

## Summer Edition 2018





## Contents

3	School News
4	Healthy Eating
5	Claire's Fundraising
6	Project News
8	Reeled
10	Clearances
12	Community News
14	shmu
15	Woodland Rubbish

## Editorial

**Welcome to the Summer edition of the Woodside Free Press. This is YOUR magazine.**

We are here to help you find out what's going on in Woodside and connect with your community.

In our pages you will find news, views, reviews and features plus lots of opportunities to take part in training and leisure activities for everyone in the community, young and old.

Within this magazine we have news from Active Schools, CFINE, and Woodside Burgh Hall. If you have something you would like to say, some local issue you think deserves coverage, or if you would like to get involved by joining the happy band of volunteers that puts this magazine together, please contact Mark Lovie at the Woodside Fountain Centre on 01224 524926 or Laura at Station House Media Unit on 01224 515013 - or email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk).

All the content in this magazine has been produced and approved by members of the editorial team.

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.

Supported by



## Kittybrewster Recycling and Animation Project

On June 15th, ten pupils from Kittybrewster Primary School attended a conference at Robert Gordon's College about the Sustainable Development Goals. These are 17 Goals which will make the world a better place for everyone. We were joined by eight other schools including Riverbank, Manor Park and many more.

We showed our animation about the dangers of plastic and asked people to never throw plastic away. We focused on **Goal 13: Climate Action** and **Goal 14: Life Below Water**. We want to tell everyone about how important it is to recycle plastic so that it doesn't end up in the sea and kill wildlife.

We also talked about **Goal 3: Good Health and Wellbeing**. Children

from our Rainbow Room spoke about how important it is to share your thoughts and emotions so that you can feel better. We want adults to understand that young people need help with their feelings and how to cope when things are hard.

We would like to spread the word about the Sustainable Development Goals by showing the whole of Scotland our animations. Our final message is always Reduce, Reuse and Recycle. Try to pick up 3 pieces of litter every day. Never drop litter and always recycle.

**By Ilena, Paige, Adam, Lexi and Fraser**

**P5 Kittybrewster School.**



## Woodside Primary School

The pupils at Woodside Primary planted up their garden on Thursday with a variety of fruit and veg, now the fun begins of looking after it and watching everything grow.

But we need your help! We are looking for community volunteers to get involved in looking after the growing space during the weekends, holidays etc. If you are interested in getting involved, you can message us **Facebook** or by email to [oneseedforward@gmail.com](mailto:oneseedforward@gmail.com)





# HEALTHY EATING

Margaret Aisbitt

## What does it mean and how do we do it?

Going back to basics by checking online it was not clear, in fact it was mud.

*"A healthy diet is one that helps maintain or improve overall health. A healthy diet provides the body with essential nutrition. Fluid, adequate essential amino acids from proteins, essential fatty acids, vitamins, minerals and adequate calories."*

The requirements for a healthy diet can be met from a variety of plant based and animal-based foods.

To me a healthy diet was a mixture of proteins, carbohydrates, vegetables and fruits with plenty of liquids.

Proteins – animal products, nuts and seeds and soya etc.

Carbohydrates – bread, potatoes, pasta, lentils, rice, couscous and quinoa etc.

Plants – vegetables, fruit and herbs.

The other debate is about ratio of these types of food on the plate and the portion size. The old ratio was approximately 1/3 of each for a balanced diet. Now they recommend less protein and more vegetables and carbohydrates. Portion size has increased in the last 10 – 15 years and quantity has become more important than quality.

We need to go back to basics and select our food from reliable sources.

Shopping for the right foods to feed a family is getting more difficult and organic is a possible option but this is an expensive way to go. Farmers markets are also a good choice with fresh fruits and vegetables, cheeses and meats but they are only once a month or so. If you have a good butcher nearby that is a bonus.

In Woodside we have the Fersands Healthy Living store in the Fountain Centre where you can purchase single items and if on benefits or a pensioner some items are free. There are going

to be changes to this setup in the near future so watch this space. These free items are supplied by CFINE and other agencies, including Tesco.

