

Torry's **Vision**

Spring 2022



In this issue:

BIG NOISE TORRY
VICTORIA ROAD SCHOOL
LOCHSIDE ACADEMY

www.shmu.org.uk/press

Photo Credit: Richard Frew

Torry's Vision

Spring Edition 2022

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editorial

Welcome to the Spring edition of Torry's Vision community magazine.

Read on to find out more about Big Noise Torry, the departure of Mr Hendry from Lochside Academy and proposals for more houses on the site of Victoria Road School.

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 is 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 Torry.

If you live in Torry and would like to come along to the editorial meetings (which are online at the moment) 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.

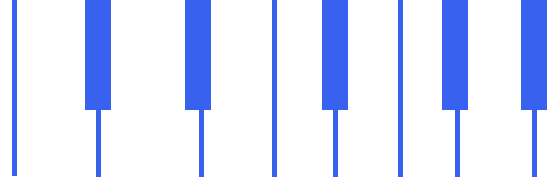
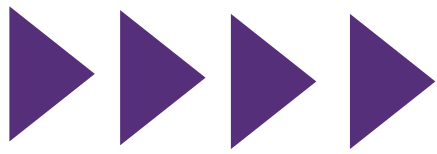
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happy reading.

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Young People from Big Noise Torry spring back onto centre stage!

As the evenings begin to get lighter and hints of spring are starting to show, we take a look back at what the young people at Big Noise Torry have been up to over the last 5 months.

In October 2021, we ran another very successful holiday club from Torry St Fitticks Church where we welcomed children from primary 4 upwards. Lots of fun was had learning instruments, developing new skills, making new friends and sharing music together.

We celebrated the festive season together with families, by sending home a Christmas gift and photo portrait of each child with their instrument, and instead of our usual winter concert, we created and shared digital video performances, personally designed by each afterschool group. It was lovely to be able to celebrate

and share all the fun and fantastic achievements of our musical young people with their families in a more personal way this year.

With some further easing of restrictions, Big Noise were also delighted to be able to increase our after school programme from one evening per week for our primary 5, 6, and 7's to two evenings per week. Over 200 children from Torry now have the fantastic opportunity to take part in an instrumental session as well as one musicianship session per week. We have been focusing on art and wellbeing as well as music this term as a way to express ourselves and work creatively as a team. Our fantastic volunteers have been an invaluable part of the Big Noise Torry team and join us every week to support us at afterschool club.

A real highlight of this term so far has been our first Big Noise performance in over two years! The Big Noise High School participants worked with Marcus Britton, the co-founder of Oi Musica, for an afternoon workshop which explored improvisation inspired by the music of street bands. They put together a creative and brilliant performance which was enjoyed by a small audience of Big Noise staff, school teachers and family members!

We have a few more concerts lined up for later this year and can't wait to share more live music with you again soon!

For more information keep an eye out on the Big Noise Torry Facebook page or email torryadministrator@sistemascotland.org.uk

Photo credit - Richard Frew





Revised plans submitted for former Victoria Road School to create additional affordable housing

Revised plans which would see additional affordable homes created on the site of the former Victoria Road School in Torry have been submitted to Aberdeen City Council.

Delays in progressing the project due to the Covid pandemic, well-documented construction cost increases and the ongoing deterioration in the condition of the buildings have, perhaps surprisingly, combined to create a new window of opportunity to create additional accommodation on the site.

The revised planning application proposes 55 much-needed affordable homes, an increase from the previously planned 50 units for which consent was granted in 2019. This is achieved by reconstructing an internal courtyard area over two storeys to provide a new upper floor and reconfiguration of the community facilities all of which creates the space for the five additional homes.

The revised designs will retain all the principal elevations of the original school buildings and also reuse much of the existing granite. Damaged historic gables and other

features will also be re-constructed using salvaged granite.

Craig Stirrat, Chief Operating Officer at Grampian Housing Association said: “We are pleased to be moving forward with this important regeneration project and to have been able to reconfigure some of the space to allow us to create extra homes which are much in demand.

“Detailed inspections revealed that some parts of the site were in a much poorer condition than was originally thought, as a result of previous fire damage and the passing of time while the site has lain empty. It was clear one of the buildings would require to be reconstructed so we have taken the opportunity to transform it into a two-storey development with a new floor.

