

# Torry's **Vision**

Winter 2021



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DEFIBRILLATORS  
IN TORRY

STREET SPORT

CULTIVATE ABERDEEN

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

# Torry's **Vision**

Winter Edition 2021

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## editorial



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# Defibrillators in Torry

**Kacey Seivwright, six, from Torry, tragically passed away in August this year after taking ill at her after school club.**

Family and friends of the Tullos Primary School pupil have been overwhelmed by the support from their community.

They have been fundraising to raise money to buy defibrillators for schools and clubs across Aberdeen.

A defibrillator will assess the heart rhythm of someone who is in cardiac arrest and if needed it can be used to shock the person's heart back into a normal rhythm.

The first four of these life-saving devices have been installed with more to come as fundraising efforts continue.

Defibrillator equipment has been delivered to Tullos Primary School, Walker Road Primary School, Balnagask Community Centre and Kirkhill Primary School.

So far the fundraiser has raised more than £30,000 in donations.

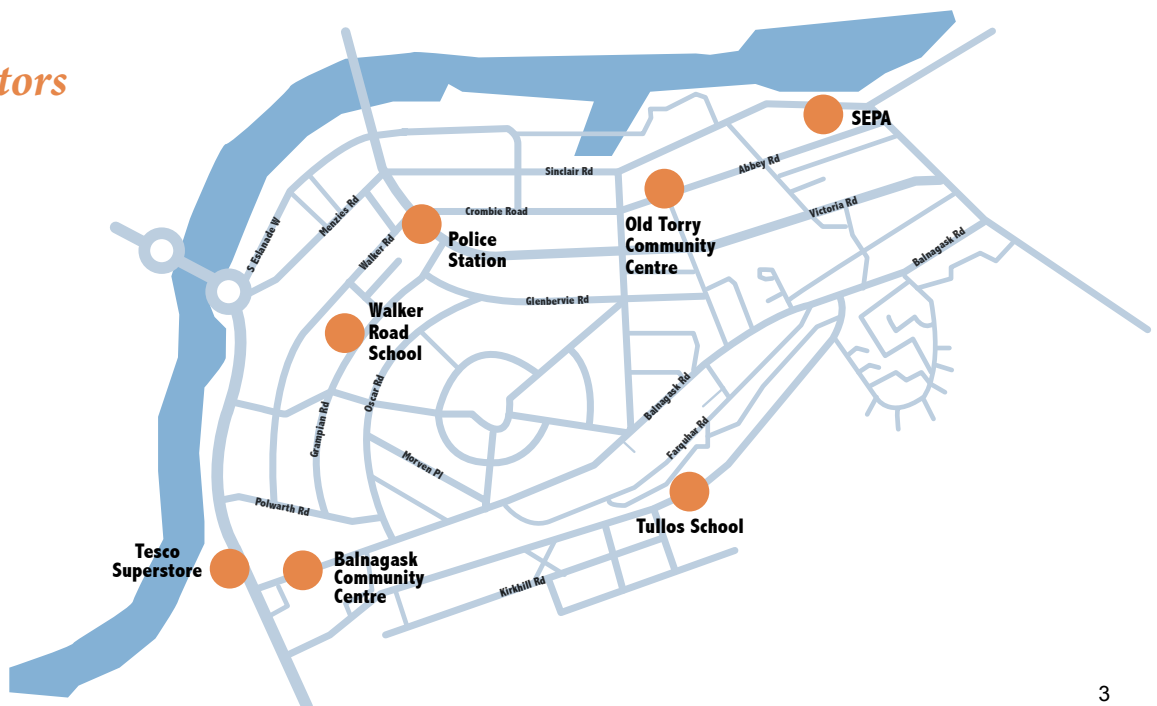
Here at Torry's Vision our thoughts are with Kacey's friends and family at this sad time.

There are other defibrillators in Torry including one at Old Torry Community Centre, the SEPA building on Baxter Street, Tesco on Wellington Road and outside the Police Station on Victoria Road.

If you would like to find out more about defibrillators and how to use one visit [www.bhf.org.uk](http://www.bhf.org.uk) and search for defibrillators.