Most of us just go to the local supermarket and rush round picking what we need for the week. Supermarket shopping has become a chore, checking the ingredients on the back of packaging and most of us don't know what half the contents are. Then we are in trouble!

When did selecting a meal involve so much science. Added salts, sugar and soya with additives and E numbers and palm oil etc. No wonder there are a growing number of people with allergies or intolerance to wheat, gluten, milk products, soya and nuts.

This does not mean we cannot enjoy a pizza or a take-away of some kind but when it comes down to it the best motto is "moderation in everything."

**Bon Appetit!**



## CLAIRE'S FUNDRAISING ADVENTURES

This year I turn 36 and this has always been a monumental number for me because sadly my mam died of cancer at this very age. I was just 14 at the time but I remember thinking 36 was old, now I can't stop thinking how young it really was!

I wanted to do something positive to mark this year and what better way than setting myself a challenge every month for a year and in the process raise some vital money for MacMillan Cancer Support. I didn't really know who to raise money for if I'm honest I just wanted to raise for a cancer charity and also something

relating to bereavement support. This was because a few years after my mam lost her fight my brother passed away and I believe that path started from the trauma of losing his mother. It was my dad who suggested MacMillan as he said that they were a huge support for him and our family throughout the illness and passing of my mother.

Now I needed to be realistic I am unfit, overweight, work fulltime and have two young children eek! For some people I'm sure some of the challenges are easy but for me each one is a challenge and a big accomplishment.

I made a plan for a challenge each month starting from April 2018 through to April 2019. So far, I have climbed Bennachie, completed the 26 mile Kiltwalk, bagged a Munro and I will be taking part in a 36K cycle, Craigenlow mini music/comedy festival, Loch Ness Baxter 10K, Glack Attack, cutting out refined sugar month and a live gig fundraiser at The Tunnels and a 5KM Santa Run.

Claire is the Community Worker at Fersands and Fountain Community Project





## Are Foodbanks Failing?

**01** Foodbank customers are being regularly turned away from local services as demand increases. The strains on local foodbanks are becoming more telling as streams of needy clients have been turned away empty handed from Woodside services. Recently both Instant Neighbour and Fersands have been unable to help.

A Fersands rep said: "We rely on the generosity of Tesco contributions and collections they make from customers and the Fareshare donations we get from CFINE. However, as soon as we get a delivery its handed out within a couple of days and we are without food more often than we have"

### We need a different approach

We are unable to sustain a foodbank, and some people question how much good foodbanks do in the long run. Around the country community groups are trying different approaches and we are going to try a new approach too - the Community Pantry, will be open in October.

### Community Pantry

Community Residents will be asked to join the pantry for a small annual fee of around £3.

This will allow them to shop once a week in the discount store of the "pantry." Members will be able to select between 10 -15 items of food for about £2.50.

They will be able to choose items they actually like, all at much reduced prices. It is expected there will be a wide selection of food items and toiletries. Members will know that their joining fee and weekly contribution is vital to keep the whole system working. Low waged families and families on benefits will be able to shop at the pantry. The service will be run by volunteers and its planned to open in October.

## Family Safari day

**02** This year we are also experimenting with a fantastic Family Day Trip for all families in the area. We want to encourage families to spend fun time with one another we are organising a great trip to Blair Drummond Safari. It should be a brilliant day out and may become a regular part of our summer programme.

## Reel Coup for Woodside Community

**03** Woodside residents from all over have just had a once in a lifetime ceilidh experience as the North Atlantic Fiddle Convention came to Aberdeen. Over 100 fiddlers and traditional musicians from all over the world met in Aberdeen to celebrate fiddle music and take part in one of the biggest events of its kind in the world. On Saturday July 14th Woodside Fountain Centre and Fersands Community Project hosted a ceilidh with the music provided by some of the visiting artists. A Scottish group and a Canadian trio kept the dance floor packed with a range of dances from around the world. The international audience enthusiastically attempted every dance and quickly learned the ceilidh standards. By the end of the night they dashed every sergeant stripped every willow and learned the right and left-handed stars. Everyone had so much fun and gave magnificent feedback on the event and called for more events of this kind.