“The result is a scheme with enhanced viability which will provide additional high quality, energy efficient residential accommodation for social rent, set within a mixed-use site containing community facilities.

David Fryer, lead trustee with TDT said: “This is most welcome news.

After 14 years, 2022 can be the start to bring back life into the much-loved former Victoria Road School buildings with new uses to meet local needs and aspirations in both the restored and new buildings. Our architects, David Murray Associates, have carefully designed these new buildings to be respectful of the character of our historic granite buildings.

“Through partnership working and cross-sector collaboration, this first community regeneration project in Aberdeen will also bring about additional benefits for Torry and the city.”

Consent is already in place for a nursery and spaces for the local community to use. Options for additional offsite facilities adjoining the site are also being explored.

The former Victoria Road School was purchased in 2019 by Grampian Housing Association which is working in partnership with Torry Development Trust to create a residential-led mixed use community regeneration project.

PAIR OF LEADING LIGHTS, SINCLAIR ROAD

Pat Robertson

A matching pair of mid 19th century cast iron lighthouse style leading lights, located approximately 240 metres apart on a northeast to southwest alignment at Sinclair Road, Aberdeen Harbour. They were first erected in 1842 to designs by harbour engineer James Abernethy and his cousin James Abernethy of Ferryhill Foundry and built to a height of 7 metres (25 feet). Each light has an embossed plaque. These read "Erected by the Harbour Trustees 1842 – Thomas Blaikie Esq, Lord Provost. Alexander Hadden Esq, Master of Shore Works."

In 1874 the southwest light (on the right-hand side of Sinclair Road) was moved around 6 metres to the north to improve navigational alignment. Cast iron sections were added to the bases of both lights in 1886/1887 by James Abernethy and Company, raising their height from around 7 metres (25 feet) to around 12 metres (40 feet). The northeast light (on the left-hand side of Sinclair Road) was moved a short distance in 1896 to minimise operational risks in the event of a storm or flood. The northeast light was again re-positioned by a few metres in 2013 when the navigational channel was widened.

Sperm whale oil was used to fuel the lamps until the 1860's

when alternative oils and paraffin became available. The lamps were converted from oil to gas around 1877. They were then converted from gas to electric in 1928. They are now controlled from the Marine Operations Centre across the harbour on the North Pier. For many years, there was a keeper of the lights who lived in a cottage next door to the southwest light on Sinclair Road. The leading lights first became operational on 10th May 1842. The lights mark the navigation channel into the harbour, showing red when it is safe to enter and green when it is dangerous.

No cast iron leading lights are known to have been built in Scotland prior to 1840, and few later examples survive. The leading lights at Aberdeen Harbour are the earliest surviving pair of cast iron leading lights in Scotland and are among the oldest in the world, with only one or two earlier examples existing. The leading lights were given Category " B " Listed status in 2019.





The Bridge Centre is opening soon

The building on North Balnagask Road is in the final stages of renovation.

We're very excited to announce that The Bridge Centre will be opening soon. After a long period of renovation, The Bridge Centre on 258 North Balnagask Road is in the final stages of works being carried out.

It's been a long journey to get to this point. Conversations were ongoing for King's Community Foundation to take on the building before the pandemic. This was then delayed due to Covid-19 and talks restarted last January.

The foundation has been in the process of renovating the building for the past year now.

When renovations started on the building at the beginning of April last year, it was hoped it would not be long until the building was open for the community, but it was soon

obvious that a lot needed to be done.

The building was in a bad state of repair. Sections of the roof needed replacing after water was coming in throughout the whole building. New windows had to be put in and the boiler needed to be replaced. Fire and alarm systems also had to be updated as the ones in place were outdated and of no use.

In the downstairs area, a section of the building was redesigned to accommodate a new kitchen and café area. A ramp was put in place outside, and a disabled toilet was installed to make sure the area is accessible to all.

Flooring still needs to be placed downstairs in the building and works on the café area need to be completed.

A lot of multi-purpose space has been created to ensure many activities can take place while

an office for various charities is available. There is also a meeting room for one-to-one and small group sessions next to the office.

Once the building renovations are completed, the space will be made available for various groups, activities and services. Some of these include cooking lessons, a community café, financial inclusion teams, various support workers and community activities for all ages.