## *Map of Defibrillators in Torry*



## Celebrating our Volunteers -

### Big Noise Volunteers are helping young people in Torry to make a Big Noise!

As the summer comes to a close and we settle into a new term, the team at Big Noise Torry has been busy getting the programme up and running again.

We had a brilliant summer, running our holiday club from Torry St Fittick's Church - a perfect location to enjoy lots of outdoor learning and playing, making music in the beautiful gardens and popping next door to the school playground for some fun and games! Over four (mostly) sunny weeks, nearly 80 young people came along. They learned lots of new musical skills, played in a samba band, strutted their stuff at the weekly talent show and enjoyed spending time together in the fresh air.

Over 200 children from across Torry come to Big Noise Afterschool Club every week and learn to play their

instruments, sing, work as part of a team, work alone, develop social skills and have lots of fun in lots of ways. Everyone has their own way in; there are as many different approaches to enjoying music and social time as there are people involved in Big Noise. It's great to feel part of a big family, that includes so many young people across Torry, their families, our team of staff (some new and very excited!), community partners, staff at our partner schools, and, vitally, our volunteers.

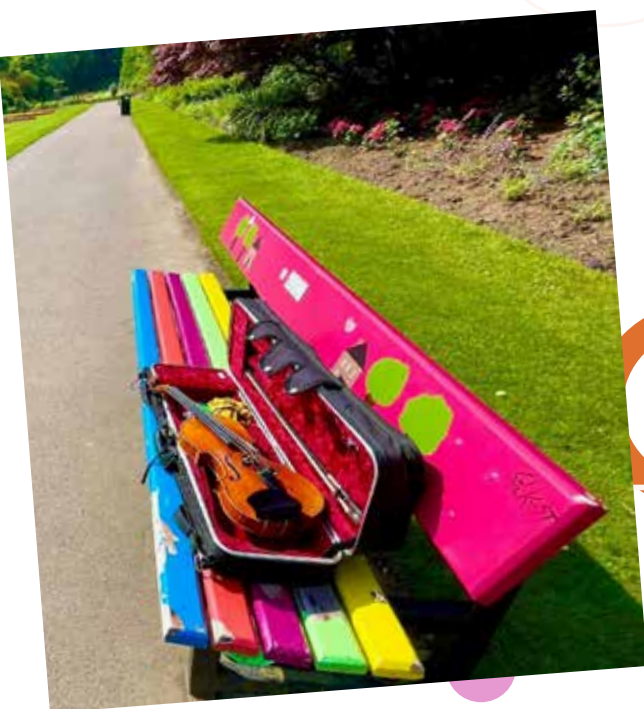
Our amazing volunteers are a really important part of our team, who mentor the children along their path. They become positive role models in young people's lives and become someone they look forward to seeing. Although many of our volunteers are interested in and

enjoy music themselves, they don't need to have musical skills -- just a wish to make a difference to the lives of young people.

'I love being involved with Big Noise. Every day brings its own rewards. The best part is that I'm learning too.' -- Elaine, volunteer.

'I enjoy volunteering at Big Noise because it gives me an opportunity to contribute to the well-being of the people of Torry. Plus it is rerr fun!' -- long-standing volunteer.

**If you'd be interested in getting involved as a volunteer at Big Noise, we'd love to hear from you. Follow the code below to our volunteer application form or get in touch with Emma, our Operations Manager - [emma.hunter@sistemascotland.org.uk](mailto:emma.hunter@sistemascotland.org.uk) / 01224 974707.**







## Nigg Bay Golf Club sponsor new Torry youth football team

A local golf club has pledged support to a new Torry youth football team by sponsoring them for their upcoming season.

Dee United was set up this summer for under-17's with the help of staff and volunteers from Denis Law Legacy Trust, a local organisation who support young people through sport and creative endeavour in communities throughout Aberdeen City.

Formally Dee Boys Club, the club folded four years ago due to a lack of support and demand.

The reinvention of the football team comes at a time when more and more young people are looking towards organised sports and clubs after over a year of lockdowns and uncertainty at school.

The financial help from Nigg Bay Golf Club has enabled the team to be kitted out in brand new football strips, with the golf club's logo emblazoned on the front.

