, a thank you to Riverbank Primary School and members of their PTA and of course the Gala funding from Aberdeen City Council and the Fairer Aberdeen Community Support fund but the biggest thank you goes to the community of Tillydrone who turned out and helped in fundraising and making it a great day out in the sun!





# First look around the new community campus in Tillydrone

## Tillydrone Community Campus has officially opened to the public.

The facility will bring together a range of services to help deliver the locality plans including existing community organisations including The Lighthouse, M26, and a range of council services.

In addition to providing vital services to those most in need, the centre will also include a library, crèche, cafe, and rooms for classes and activities. The regeneration work in the heart of the community will also include the demolition of the housing

office to improve parking and loading arrangements in the area.

There were several days of activities held in August to mark the official opening which let local people explore the building and find out what activities are available at the centre.

Aberdeen City Council Co-Leader Councillor Jenny Laing said: “The Tillydrone Community Campus will perform an important role in the area by providing support and improve the quality of life for many residents, and it will also be a centre for fun and learning.

“Local residents have been very involved in bringing together this fantastic new venue and I hope they have a great time at the fun events which are being held to celebrate the official opening.”

The name for the facility was chosen by local residents, along with the names for the rooms which reflect the local area - Donbank, Wallace, and Riverbank.

Aberdeen City Council has committed £4.1million towards the complex, while a further £1.9m grant has been received from the Scottish Government’s Regeneration Capital Grant Fund.

## Tilly Tattle Meetings will be held in the new campus







Erskine Logan Photography



Erskine Logan Photography





# Instant Neighbour

**Since 1984, thanks to the kindness of the North East community, we here at Instant Neighbour have supported some of the most disadvantaged people in Aberdeen City and Shire – providing real help today and hope for tomorrow – enabling people to get back on their feet and turn their lives around.**

Many are unaware that poverty is on the increase in the North East, and there are people struggling to put food on their tables or maintain a roof over their heads. It really is no wonder that this revelation causes shock and disbelief given Aberdeen has always been regarded as a wealthy city.

There's a stigma around poverty and a perception that people are solely to blame for the situations they're in. This is often far from the case, people end up needing assistance because of a huge variety of situations - some have suffered heartbreaking journeys, for example growing up in an abusive environment, or being affected by unexpected health issues which throw them into reliance on external support. We assist others who struggle to negotiate the benefits system,

and those who can't cope with the rising cost of living on low wages.

Whatever the circumstance, we never judge. We offer practical support enabling people to grow and develop; and gain knowledge and skills in a safe environment often leading to employability.

We couldn't do any of this without our amazing volunteers, some are getting back on their feet themselves, while others volunteer out of the kindness of their hearts – our volunteers make the world a better place.

Things have evolved extensively since Instant Neighbour started, we've changed to meet the needs of the community – initially supporting single young men who remain today one of society's most vulnerable and neglected; and quite quickly becoming a source of household items for them and others in need, we also started The Giving Tree in 1991 which ensures no child goes without a Christmas present each year.

We store furniture for people who have been evicted from their property finding themselves in temporary accommodation; and provide affordable yet quality trades services via our

social enterprises Joinerinc, Removalinc and Carpetinc.

We have four shops – three Home Comforts stores across Aberdeen, and the shop in our main headquarters at St Machar Drive, all which retail quality pre-owned household items at affordable prices. The shops provide retail-based work experience for volunteers; and are stocked with donated items thanks to the generosity of the community, helping us to divert hundreds of tonnes of items from landfill.

Would it surprise you to know that we'd rather not exist? It's true, because if there was no poverty there would be no need for what we provide. We campaign at the highest levels to end poverty – to find solutions for the causes rather than to just paper over the cracks. Until poverty ceases to exist, we will continue doing what we do – providing real help today and hope for tomorrow.

**We would love to hear from you if you'd like to support us in any way. Get in touch via Facebook, by emailing [reception@instantneighbour.co.uk](mailto:reception@instantneighbour.co.uk) or call (01224) 489955.**

# Tilly Flat Update

**It seems an age since the Tilly Gala day! Once again we were blessed with a warm, sunny Saturday (only after an early passing raincloud caused a bit of panic).**

The turnout was excellent and attendees were able to participate in a wide range of activities from pony rides to face painting, tomobola and raffles, climbing walls and bungee runs and the opportunity to interact with a range of service providers and partner organisations including Police and Fire Services. Once again our thanks to ACC Community Support Fund for their help with funding the event, enabling us to keep costs to an absolute minimum.

As the year has progressed we seem to be busier than ever, with lots of new service users visiting the Flat for support and advice. We are always happy to help in any way we can and are thankful to have the space and facilities to provide an excellent level of support to those in need of help or just a bit of company.