We see The Bridge Centre becoming a hub for people in the community. It is hoped the site will become a space used by groups that are looking to positively impact the local community. The aim is for people to always feel welcome and to know they will be able to find help and support at the building.

Updates on progress and dates for when the building will be opening will be shared through our social media on Instagram and Facebook.

News from Aberdeen City Libraries

Aberdeen City Libraries are working on a phased re-opening of libraries, for information on our open libraries, visit www.aberdeencity.gov.uk/services/libraries-and-archives/find-my-local-library.

The nearest library for the Torry area is Torry Library on Victoria Road.

Current opening hours and contact numbers are: Wednesday and Thursday 10am-1pm and 2pm-5pm (**01224 879037**)

Torry Library is open for browsing and borrowing. In addition to books (including large print and audio books) and Junior DVDs, we have now reinstated our Adult DVD collection (a hire charge applies to Adult DVDs only). Borrowers can also request items, subject to availability. For those who prefer our Click and Collect service, we continue to operate this. Borrowers can order a selection of books and collect them at their preferred library.

PCs can be booked online or by calling one of the open libraries. We also offer printing services and have photocopying and scanning facilities.

We are always delighted to meet new faces. For more information on how to become a member, please visit www.aberdeencity.gov.uk/library, or contact an open library.

If you are unable to visit the library due to disability, illness, shielding or caring responsibilities, the Home Library Service is available for monthly deliveries to your home. Please contact an open library for more information.

The Council will continue to monitor and review the reinstatement of services, taking account of the evolving government guidance.

Please visit www.aberdeencity.gov.uk/services/libraries for any updates.

TRRAG SKILLS SHOP

There is a new skills shop being opened in Torry.

Torry Skills Centre is a collaboration between Aberdeen City Council, Aberdeen Foyer, Apex Scotland, Barnardos, Elevator and Business Gateway, Enable, Pathways, and shmu and will be a one stop shop for people to gain support with all things employment based.

The centre opened in March and will be based at 64 Victoria Road.

The idea behind the centre is that it will provide support with job searching, CV writing, training and learning opportunities, skill building and startup businesses all under one roof.

For more information call **01224 895258**.

Parent and Toddlers - What's on in Torry

As restrictions ease and more activities are becoming available to people, we at Torry's Vision wanted to highlight various services that are on offer in the Torry area. This edition we're focusing on parents and toddlers sessions.

BALNAGASK COMMUNITY CENTRE

Thursdays:

Parent and toddlers (for under 5s) 9:30-11:30am

OLD TORRY COMMUNITY CENTRE

Wednesdays:

Torry Toddlers 10-11:30am. £1 per child.

TORRY ST FITTICK'S PARISH CHURCH

Mondays:

Baby and Toddler Group 9-11am. Sessions are free for children under twelve months and £1.50 for children over twelve months.

Big Noise Torry run their Little Noise sessions in Torry St Fittick's Parish Church on Mondays at 10:15am. This is open for children aged 0 to 3 and is free of charge.

If you have suggestions for themes we should be covering in future editions, please email laura.young@shmu.org.uk

Mr Hendry Leaving Lochside

By Katie and Molly

After several years at the helm of Lochside Academy, Neil Hendry is stepping down from his role as Headteacher of the school.

Katie and Molly, both pupils at the school, sat down with their head teacher on behalf of Torry's Vision to discuss his time at the school.

Mr Hendry discussed his teaching career with them and how it had changed over the years. His love of PE and positive experiences at school are what led him to study to become a PE teacher. He spent five years teaching PE at Robert Gordon's College and then moved on to St Machar Academy where he was a Guidance Teacher, an Assistant Headteacher, then a depute Headteacher before becoming Headteacher at Northfield Academy.

He told the girls about how his teaching career started, saying: "It sounds really sad, but I did always want to be a teacher, I can't remember ever wanting to do anything else, except maybe a professional footballer.

"Most teachers will tell you they become a teacher for one of two reasons, either they had a wonderful experience at school, or they had a not so good experience at school. I was really lucky that I had a good experience at school and really enjoyed it. I had some great

teachers who encouraged me to become a PE teacher and I'm still in touch with some of them today."

In 2016 he was appointed as Headteacher of the "South of the City Academy" as at that time, the school did not even have a name yet. He was tasked with developing the school and bringing Kincorth and Torry Academies together.