Findlay Harkins, Denis Law Legacy Trust Volunteer Coordinator, said: *"We're so thankful to Nigg Bay Golf Club for their support and generosity and it's so good to see the boys out playing in the new kits."*

*"We've seen how lockdown's have effected young people across the city so bringing together a young community through this team has been such a great thing to be a part of."*

The club has kicked off their season with a 100% winning record after two wins from two.

## BB Company join the Lighthouse Trail

We are 20th Boys' Brigade based in Torry United Free Church in Grampian Road. Last year, there was an article in the Evening Express explaining about the Lighthouse Trail. It invited groups and businesses to submit an explanation as to why their group or business should have a lighthouse to decorate. We felt that we had a great connection to the lighthouse as we have our very own one in Torry.

The sea, the people, our church and the boys all mean a great deal to our Company, and we felt that our boys could do a great job. We also felt it would be something different for our boys to be a part of. We had all loved the Dolphin and Oor Wullie Trails. Having put it to our boys, they were so excited. It was decided that all boys who wanted to take part, would submit a drawing of a lighthouse. We were amazed at the spectrum of ideas they come up with. How to decide? The officers and leaders decided to use elements of all of them. Our lighthouse was delivered but by then Covid had struck, and our Friday evening meetings were on hold. However, as lockdowns ended and some measures were in place, we were able to have two boys at a time in the church hall doing some painting. As you can imagine, it took a while to complete but the boys loved doing it. Unfortunately, the actual trail was delayed for some time but eventually the news came that our lighthouse would be on display in the Bon Accord Centre.

We are tremendously proud of our boys and we have been told that we are the only Boys' Brigade Company who took part. We hope that all your readers saw our lighthouse and thought we did a great job.



**Project partners Grampian Housing Association and Torry Development Trust give us an update on this major regeneration project.**

Despite the COVID-19 restrictions which have affected us all, work is continuing on the site but this has had a significant impact on progress.

Like many social landlords, Grampian Housing Association has also decided not to go out to tender for any construction works for the remainder of this financial year. This is due to the unpredictable nature of the market which is adversely affecting construction and supply costs. The decision to wait a bit longer will naturally have an impact

on the timescale for the school site.

However, as lockdown is easing, we are now able to carry out detailed assessments of the site and property to accurately check the current condition and the nature of the works required to the existing buildings. They have lain vacant and exposed to the elements for almost 13 years. More recently the oldest school building was severely damaged by fire before ownership was transferred to Grampian Housing Association.

Other work to clear parts of the site and make it safe have included the demolition of the old 1960s toilet blocks and redundant buildings on the site, alongside asbestos

removal, internal cleaning to remove bird mess and the construction of a new sewer connection to replace the 150 year old sewerage system.

The inspection work will give us a fuller picture of the development requirements and this will allow us to decide how best to move forward.

To keep up to date with our progress, like us on Facebook, follow us on Twitter or visit our project website at [www.victoriaroadschool.co.uk](http://www.victoriaroadschool.co.uk)

**Sandra MacIntyre**

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## TORRY MEMORIES & HERITAGE SOCIETY

# TORRY LISTED MONUMENTS - TULLOS PRIMARY SCHOOL

**The plans for the construction of Tullos Primary School were approved by Aberdeen Town Council in March 1939. The cost was estimated at £50,000. It was to be built in granite and have 22 classrooms. The school was built to serve the municipal housing estate to be developed at Tullos.**

The construction started in 1939, but the start of World War 2 and the reduction of the workforce due to the call up of residents meant the continuation of the building was put on hold until the end of the war.

Construction re-started when the war came to an end. Four hundred children attended the school when it opened in August 1950.

An extract from the Aberdeen Evening Express of that date reports:

“This is undoubtedly one of the finest primary schools in the country,” said Lord Provost Duncan Fraser when he opened the new Tullos Primary School this afternoon and performed the last of his official duties as civic head of Aberdeen.

“The building was planned before the war, and when it was completed it had to be according to the design planned before the war. It, therefore, differs from schools recently erected” he said.

“It is solidly built of granite and possesses facilities which are no longer permitted under the present economy restrictions.

“There is a fine hall which should an asset to the community, a beautiful gymnasium and spray baths, a craft room, a general-purpose room, and

indoor toilet premises.

“I have always been interested in education and housing in the city, and I feel deeply gratified that at the close of my municipal career I should be asked to undertake the duty of declaring this school open.”