Special thanks to the bands that played, Alasdair Johnston for compering and calling the dances to Simon Gall from NAFC for setting it all up and to all at Fersands for hosting, catering and turning the hall in to a great venue!



## Science at Fersands

**04** This year Fersands and Fountain Community Project were very lucky to run some new sessions. In partnership with Aberdeen Science Centre and BBC Children in Need, we have brought science into our community. All local children who are registered with Fersands Junior Club have had great opportunity to take part in SCI-Kids Club workshops and experiments.

We run two blocks of exciting activities for our young scientists, for those who have already known something about science and for those who had no idea what science is.

The Club is on every Thursday from 4 pm to 5:30 pm and the second block started up on the 21st of June to 13th of August for primary 4-7.

This is a successful project with great attendance, every week we have 16-20 children who build their knowledge and confidence through the fun experiments. Volcano and fossils, fun with forces, let it glow, bubble show, beebots and all about senses are something we have tried for the past few weeks. Although the majority of the children had no idea what science is about, we can clearly see their growing interest and enjoyment. So far, every single activity was an exciting journey where children increased their confidence and knowledge about the science. It has also helped children to improve their social relationships and patience, as most of the time they work in groups, help each other, share and take turns.

The second block is coming soon, all activities are slightly more challenging and we really hope that our P4-7 children will have the same level of curiosity as the younger kids as the programme is promising. We work in partnership with parents and happy to see those encouraging children come and try something new and exciting, something children have never tried before.

Almas



## Holiday Hell or Heaven

**05** Holidays can be a stressful time, especially for families on a low income with bored children wanting to fill the long summer days. In the Fersands area we help by removing some of the stress by organising summer activities.

Our Junior Summer Play scheme ran for 6 weeks. Two residential camps were planned for this age group. The older kids travelled to the West Coast for 5 nights on an outdoor adventure holiday suitable for trainee James Bond type thrill seekers. While the younger ones travelled to Cromdale near Aviemore for a fun filled few days. Here they enjoyed The Highland Wildlife Park, Loch Morlich and the Landmark Centre.

Before the camps started, there were four coach trips where the kids were taken out to a park or attraction such as the Marine Aquarium or tubing activity in Alford. We also organised our popular "Connection" days where we set up fun activities in the community. In total we organised eighteen days of adventure fun and activities. That's just for the under twelves, you should read about the Teenagers activities!

These were of course free of charge so every single family could send their child without any financial worries.



# REELED: THE PRINTFIELD ARCHIVES



Fancy dress fun

Some of our regular readers will remember we did a similar feature on the Persands archive in our last edition. Malcolm from Printfield Community Project suggested we take a trip up to the project and have a look through some of their old photographs as well.

There's lots of well kent faces in these photos, do you recognise anyone?

Have YOU got any old photos or memories of Woodside? Get in touch with the team by emailing [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk), look up Woodside Free Press on Facebook or get in touch with Mark at Persands.

Girls on the town



Northumberland 1998



Classic 90s denim



Northumberland 1998



Northumberland 1998





# Clearances

James Douglas

## Bargains Nae Mair

So the SNP led Scottish Parliament has finally had its way and introduced unit pricing for alcohol. I've have always been in two minds on the issue. On the one hand, anything that gets rid of the cheap high strength cider, the stuff a friend of mine calls the 'blue death', has got to be a good thing. On the other I've a problem with using pricing as a way to change behaviour. It's okay in a more egalitarian society like Norway, but in our land of extreme rich and poor, all it does is to hit those on low incomes. The well-off can carry on scooping down their bottles of Chateau de Chassily with scarce a care. For the rest of us rip off Britain becomes even more of a rip off.

Speaking personally, I'm going to have to say goodbye to my beloved booze bargains. unit pricing is a real pain. You see, I had it down to a fine art. Forget 'sale' or 'BOGOF', what you want is

'clearance.' I knew exactly where and when at my local friendly hypermarket, where a case of beer with a single can missing went for half price, as did a wee bottle of something nice with a torn label. Who drinks the label? But that's all over now baby blue.

So it was with dismay in my heart that I witnessed the shop worker removing the 'clearance' stickers from the shelf in the booze section.