"I've had a fantastic time and have met some amazing young people"

He said: "Bringing the two schools together was quite a task. The first year we were at Lochside was a challenging year and it was no one's fault but people were still almost grieving for losing Torry and Kincorth Academies and I understood that because both areas had a rich history. They were great schools but the buildings were finished and now you guys get to come here to this incredible state of the art school and have the best facilities for your subjects.

"You have the best of everything but that first year was really challenging cos there was just a lot of people

who didn't really want to be here. But thankfully we've managed to change those hearts and minds."

He continued: "Although we had a challenging first year, we then had that amazing event at the Music Hall where we gave out around 500 awards and had performances and it was just an absolute celebration of success. In my eyes, that was when the school really began to come together."

Mr Hendry's last day at Lochside was the 11th of February and he has since moved on to be Headteacher of Inverurie Community Campus.

The hiring process for Mr Hendry's replacement has just finished and Mr Noon will be taking over as Headteacher of Lochside.

Mr Hendry said: "I've had a fantastic time and have met some amazing young people, once again worked with some incredible staff and have met a lot of fantastic families and partners that we work with. We have a huge number of partners who work really well with the school so I've had a great time."

At the time of printing we did not have a start date for Mr Noon.



Councillor Comments

Yvonne Allan

You will all probably know by now that there will be a local council election in May.

I have decided to stand down and will not be going forward for election this time. As some of you may know I have moved to the country, and I am looking forward to retirement there.

I have served the folks of Torry for many years and have seen many

changes. The issues have been wide and varied.

The folks of Torry are genuine people and it has been my sincere effort to help whenever I could.

It has been a fascinating journey with both positive and negative, but I feel I have done my best. From meeting folks at my surgeries and hearing their issues and finding

the best way to help to attending meetings and functions in the area has made the time a worthwhile journey I have enjoyed.

I wish Torry and its folks all the best for the future.

Yvonne Allan

Audrey Nicoll MSP

My team and I have been busy over the winter assisting constituents with issues relating to the pandemic, travel queries, access to healthcare, benefits, business support, potholes and schools. A number of you have been in touch about Personal Independence Payment (PIP), including questions about the status of claims and assistance with appeals.

As a local councillor MSP, I am well aware of the condition of some tenement blocks in Torry, with council residents frustrated with the poor response they feel they receive from Aberdeen City Council. My team has undertaken a local consultation in the area of North Balnagask Road on a range of housing issues. I am really grateful to everyone who responded and highlighted the issues being faced by residents who just want a reasonable service from the Council when an issue emerges. I continue to work on this and will be engaging with Aberdeen City Council soon.

If you are concerned with the condition of your home, then do not hesitate to contact me.

At Holyrood, as a member of the Criminal Justice Committee we are aware of the impact of court delays on folks waiting for a trial to get underway, this is especially difficult for women, children and families impacted by crime, in particular domestic abuse. If you are affected by domestic abuse please seek help by contacting Scotland's Domestic Abuse and Forced Marriage Helpline on **0800 027 1234**.

A new approach on rail travel was discussed recently in the Parliament. You may know that Scotrail will come into public ownership on 1 April this year, and there is much work to be done to make ticket prices affordable so that we encourage people back on to trains.

A final reminder from 1 February, all homes will require to have interlinked smoke and heat alarm systems installed. These rules are

so important to ensure lives are protected, following the horrific Grenfell Tower tragedy in London. Councils have limited funding to support people who need assistance in purchasing systems, and the Scottish Government has given assurances that there are no penalties for people who do not have them installed.

At the time of writing, my team and I are re-opening the constituency office at 51 Victoria Road, Torry office. Limited hours operate for walk-ins, alternatively please contact us to discuss any matter face to face, by phone, or online.

I can be reached at audrey.nicoll.msp@parliament.scot or by calling my constituency office: 01224 876743, 9am – 5pm, Mondays to Fridays.

Local Residents Making a Difference

Jack Campbell

As the residents of Torry are fully aware, there is much to be proud of in this community, especially the tradition of working together to enhance the area in which you live.

In this article it is my intention to talk about Bruce Garden, which is one of those areas. Many readers will be aware of the small community garden to which I refer but for those who are not, it is at the corner of Victoria Road and Baxter Street. The official address is 261, Victoria Road, Torry, Aberdeen. AB11 9QF and is named after the first Sub Postmaster in Torry, William Bruce.