The swimming pool complex, to the rear, was added in 1978.

The school is a Category “B” Listed Monument.







TORRY MEMORIES & HERITAGE SOCIETY

## TORRY SCHOOL CLASS PHOTOS

**Calling all Torry School pupils past and present. Our Heritage Society is trying to build a collection of class photos from all the Torry schools. If the names of any of the pupils are known that would add to the collection.**

Included in this piece are two photos from our collection which virtually span the life of Victoria Road School. The first one is a photo of Torry Public School C1890. The girl highlighted is Mary Mcleman. Torry Public School opened in 1878. It was renamed Victoria Road School in 1906/1907. The other one is an 125th

anniversary photo of Victoria Road School taken in 2003 (1878 – 2003 ). The school closed in 2008.

We also have in our collection whole school photos of Walker Road School and Victoria Road School taken during the 1921/1922 school term.

If you have any photos that you would like to share please e-mail them to us at: **[torrymemoriesheritagesociety@gmail.com](mailto:torrymemoriesheritagesociety@gmail.com)**. if you are unable to send them electronically, we can arrange to have them collected from you. We can get them scanned and returned to you.







# Pump Track

**Would you like to see a Pump Track in Torry? We are seeking your views on whether you would like to see this built in Torry. It would be located next to the existing skate park beside St Fitticks Park.**

A pump track is a small mountain bike trail that consists of rolling mounds and berms in a loop format designed to be ridden solely by using body weight to gain momentum. Riders use their body to push and pull the bike to pump through the trail and gain momentum. These tracks are unique because riders can gain and

hold their momentum without using any pedal strokes.

It was originally designed for mountain bike and BMX users however, due to concrete constructions, pump tracks are also used by skateboard users, and are wheelchair accessible.

Please visit this page to give us your views: [www.consultation.aberdeencity.gov.uk/communities-housing-and-infrastructure/torry-pump-track](http://www.consultation.aberdeencity.gov.uk/communities-housing-and-infrastructure/torry-pump-track)

At the moment we have no funding dedicated to this project, however we have identified a number of

potential sources to explore. If you would like any additional information, or if you would like to get involved, please email Jade Leyden on [jleyden@aberdeencity.gov.uk](mailto:jleyden@aberdeencity.gov.uk).

You can also scan the QR code below on your smart phone camera.





# Switchback Railway

An idea imported by American showman Henry Duckworth, Ripley's Patent Switchback Railway was opened in 1889 on reclaimed land by the River Dee, in the area now marked by North Esplanade West and known then as The Inches. In this Aberdeen Evening Express report from May 28th 1889 a correspondent describes the scene of Aberdeen's new form of outdoor entertainment, which was a great attraction at the time.

**SATURDAY NIGHT ON THE INCHES. THE SWITCHBACK RAILWAY.** Last Saturday evening, chancing to take a ramble along the banks of the Silvery Dee, my curiosity was aroused by hearing much shouting and laughter, which was being wafted up the river from the Inches or Reclaimed Ground, and turning my eyes in the direction from where the sounds proceeded, I could see from my vantage ground on the Suspension Bridge many lights dancing and blazing in the air. Curiosity got the better of me, and I resolved to see for myself what was the cause of all the mirth. As the distance lessened the sounds of a brass band broke upon my ear, and also the harsh, jarring sounds of tom-toms, and hoarse shouting of showmen. When I arrived on the scene, I found it to be a vast encampment of many kinds of shows, while away to the left-hand side of these was erected a huge scaffolding. Up to each side of this structure ran rails.

Making my way to the railway, I watched for some time the excursionists who were enjoying themselves on the novelty, for a

novelty it certainly is. I had heard much about the switchback railway in the Glasgow Exhibition, and the fun derived from it, but Mr Duckworth's invention is worked in a way entirely devised by himself. In most of the other railways of a similar kind the carriages run on rails. The rails of the Aberdeen switchback, though almost the same as the general run of the rails, are fixed with triangular supports, which, in their turn, are securely fastened to the ground. The car which runs on the track is constructed of wheels, to which a swinging seat is attached, and has four horizontal and two small lateral wheels, which successfully carry it safely round some sharp curves in the line. The length of the track is something like 150 feet, or a journey of 300 feet. The scaffold or starting point is twenty-six feet in height. After viewing the invention for some time, I was amused and also much pleased to see the precautions taken for the