She says, 'You won't get your bargains any more loon.'

'I ken.' says I in my sad wee voice, 'what'll happen to the bargain booze now, will ye jist throw it oot?'

'O no,' says she, 'we've to box it up and send it down to England.'

The SNP finally brought out the nationalist in me.

# Mother Nature on the Run

James Douglas

'Clearance' is a word I've been seeing quite a lot of lately. It appeared once more in the latest letter from Network Rail. 62,992 letters and 3,800 leaflets later and we are all well informed, but when we see what they are actually DOING, it fairly takes the breath away. They are, of course, doing all this work on the railway line. So we are being warned about the noise about to be created by 'vegetation clearance'. It sounds so innocuous. Until you realise it means that everything has been ripped out and is to be replaced by acres of crushed stone.

They would do well to read their own web site:

*We are dedicated to minimising our impact on wildlife. Our in-house ecologists work alongside external experts to carry out detailed surveys helping us to identify the animals, insects and plants in the area that might be affected by our railway maintenance and upgrade work.*

And the war against the environment continues all over the city. There's the Third Don Crossing, the new AECC and football ground. Then, of course, there's AWPR. And housing, housing, housing. Now, each development makes sense in itself, but put altogether and our green space in and around Aberdeen is fairly taking a hammering.

I know that development is inevitable, and complaint is like whistling in the wind, but I wish that developers and planners would look at a site and try to establish which parts of the natural environment can be saved, rather than just automatically tearing everything up without thinking.

You never know, working with nature might make for a more attractive development, and, dare I say it, more of your precious profits.



# Taking Care of Business

James Douglas

I had some time to kill recently while in the Middlefield area, so I decided to go for a wander and have a look at how Manor Park was getting on. It's that place at the back of Manor Drive that used to be wasteland. Thousands of hours of volunteer time (including mine) had been put in to create a park. A lot of thought had gone into the place, planting with an eye to the future. There was a children's playing area, allotments, an orchard had been growing fast, as had a maze. It was a place well loved by the community.

But there's a lot going on in and around Middlefield There's this new road ameliorating the Haudagain nightmare, the demolition of traditional housing and a new housing development. There's new shops planned. Things are changing fast in the area.

And right in the middle is Manor Park. I had a look and to my horror I saw the park has been totally cleared. All that work, all that planning and endless funding bids. The whole site had been bulldozed. Manor Park no more.

Manor Park had been created by local people, under their own initiative and effort. The City Council came along and offered to take care of the park. And we all thought how considerate our local council was! We didn't realise that they meant 'take care' mafia style.





# Woodside Parish Church Renovations

Here's some good news for Woodsiders! For many years the folk in Woodside Parish Church have felt that their facilities were not very welcoming to the people of the Woodside community. Between the church building and the halls there are flights of steps and zig zag corridors which were, to say the least, daunting to anyone with a disability.

Recently, however, Ian Rodger an architect, has designed a modern solution to our problems which will make the buildings welcoming to people of all ages and abilities – new toilets, new kitchen, a new meeting room and, most exciting for wheelchair users, a platform lift which will access three levels.

The whole area round the lift will be flooded with daylight as much of the central hub will be glazed.

The members of the church will be doing their best to raise the massive funds necessary for such an exciting project and they will shortly be holding sessions within the community to present the plans and detail the improvements.

Look out for posters in the shops which will alert you to the many opportunities for fundraising.

**If you'd like to get involved or have a fundraising idea then get in touch with the church group on 01224 484562.**



## Reiki in the Community

Reiki in the Community are expanding and we are now trialling running weekend workshops. At the moment, these are just for group members, though we would like to offer workshops to the wider community in the near future for a donation. Our last workshop was a teamwork project, creating a beautiful large flower Mandala together.

It took several hours to create and lasted only 24 hours, but we loved it.

Afterwards all the leaves went in the compost bin and flowers I scattered around my garden.

If you would like more information on Reiki in the Community get in touch with the group on

## Spotlight On The Financial Capability Team At CFINE

CFINE improves health and wellbeing and the environment, tackles property and builds resilience through a range of support and services for and with disadvantaged, low income individuals, families and communities in NE Scotland.