The land and the house built on it was owned by Colonel Davidson. On the death of his son the land and house were gifted to the council, but the house was in such disrepair that it had to be demolished in the early 1960's. The land was then named Bruce Garden in memory of all the good work that Sub Postmaster 'Willie' Bruce had carried out during his lifetime.

The garden was tended for a number of years by 2 Torry residents, John Main and Bill Esson. Now Trudie Leask and her faithful band of volunteers

carefully nurture the garden which is a green haven in Torry.

A few years ago, Aberdeen St Fittick's Rotary Club was looking for a community project in the Torry area. One of the members, Chris Schenk, the club's Community Service Convenor made contact with Trudie Leask and this contact has 'blossomed' into a very close relationship between the two organisations.

There must be 10-12 local residents who give up their time along with 6-8 members of the Rotary Club once every month to create this lovely spot. There are a couple of comfortable benches for a rest on a lovely day, beautiful mosaics made by one of the local volunteers, some bird boxes to attract birds and a beautiful selection of spring/summer/autumn flowers and shrubs to admire. It is just the spot to enjoy a summer's day and perhaps to have a chat with others doing the same thing.

I would encourage everyone to make use of this quiet gentle haven. If you feel that you would like to help to maintain it and enjoy some friendship with the other volunteers you would be made most welcome every second Saturday of the month from 10am-12pm.

Defibrillators in Torry

Defibrillators have been installed across schools and other community venues in Aberdeen in memory of Kacey Seivwright, who sadly died at an afterschool club last year.

After Kacey passed away, friends of the family began fundraising to pay for the installation of these life saving devices.

In just over five months donations have reached over £50,000 and have paid for the installation of defibrillators across all 60 secondary and primary schools in Aberdeen.

Kacey's dad, Ray said: "We're just doing this for Kacey. We don't want any other family to go through what we went through."

As well as the schools, there are a number of other venues in Torry and the surrounding area that now have defibrillators installed:

Balnagask Community Centre

Torry Care Home

Beech House Nursery

Nigg Bay Golf Club (*who donated their old one to Brimmond Court*)

Kincorth AFC

Grampian Bar

Victoria Bar

White Cockade

The Golden Tee

Streetsport Denis Law





Success for Tenants Participation

Scotland's Census

This year is the census year for Scotland. It should have been 2021 but it was postponed because of Covid.

The census is the official count of person and household information in Scotland, and it is important to fill out the census as the government and councils use the information from it to plan public services and how to spend their budget, so they need accurate information.

2022 is the first predominantly digital census but there is the option to fill out a paper census if you would prefer.

The census date is the 20th March 2022 and you can get more information about the process on www.scotlandscensus.gov.uk.

Aberdeen City Council is delighted to announce that two tenants, Fay Morrison of Torry, and Vicky McKenzie of Dyce, successfully completed and passed their Tenant Participation and Community Development Certificate Award. This is from the Open College Network NI Level 2 Endorsed Course Certificate in Tenant Participation and Community Development (comparable to Scottish Credit and Qualifications Framework Level 5).

Fay and Vicky spent 12 weeks completing this course online. The course was run by the Tenant Participation Advisory Service (TPAS), a national Tenant Participation organisation. TPAS supported the tenants throughout the 12-week course. Fay and Vicky completed all the assignments, and both were delighted to pass.

Fay and Vicky are currently Housing Volunteers with the council, involved in many citywide tenant and resident groups, as well as in their communities.

Vicky said "I really enjoyed the course, and it was interesting – my first online certificate. I would do another one in the future – I think it is a great way for young tenants to get involved but also gain a qualification. I am retired but doing this, keeps my brain working"

Fay said, "It was a struggle to fit in the assignments as I am involved in so many things – I attend lots of meetings- but I enjoyed the challenge. It has helped me have a better understanding of tenant participation and community work. I was chuffed to pass."

If you would like to get involved in Tenant and Resident Participation, please email Carol Hannaford Development Officer for Tenant & Resident Participation channaford@aberdeencity.gov.uk

Congratulations and well done to Fay & Vicky.



I was given 3 months to live in 1996 – now I’m fighting to stop the transmission of HIV by 2030

By Colin Stewart, secretary and co-founder of Our Positive Voice Grampian

HIV treatments and prevention have improved massively over the years, but more awareness is still needed.