Entering by a small door the bold rider walks firmly up to the scaffold, and calmly, but occasionally impatiently, awaits his turn. Soon the car comes swinging round, and the crucial moment has come for the traveller. The carriage, being hoisted to the platform or high level is ready for another fare. There is a nice comfortable seat and a rod for taking hold of to make the journey a steadier one. One of the assistants now comes up, and the "happy rider" is told to take his seat. The pinioning process is then gone through, a small bell rings out, and the traveller is let slowly down the track by means of a rope. Suddenly he finds himself free, and the car, like a thing of life,

dashes proudly round the course. The line is so constructed that at several points the passenger thinks that he is about to stop. It is not so, however, for in a second after the car again gathers an impetus, and again, with a whirl and dash, it makes round the remaining portion of the line. The rider experiences a gentle swaying which is very agreeable, and knows that there is not the slightest danger of coming into collision with another vehicle - one passenger only being set off at a time - he is able thoroughly to enjoy the novelty of a ride, as it were, in mid-air. That the invention will prove a success in every way there cannot be the slightest doubt, judging by the hundreds that patronised the railway on Saturday evening.



**NOW OPEN ! NOW OPEN !  
RIPLEY'S PATENT  
SWITCHBACK RAILWAY,  
THE INCHES, SOUTH MARKET STREET,  
- ABERDEEN.**

# Sustainable Drainage Systems at East Tullos Burn

Richard Caie

**The East Tullos Burn is in the news these days as it may be affected by proposed plans to build an Industrial Estate on St Fitticks Park.**

A bit of background first. Energy Transition Zone Ltd (sc697431) led by Sir Ian Wood and with directors from Aberdeen Harbour, Scottish Enterprise, the Oil and Gas Authority, Opportunity North East amongst others has been tasked with creating an Energy Transition Zone (ETZ) in Aberdeen. This ETZ is a great idea for harnessing the skills and experience of the North East's companies and workforce in the transition from oil and gas to renewables.

With the brownfield sites of Altens and Tullos close by and many empty office buildings to hand, I thought that that would be an ideal location for the ETZ. Sadly not. Because of its closeness to the new harbour, St Fitticks Park (including the community wood and the reedbeds) is on the cards to be concreted over.

Perhaps this might be due to the Harbour Board's stated desire to make Nigg Bay the 24/7 working harbour and redevelop the present harbour into a luxury waterfront property development as per Aberdeen Harbour Masterplan 2020.

It's all dependent, of course, as to whether the Reporter, appointed by the Scottish Government, approves the Proposed Local Development Plan submitted by Aberdeen City Council.

Anyway, back to East Tullos Burn. Historically this area was the course of the River Dee but Ice Ages and glaciation have altered the landscape. The Burn now starts its life in the unglamorous settings of the drains of Tullos and Altens Industrial Estates. With an ageing infrastructure, the water can be a wee bit polluted. Not highly poisonous but swimming is not recommended! From the Industrial Estates it runs in a culvert under the railway line and emerges just after the Tullos Football Pitches as a small, very brown slow-moving stream.

A Nature Based Solution of reed-bed filtering was implemented in 2014 as well as wild planting and a general tidy up. North East Scotland Biodiversity Partnership was involved, and then in 2015, Aberdeen City Council announced that the East Tullos Burn Environment Improvements Project came top in the Herald Society Awards in the Environmental Initiative of the Year category.

The works resulted in the wonderful wetlands we see today. A nature sanctuary, full of wildlife and flowers,

migratory birds and ducklings, so necessary for folks' wellbeing in these difficult times.

So, what's this SuDS about I hear you ask? Sustainable Drainage Systems work to manage and purify water drainage in harmony with the environment to enhance biodiversity and Mother Nature. The wetlands are a great example of a working SuDS scheme. The alternative is to culvert over the Burn and treat the wastewater with engineering/chemical techniques.