As always we are grateful to everyone who helps with keeping our food bank going – special mention to CFINE and St George’s Church for their regular donations. This month we owe a huge thank you to Jim Gray (a Kincorther like

myself!) who recently completed the 26 mile Kiltwalk. Jim raised the amazing sum of £952 which he has donated to the Tilly Community Flat. This incredibly generous donation will help feed those in need for a good while to come.

Our art and crafts and computer classes have started again. If you would like to come along to either of these groups please get in touch with Sarah or myself for more information.

We are delighted to be hosting a third year Social Work student from Robert Gordon University. Megan will join us for around three months. Please come in and welcome her to the area!



## Change of Polling Station in Tillydrone

Riverbank Primary School will no longer be a polling station for the residents of Tillydrone.

The newly opened Tillydrone Community Campus will be the polling station for the area for future elections.

Riverbank Primary School Parent Council suggested the campus as an alternative location to the school to avoid pupils missing out on school days.

# New school for Tillydrone

Plans have been lodged to build a new primary school in the Tillydrone area to tackle over-capacity at Riverbank and St Peter’s RC Primary Schools.

If the proposals are approved pupils from Riverbank School would move to the new site. This would mean that the Riverbank site would be empty for pupils from St Peter’s RC School to move in to.

Plans have been lodged to build a new replacement primary school in the city in a bid to tackle over-capacity issues.

The green light was given to build a new school on the site of the former St Machar Primary School (Harris Drive) back in March 2017. More than two years later, a proposal of application notice has been submitted to Aberdeen City Council to construct the facility.

The proposals were discussed by councillors on the Aberdeen City Council Education Committee in September and the Tilly Tattle editorial team will bring you more updates as we get them.

Keep an eye on the Tilly Tattle Facebook page over the next few months for more news.

**What are your views on this story? Get in touch with the team on 01224 515013, email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) or message Tilly Tattle on Facebook.**



## DONSIDE GALA

The fair itself was really good despite a few cancellations and the forecasted weather. On the whole it stayed mostly dry for us albeit very windy! The kids (and some adults) joined in with the Guarana Street Drummers who always create a fantastic atmosphere at these events. We also had a variety of stalls and a huge amount of raffle prizes. The event activities raised over £300 for the village which will be used for future activities.

The organisers of the fair were Angi Morrison and Margaret Galbraith with the support of their families and fellow members of the DVC SCIO.



## Your views

Have you got a story or some views you would like to share with the Tilly Tattle editorial team? Get in touch for the next edition. You can message us on Facebook or email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk).

**Dear Tilly Residents,**

*By now you're all well aware of the new Hub on Hayton Road. My own personal feeling is that the Council, once again, could have put the money spent to much better use.*

*The facilities within that building were already available within other buildings elsewhere in Tillydrone. This area is in real need of a cheap supermarket such as Aldi or Lidl to be situated somewhere in the centre of Tilly to make it accessible to all residents. At the moment, we have a Tesco on Great Northern Road - which is expensive by comparison and doesn't stock a comprehensive choice or range of goods.*

*The other alternative supermarkets require transport*

*to get to. A lot of residents either don't have access to a vehicle or can't afford to pay family sized bus fares on top of the cost of the weekly shopping. Not to mention carrying numerous bags is, at best, difficult if you're elderly and/or disabled and almost impossible for those having to take multiple children along too. We need a supermarket that's easily accessible for Tilly residents or an alternative - something like a free bus that takes a winding route through the scheme to allow access for those with mobility problems and allow those on low incomes to make their budget stretch further without having to decide between bus fares or buying food.*

**Yours Sincerely  
Joan Thomas**

# 10 Ideas for Improving Mental Wellbeing

**Mental health has become somewhat of a trending topic lately in the media and social media alike; finding its way out of the dark corner it has been cast to for many years. Society seems to be realizing that resilience is not showing a stiff upper lip or shoving challenging feelings down to our boots, but honouring them and reaching out for help when we need it.**

Unfortunately, having experienced challenges with mental health myself, I am all too aware it is just not quite as simple as reaching out for help.

Aberdeen is a fantastic hub of community and charity organisations that can provide help and support to those who may not be finding it as easy to come by; or find it tough to talk to those close to them.

By going to [acvo.org.uk/resources/mental-health/mental-health-directory](https://www.acvo.org.uk/resources/mental-health/mental-health-directory) you can access a list of organisations and charities for Mental Health here provided by ACVO, Aberdeens' Third Sector Interface.

I have compiled together 10 of my personal favourite ways to manage my well-being.