When I was 29, back in 1996 I was diagnosed with HIV. It was a different world back then compared to what it is like now.

My CD4 (white blood cell count) was down to 30 – in a healthy person it can be around 1,000. I was told I had two to three months to live. That was an awful time for me, dealing with that knowledge and being so very ill, yet not really able to tell anyone because of the stigma associated with HIV.

However, more than 25 years after diagnosis, I am still here, living a full and healthy life and comfortable talking about my status.

In that time, a lot of advances have been made around HIV. I used to have to take over 150 tablets per week, nowadays I only need to take one tablet a day.

I, along with a couple of friends and with help from NHS Grampian and HIV Scotland, started Our Positive Voice Grampian (OPVG) to provide support for people living with and affected by HIV. We are peer support

trained and offer this through the NHS Near Me platform. We have an open session every Thursday from 9am to 12pm, where anyone can connect with an OPVG member who is peer mentor trained.

There are still a lot of myths and misinformation about what HIV is and is not. If you are HIV negative, there is a pill you can take (called PrEP) that seriously reduces the risk of you becoming HIV positive.

This is not just information people in the gay community should be aware of, in the Grampian area recently, nearly half of those newly diagnosed were heterosexual and aged 40 or over.

OPVG is currently running a campaign called U=U, which stands for “undetectable equals untransmissible”.

If you are HIV positive and on treatment with an undetectable viral load for more than six months, you cannot transmit the virus. This is why we are encouraging people to get tested.

The sooner you find out if you are HIV positive, the sooner you can be put on medication which then

protects your immune system and reduces the amount of HIV in your body. You will probably end up simply taking one tablet a day, like myself.

Being diagnosed HIV now isn’t the big deal it was back when I was diagnosed, now it is treated like any other chronic illness and, once on treatment, you can go on to live a normal life span.

If we can get everyone tested that could have been at risk and get them on medication, we can stop the transmission of HIV. OPVG was instrumental in getting Aberdeen signed up to the Fast-Track Cities (FTC) initiative, making it the second city in Scotland to get on board. One of the goals of the FTC initiative, which is a global scheme, is to stop the transmission of HIV by 2030.

To get tested, you can speak to your GP, visit the Grampian Sexual Health Services website or phone 0345 337 9900. You can also order a self-test kit from hivtest.scot.

For more information or peer support, you can visit ourpositivevoice.org or email info@ourpositivevoice.org to set up an appointment.

Youth Media

The Youth Media Team have been working with a researcher from University of Aberdeen called Beatriz and have previously completed two science-based podcasts. For the third and final podcast the team have produced a creative story which has underlying themes about clinical trials but scripted in an accessible way that makes it easier to understand without all the scientific jargon that is often used. The team have collaborated well and shared ideas effectively and have now scripted and recorded their podcast which will be shared online for the public.

Two more young people have now completed their National 3 media courses. Many of the Youth Media Team

members are on track to receive certificates soon for their volunteering hours including one young person from our summer programme who has recently received their 50-hour volunteering certificate.

Youth Media member, Molly (who is from the Northfield area) has successfully been offered a volunteering role at Aberdeen Science Centre where she will be engaging with the public during clubs and workshops. For the last few years Molly has been presenting a weekly science themed radio show. Molly said: "I don't think I would like science if I hadn't done the science show"

shmuTRAIN

Our current PT plus group has been busy even with Covid sometimes changing our plans.

We have had a session with Young Scot who were beamed into our Boardroom via Microsoft Teams videocall and spoke about funding and volunteering opportunities available for young people via their website as well as how the workers themselves got to where they are now, adding an employability side to the chat.

We have also had lovely Carol in from Bon Accord Care, who delivered a Skills for Care workshop for our young people. The session took place

in shmu and was very useful for our participants to learn more about the care sector."

We also have had a very productive time doing our CV-s and Cover letters, thinking about our responsibilities in workplace and how to conduct ourselves at work.

We also have some great news about work experience!

Two of our young people are starting their placements with Shopmobility/ AbleDeen in their Union Square office while other two are going to start work



experience at the Aberdeen University Zoology Museum of all places! We wish them all the best with this.

And that is not all! We are happy to share more good news from the previous Positive Transitions group. Two young people have started their Sound Production School course with NESCOL and one has gained employment in a hotel in Aberdeenshire! Again we wish these young people all the very best!"