Aberdeen Harbour Board have twice floated the idea of a road linking the Tullos Rail Sidings with the new harbour in recent times, once in their 2020 Masterplan and once in the RailFreight ezine. Such a road would pass under the railway line at Kirkhill Place/ Tullos School, turn a sharp right past the school, along the side of the football pitches, through some scrub and then over the reed-beds and East Tullos Burn to the harbour. This would destroy the wetlands and reedbeds as well as introducing even more noise and pollution along the route.

**All this to create a "green" industrial estate in the "fair and just" transition to renewables.**



Photo Credit: Erskine Logan



Photo Credit: Carol Will



# ST FITTICK'S EDIBLE GARDEN SUMMER 2021

On Saturday 11th September we picked the last of the tatties planted at the end of May and we reflected on what an amazing summer we had in the garden. New friendships and loads of fresh produce (lettuce, chard, borlotti beans, spring onions and radishes to name a few) have all come from our fantastic coastal garden.

A very kind couple set up a community food bank in Wood Street during the past year where generous locals regularly donate food items. We took fresh veg from the garden when available to it and will continue to do so while there are vegetables to harvest!

It has been a very busy summer with quite a few events held in the garden. We were lucky enough to receive some Locality Improvement Funding to host summer activities for children and young people. A Bee Bank Bonanza and Bug Hunt hosted by David Hunter from The Habitat

People, storytelling and painting with Angie Joss from Green and Bee and art sessions with the fabulous Graffiti Granarchists! Great fun and the photos speak for themselves! Kids just love the nature themes of these sessions and bug hunting was particularly popular - the bugs were safely returned to their home once collected and identified.

The Community Garden Festival was on September the 4th and we were part of the route as were Tullos Garden. What a smashing day to show off Torry. Lots of visitors and live music from the Melting Pot Collective just added that extra magic. There were plant and veg giveaways too. What a great initiative the festival is for the city and we were so proud to be part of it.

Katie from the Eden Project Communities visited on Saturday 11 September with cakes and cuppas for a community conversation and connections event which is part of

Eden's Scottish Roadshow. Despite the torrential rain in the morning the sun came out, and we enjoyed chatting with new faces, sharing and swapping, and of course the cuppas and cakes.

Lastly but definitely not least. We are so proud to have been awarded 'thriving' status in the #ItsYourNeighbourhood Keep Scotland Beautiful awards!

That is the news update but as always anyone is welcome to join the regular gardening club currently Wednesday afternoons and Saturday mornings. Please check our website or Facebook page for times and details. You don't have to garden, you can just come and enjoy the spectacular view and a bit of chat. Hope to see you soon, remember it's your garden!

**Team Cultivate Aberdeen**  
[www.cultivateaberdeen.co.uk](http://www.cultivateaberdeen.co.uk)  
[www.facebook.com/cultivateABDN](https://www.facebook.com/cultivateABDN)  
[info@cultivateaberdeen.co.uk](mailto:info@cultivateaberdeen.co.uk)



# Councillor Comments

## Christian Allard

Summer came and went and despite the fantastic work of all working in our National Health Service and in the care sector, Covid-19 is still with us. It is important that after been double vaccinated, we all test ourselves regularly to help defeat the virus.

Traffic on Victoria Road and other streets in Torry is an issue that needs addressed. Our group at council has twice the last three years put forward ideas to help. On August the 25th this year, I tabled an amendment to submit a report to the City Growth and Resources Committee on the movement of traffic through Torry, in an effort to ensure that we won't be adversely impacted by large vehicles such as coaches and HGVs any longer. The regulations forcing HGVs to use the Coastal Road in and out of the South Harbour will stop when the South Harbour opens. I suggested to introduce weight, width and other necessary restrictions. We lost the vote by one vote. I have written to

some of the haulage contractors to consider Torry residents when sending their drivers onto our streets.

Roisin is back on our screens in River City and Joyce was back in Torry helping us out in cleaning St Fittick's Park, we filled up 30 bags of litter. I used my litter picking skills to tidy up the entrance of the St Fittick's Edible Garden for our open day, well done to everyone involved. Many people are angry about the decision taken at council on the future of the community park and of Doonies Farm, there are many ways for you to get involved if you feel the same. If you are going out litter picking in your own street, give me a shout and I'll help.