## **Positive Interaction**

**1. You Are Loved:** identify one person that you feel safe to talk to no matter how you are feeling. Sometimes this person is a friend, sometimes it is a community or charity worker who

offers support. For mothers ask your Health Visitor about Home Start or local mum and baby groups. I found both these services really helpful for extra support.

**2.** It's good to talk: it's easy to want to slink into isolation when we feel rubbish; but it also keeps us in our unhelpful thoughts. Go for a coffee with a friend or, if that's too much make a call or send a text message. Talk with someone you know will lift your mood..

**3.** If you have children: take time to slow down and be present with them. If I am really anxious I find that the best way to calm this down is to sit with her and play games (these can be low energy games or drawing), sharing the enjoyment she has in these things always lifts my mood.

## **Positive Action**

**4.** Make a list: my mum always said to me that when I feel overwhelmed I should make a list of all the things I do and tick them off so I realise just how much I achieve in a day. By doing the same with tasks needing done you realise it's not as bad as

you thought. If you get up, everyone one is fed, clean and dry then that is enough in a day, anything else is a bonus. If you take stock of every little thing you are doing using a list you will realise just how well you are doing!

**5.** Get active: start small and once you have mastered it you can go onto bigger changes. Exercise releases endorphins which are our bodies happy hormones. Start with a walk around the block or some simple exercises in the home that match your mobility level.

**6.** Drink plenty of water and eat as well as you can.

## **Positive Thought**

**7.** Gratitude - every morning I think, or write down, three things that I am grateful for, then the same again at the end of the day. This helps me to shift my mind away from what I am not grateful for. Practised daily it makes a huge difference to mindset.

**8.** Replace - for every negative thought that pops into my head I try to replace it with 3 positives. Again, bare with me here, this can feel really forced when depressed.

**9.** Plan - plan out your days the night before and your weeks on a Sunday night. By knowing what is coming it can reduce anxiety and you can plan for times you may need to give yourself a little extra TLC.

Amanda O'Hare is an Aberdonian mum, a content writer and Director of StrongMamaMoves Mum and Toddler Fitness Classes, she runs her own blog here at [www.strongmamamoves.com](http://www.strongmamamoves.com).

**Disclaimer: I am not a medical or mental health professional, I am writing from my own experience with tips that have helped me to manage my mental wellbeing. If you are struggling; please contact your GP or Health Visitor. I have also provided various mental health helplines and links.**

## Success at shmu

Sarah\* lived with her family in Canada for several years as a result of her stepfather's role in the Oil and Gas industry. Once she found out that the family was returning to the UK, Sarah was heartbroken and didn't want to leave behind her life and her friends in Canada.

On her return to Scotland, Sarah enrolled at a local secondary school for the remaining 18 months of school life.

Unfortunately, Sarah did not have a good experience during this time and was badly bullied. After leaving school, Sarah was unable to obtain a positive destination and went to see her Careers Advisor and as a result was advised to apply for the Positive Transitions (PT) course at shmu.

Sarah was extremely worried about participating in the PT course after her bad experiences at school.

"I felt a bit anxious about attending the course at first as I wasn't very confident when it came to meeting new people".

Sarah began the course with some trepidation, but found that radio training was hugely beneficial, as she had to work in a team. Radio also allowed her to develop better planning strategies and Sarah learned to prioritise tasks much more effectively.

Sarah also found filming was an effective way of addressing her anxiety;

"I really enjoyed being part of the creative process from beginning to end, as it allowed me to express myself and be more confident in my abilities"

The teamwork required to create the film also supported Sarah to grow in confidence and work on her interpersonal skills.

Since taking part in the course, Sarah has stated that she now feels a lot more confident in all aspects of her life.

"The course gave me the opportunity to be more creative, meet some amazing people, have a lot of fun"

In order to continue to develop her confidence and motivation, Sarah was offered a work placement at shmu's new HQ in the role of Receptionist.

The new reception at shmu HQ is a busy environment and the first point of contact for guests, visitors and building users, so the ideal place for Sarah to demonstrate her new-found confidence and people-skills. Greeting building users and answering phone calls has significantly supported the development of Sarah's communication skills, and on completion of the work placement, she offered to continue to volunteer as

Receptionist over the summer holiday period.

Sarah has taken on any additional tasks she is offered, is always keen to learn and now has the confidence to ask questions if she is struggling, something she would have been very reluctant to do before her time on the PT course. Sarah's favourite part of the role has been meeting new people and interacting with different generations.