Influenza

We look here at the advice given to Aberdeen's citizens on how to deal with the post-World War One influenza outbreak. The Aberdeen Daily Journal of 24th February 1919 carried this article:

Dr Matthew Hay, the Medical Officer of Health for Aberdeen city, has communicated the following letter, giving advice on preventive and curative measures in an epidemic of influenza, and exploding some popular fallacies with regard to its treatment.

At all times, and specially during an influenza epidemic, it is important to guard, so far as possible, against any lowering of the natural vital resistance to invasion by disease, as by avoiding undue fatigue, late hours, irregular or insufficient or improper feeding, breathing vitiated air, as in ill-ventilated bedrooms or dwelling-rooms or crowded halls; and also by shunning anything that tends, in ordinary times, to give rise to common colds. All these conditions tend to greater liability to influenzal infection and to more serious attack if infection occurs. As to the avoidance of actual infection, the infection appears to be practically always got direct from persons already suffering, and probably only when in proximity to such persons, as in family life, in halls, schools, trams, railway carriages, and generally in confined, and especially in ill-ventilated places, where persons congregate.

The infection probably is never, or very rarely, got in the open air. Even in walking along the crowded streets of a city, the infection is fairly diluted, and it is well-known that high dilution

of almost any form of infection renders it ineffective. The only possible danger in the open is in talking *tete-a-tete* with an infected person, especially if the person should be coughing or sneezing in the direction of the other person. To say nothing of its unmannerliness, it is a hygienic danger to sneeze or cough in the face of another person, as the nose and throat are important seats of affection in almost all the commoner infectious diseases.

The use of a mask composed of two or three lairs of thin gauze, and bound over the mouth and nose, has been much advocated, especially in America. It offers, if properly applied, considerable protection, and it does not greatly interfere with conversation. If thin enough to be worn comfortably, it will not keep out all the germs, but it prevents the entry of sufficient of them to bring about such a reduction or dilution of the infection to deprive it of much of its danger. The mask requires frequent renewal, as soon as it becomes soiled and sodden.

As already stated, the infection with influenza is much more abundant and more feared in the sufferers than in walls or other surrounding, and the places which they have visited or occupied. Good, regular cleaning, with damp dusting, and with ample ventilation, is practically all that is necessary or practicable. It is somewhat different with a room in which a person has been confined with a definite attack of influenza, and the bedclothes should be washed before being used by anyone else. Thorough washing with soap and water is probably sufficient to remove all influenzal infection.

If anyone has been knowingly exposed to infection it is well to gargle the throat immediately afterwards, although only with water, and sniff into the nostrils from the palm of the hand some warm water in which a pinch of salt has been dissolved. This ought to be done soon after exposure to the influenza, and is simply intended to wash out any influenza germs that may have got into the nose or throat.

It is dangerous to go with work once an attack of influenza definitely threatens, especially if there are feverish symptoms and the pulse has gone up. The patient should at once get to bed, and procure medical help. Early care will go far to prevent lung complications. Some degree of cough is present in almost every case of influenza, mild or severe, and need not in itself cause alarm, but much care and medical attention is necessary if pneumonia occurs. Luckily, in the present recurrence of influenza, pneumonia appears so far to be a much less frequent complication than was in the October-November outbreak. Where there is sufficient accommodation, a patient should have a room for himself, and if in a small house this is not possible, a bed for himself. The chances of infection are greatly reduced if a room is well aired, and the atmosphere kept sweet.

It is important that a patient should not return to duty too soon, primarily for his own proper recovery, but also for the prevention of the infection of others. Probably infectivity does not continue for more than a week after the subsidence of the fever.

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

Aberdeen Carers Support Service -

01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

Torry Medical Practice

8am – 6pm

Contact: 0345 337 9977

Holburn Medical Practice

01224 400800

Local Councillors

Councillor Alan Donnelly

07747795870

Adonnelly@aberdeencity.gov.uk

Councillor Christian Allard

Callard@aberdeencity.gov.uk

Councillor Yvonne Allan

07802332725

Yallan@aberdeencity.gov.uk

Audrey Nicoll MSP

audrey.nicoll.msp@parliament.scot

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:

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

Rape Crisis Grampian Telephone: 01224 590932. Website: rapecrisisgrampian.co.uk