In the last edition, I wrote about a meeting with the council waste and recycling manager and environment manager to get an action plan in place for Torry on litter and fly-tipping. Officers at Aberdeen City Council have shown leadership

by lending local volunteers the tools and safety advice needed to organise litter picking events. No news to date on Victoria Lane, after the council acknowledged that they own properties that have part responsibility for the upkeep of the lane, I expected to see a massive clean-up but it has not happened yet.

Greyhope Bay has been busy the last few months, the charity has organised fantastic tours over the summer and the Liberty Kitchen has given us a taster of what's to come next. The new litter-picking kit box at the entrance of the Torry Battery carpark has been a great success, please do let me know if you feel we should have more of those boxes around Torry.

**Stay safe and test yourself regularly**

**Christian**

**[callard@aberdeencity.gov.uk](mailto:callard@aberdeencity.gov.uk)**

**07713711751**

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## Yvonne Allan

It is with a heavy heart I write this today. Torry has lost one of its shining stars. Kacey lit up many people's lives and was loved by many as was seen by the tremendous turn out at her funeral.

There were many people who helped the other children to deal with this loss. However I wish to thank in particular all the staff at Tullos Primary School for the way

they helped the children through this sad time. They did wonderful work with the fence outside, with the children making flowers and the community providing plastic bottles. Kacey you are sadly missed and fondly remembered.

Now we seem to be getting through this pandemic and seeing things beginning to get back to normal. Children all back to school and our

community centres opening up. Although I have not had a surgery for some time, I have been keeping in touch with those needing my help via email and telephone, so keep contacting me and hopefully the surgery will return soon.

**Yvonne Allan**

**[yallan@aberdeencity.gov.uk](mailto:yallan@aberdeencity.gov.uk)**

**07802 332725**



## Audrey Nicoll MSP

It's been a long 18 months since lockdown began, the vaccination programme and continued adherence to FACTS is helping us return to some normality. At the time of writing cases were rising, please continue following #FACTS.

Over summer I've been settling into my new role, meeting constituents, organisations and businesses in the constituency. Folks have been in touch about a wide variety of issues and concerns, in response I have liaised with a range of organisations including local authorities, the Scottish Government, NHS

Grampian and others, seeking follow up support and action.

I have really enjoyed frequent visits to Greyhope Bay, St Fitticks Park, Tullos and St Fitticks Community Gardens over summer, thanks to all volunteers supporting these fabulous community assets.

I am back in Parliament after summer break, regularly asking the Scottish Government questions about constituency issues, clips of my questions are posted on **Facebook @AudreyNicollMSP**, take a look.

My team has been busy getting the constituency office ready for re-opening. It will remain at 51 Victoria Road, Torry and will open as soon as restrictions allow.

**In the meantime if I can be of help with any issues, please call my office on 01224 876743 or email me at [audrey.nicoll.msp@parliament.scot](mailto:audrey.nicoll.msp@parliament.scot)**

**Stay safe,  
Audrey**

## Stephen Flynn MP

Dear Readers,

The last 18 months have been incredibly tough, and I want to again thank everyone for their efforts and sacrifices in the battle against coronavirus.

With the incredible progress made in the vaccine uptake and roll out, we were able to see most restrictions lifted in Scotland when the country moved beyond Level 0 last month.

With that being the case, like everyone else I've been able to get out and about more, visiting businesses and charities and doing what I can to support folk in Torry as we emerge from the pandemic.

Recently I visited the Greyhope Bay project and met with Dr Fiona MacIntyre, Founder and Managing Director, where it was great to hear

more about the plans that have been made for the Torry Battery.

Torry Battery is one of my favourite places in Aberdeen – I used to walk up and have my lunch breaks overlooking the city – and I can't wait to see construction commence in the coming weeks. Fiona's exciting plans will hopefully help to finally unlock one of Aberdeen's greatest assets, and in a sustainable manner too!

You can follow the progress of their 'step-by-step to opening' via their website ([www.greyhopebay.com](http://www.greyhopebay.com)) or keep up to date with them on Twitter.

In stark contrast to the positive news surrounding Greyhope Bay, the UK Government are pressing ahead with plans to cut Universal credit by £20-per-week. This is

something that my colleagues and I in Westminster have been fighting hard to prevent with thousands of people across Aberdeen reliant on this lifeline payment.