Sarah feels a lot more positive about her future as a result of her engagement with shmu, and notes that it has enabled her to become more independent and pro-active about her choices in life. Sarah has always expressed an interest in make-up and beauty, and it was her goal in life to become a qualified Beauty Therapist; during her time on Positive Transitions she was encouraged and supported to apply for the Beauty course at NEScol, securing a place on the course beginning in August 2019. Until the start of her course, Sarah is going to continue to volunteer as Receptionist at shmu.

"I would definitely recommend the course at shmu to anyone that is struggling to get a job, as it is a really good opportunity and it has boosted my confidence no end!"

*\*not real name*

For more information about Positive Transitions, email [michelle.trail@shmu.org.uk](mailto:michelle.trail@shmu.org.uk) or call 01224 515013 and ask for Michelle, Kirsty or Yvette.



## Fostering Manager still ‘doing her very best’ for children and young people in care.

**Kim McPherson, Service Manager for Barnardo’s Scotland’s fostering services across the north of Scotland hopes by sharing why, after over 16 years, she continues to do her very best for children and young people in care, it will encourage people in Aberdeen, Aberdeenshire and across Angus to think about becoming foster carers.**

Undoubtedly one of the most rewarding parts of Kim’s role along with her team is finding a caring and stable home and foster carers for a child, young person or sibling group. Often the journey to finding a placement can be a painful one and not just for the children and young people involved, as Kim explains.

“I sat at a dolls house with the car play mat behind me acting out a scene with little plastic dolls

as actors trying to explain the unexplainable to a 6-year-old girl, as to why I had taken her away from her parents and separated her from her little brother and baby sister.”

You see Kim had been the social worker involved with the little girl’s family. From when the children had tried to wake their mother from her bed and couldn’t; when they ran to the neighbours in their pyjamas because mum had had too much to drink; to the time this little girl had called Kim in terror as her parents screamed at each other and Kim called the police. Finally, Kim was the one to drive them to their foster carers in three separate homes because social work couldn’t find one carer who could have them all together.

Kim continues: “So yes, I was there with my miniature doll baby, little boy and girl acting out their

journey from home to care trying to explain the unexplainable. As the little girl sat in my lap she was quiet while my mind was racing. ‘Had I said the right words? What would the future be for her and her siblings? Could we do better than if we had left them?’

As Kim got up to go after telling the little girl when her next visit would be the little girl took the dolls from the doll’s house and placed them into Kim’s hand. Kim remembers: “She looked at me and asked if I would look after them. I told her I would ‘do my very best’.”



# Community Contacts

## Alcohol

Alcoholics Anonymous 0800 9177 650  
Drinkline 0300 123 1110

## Crime

Crimestoppers 0800 555 111

## Drugs

Alcohol and Drugs Action Helpline 01224 594700  
Aberdeen in Recovery 07936 008808  
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

Aberdeen Community Health and Care Village 0345 337 9900  
Family Information Service 01224 346034

## Samaritans

Need to talk 01224 574 488 or 116 123

## Social Work

Social Work Duty Team 0800 7315520  
and Emergency Out of Hours

## Young Carers

VSA 01224 212021

CFINE 01224 596156

Pathways 01224 682 939

Financial Advice at CFINE 0800 953 4330

Citizens Advice 0808 800 9060

Northfield Academy 01224 699715

Bramble Brae School 01224 692618

Heathryburn School 01224 788180

Westpark School 01224 692323

## Community Information for Tillydrone

### Tillydrone Community Council

Meetings are held on the third Wednesday of every month at Tillydrone Community Centre at 6:30pm

Contact: [secretary.tillydrone@hotmail.com](mailto:secretary.tillydrone@hotmail.com)

### Aberdeen Lads Club

9am-5.30pm

Contact: 01224 492672

### Tillydrone Community Centre

Contact: 01224 493388

### Tillydrone Community Flat

Contact: 01224 486641

### Tillydrone Library

10am - 5pm

Contact: 01224 276975

### Lighthouse Support Centre

[Office@lighthouse-abdn.org.uk](mailto:Office@lighthouse-abdn.org.uk)  
07885466792

### St Machar Credit Union

9:30am - 4:30pm except  
Wednesdays - 09:30am to 12:30pm

Contact: 01224 276994

### Councillors in Tillydrone

Ross Grant - 01224 346621 or 07738688458 or  
email [rossgrant@aberdeencity.gov.uk](mailto:rossgrant@aberdeencity.gov.uk)

Alexander McLellan - 01224 346633 or email  
[amclellan@aberdeencity.gov.uk](mailto:amclellan@aberdeencity.gov.uk)

Jim Noble - 01224 522051 or 07748760557 or email  
[jimnoble@aberdeencity.gov.uk](mailto:jimnoble@aberdeencity.gov.uk)