For support to be cut to hard pressed households is beyond the pale, particularly just as the furlough scheme ends. We will not give up the fight to stop this and ensure that Universal Credit payments are protected.

As always, should readers wish to contact me for further information on these issues or indeed any wider issues, they can do so by emailing **[stephen.flynn.mp@parliament.uk](mailto:stephen.flynn.mp@parliament.uk)** or by calling **01224 213114**.

**Best wishes,  
Stephen**

## Volunteers Return to the building

After eighteen long months, live shows started again on shmuFM on Monday 13th September with our Breakfast Show Crew.

We are currently working on a phased return for volunteers, starting with our morning, evening and weekend presenters

All the volunteers who are back in the building received inductions which covered refresher training on how to use the studios and what to expect in terms of new cleaning routines for covid.

There was a great buzz in the building again with volunteers back with live shows and we can't wait to welcome back more volunteers.

Our listeners were obviously happy to have live shows back and we got lots of lovely messages from people delighted to hear some of the presenters back live in the studio.



## Tell us

We have launched a new Facebook page to share community information through.

Lots of organisations ask us to share this kind of information on our main channel so we decided to extend the Tell Us service that we provide through shmuFM and create a Tell Us at shmu Facebook page. If you could spread the word and give the page a like/share we would really appreciate it.

If you get any requests in to share information please send it through to either John, Laura or Tracy and we can share it.



# families outside club 10 case study

Families Outside is a charity working across Scotland to support families who have a loved one in prison. Currently in Scotland 20-27,000 children have a parent in prison each year. They are innocent but are often treated as though they are guilty. They feel stigma, rejection, victimisation, and rarely know who to turn to for help. Families Outside offer a range of support and information to these families, including a group called Club 10.

Club 10 was created in partnership with the Denis Law Legacy Trust to provide a peer support group for families affected by imprisonment. Children and young people get the chance to take part in sporting or creative activities to help reduce social isolation and allow them to meet other young people in similar circumstances.

Below is a case study of some of the ways Club 10 was able to help a family where the dad was sent to prison.

Pete and Jane have two children. They live in a happy home where Pete is the main carer and earner. In July 2020, Pete was sentenced to 3 years in prison.

Shunned by her community, friends, and family, Jane struggled to balance work and family life. She started to get into debt, her physical health deteriorated, and she began to suffer from anxiety and depression.

As Jane's mental health declined, her family became increasingly affected, especially her youngest son John, aged 7, who began to show challenging behaviour at home and at school.

This was the family's first experience of prison, and they were unfamiliar with the prison system or procedures

around visiting etc. At this point Jane wasn't aware of what support was available to her and her family. She had accrued a substantial amount of debt and was so affected by her depression that she rarely left the house.

She was referred to Families Outside, who worked with her to understand her specific support needs, creating an action plan that would help her and her family. This included meeting with the children's school to inform them of the family's new situation. Despite Jane's initial reluctance, the meeting was extremely productive and meant that both the teachers and Jane could monitor John's behaviour and work together to improve it.

The children were angry at Pete, not enjoying school and were struggling socially - Paul, aged 11, had told some friends about the situation, however, other people in his class have been told not to speak to or play with him as their parents saw what happened in the newspaper. Paul and John stated they would like to meet other young people in their situation.

Families Outside provided Jane with resources relating to emotions and mental wellbeing and promoted mindful activities for John to improve his ability to cope and manage his emotions.

Families Outside's Regional Support Coordinator also held 1:1 sessions with John and Paul, giving them time and space to talk about their feelings.

As the children's behaviour improved, so did Jane's confidence. Families Outside continued to work with her, encouraging her to speak to her GP about her health issues, enrolling her on money management courses, and

identifying organisations who could provide transport for prison visits.

Jane is now able to manage her finances more efficiently, she is balancing her work and family life more effectively, and both her physical and mental health have improved. Her children are both happier and are performing well at school. Families Outside continues to work with the family as they prepare for Pete's release.

**If you are in a similar situation and would like support from Families Outside, who work in every area in Scotland, call their free helpline: 0800 254 0088, email [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk) or text FAMOUT to 60777.**



# 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](http://sdafmh.org.uk)

### **Grampian Women's Aid**

Telephone: 01224 593381. Website: [grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932. Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)