Specifically, the Financial Capability team based at CFINE at Poynernook Road in Aberdeen, aims to provide advice and support to any members of the community who are facing financial hardship, due to issues with their benefits, housing, council tax or any other debts which are negatively affecting them. We are trained to support those facing financial difficulty.

We are a small close-knit team who dedicate their time to trying to help people to become more financially independent and financially secure. We aim to work with our clients to maximise their income where possible and allow them to make sense of the welfare system!

If you could benefit from this service, please phone CFINE on 01224 596 156 in the first instance or pop in between 10am and 4pm. We operate an appointment-based service, but where necessary, will deal with clients on the spot. We look forward to hearing from you if you need our help!

## Cash in your Pocket and Universal Credit

Universal Credit (UC) is a new benefit which applies to people of working age (16 - 64). It will replace six existing benefits: Housing Benefit, Income based Jobseekers Allowance, Income Support, Income Related Employment Support Allowance, Child Tax Credits and Working Tax Credits.

Some people in the North East are already receiving UC but it is due to be rolled out fully in Aberdeen by the end of 2018 for all new claims. (If you are already claiming at least one of the benefits being replaced, the Department for Work and Pensions will contact you to let you know when you need to apply for UC instead.)

There are several important changes about how you claim

and receive Universal Credit, compared to the benefits it is replacing. If you need help to understand how these changes may affect you or how to go about claiming, Cash in Your Pocket (CIYP) can put you in touch with services and organisations who can help you.

CIYP aims to help anyone in need access the right support and advice to improve their finances. By providing a single point of contact, we can refer you on to the most appropriate organisation(s) to get the help you need.

**For help and to find out more, contact Cash in Your Pocket on Freephone number 0800 950 4330, follow us on Facebook, or look at our website [www.ciyp.co.uk](http://www.ciyp.co.uk).**

## Pathways in Woodside

Pathways have been actively working in Woodside helping people to find work for a number of years now and our Employability Keyworker, Andrea McDougall, meets with people looking for help at the Woodside Community Centre, Aberdeen on Monday's from 2 to 4pm.

Andrea has helped many people from the area to find work across a number of industries and types of jobs. One of Andrea's clients had worked in the hospitality industry successfully for a number of years but had been paid off and had found it difficult to find a new position. During this period their Personal Licence required to be renewed and they could not afford to do this. Andrea applied for funding and the client successfully passed their refresher course. With new licence in hand Andrea helped them to apply for a number of positions and they were successful in gaining employment.

Pathways help people from the age of 16 upwards and from all backgrounds and help to identify the job or training that is right for you. We also you to develop a plan to reach your job goal, help with CV's, assist in completing application forms and we also have access to funds to remove barriers to work e.g. clothing or equipment needs.

**If you would like help to find work you can contact Andrea McDougall by phone on 01224 682 939 or by email at [a.mcdougall@pathways-online.org](mailto:a.mcdougall@pathways-online.org)**



## The BIG move

Work is well underway at shmuHQ in Woodside. Our contractors, CHAP, have been hard at work since August last year and haven't been put off by the cold snap we recently experienced.

Our aim is to enhance the facilities we already have so we will install two new radio studios and we will have a big communal social area, similar to what we had in the old building but we're also going to have an IT training room and a TV studio with a control room. We want to use the expansion of the building to expand our existing programmes to reach new people in our target areas.

A state-of-the-art building was identified as a need as part of our 2010-2017 strategic plan so we're really excited that this is becoming a reality for us this year.

Woodside Free Press editorial member, Dougie Thomson met up with shmu's Chief Executive Murray Dawson for a tour of the building for a very special edition of the Woodside on Wednesday show.

Murray explained: "We're trying to incorporate a lot of old shmu into the new building so downstairs when you walk in it will be quite open and you'll be able to see the radio studios so it's a mixture of the old foyer and the hall. You can see everyone, get a cup of tea and there's places to sit and work. There will be proper fit for purpose equipment, state of the art studios and a TV room with proper soundproofing.

"There's a lot of work going in to make sure the equipment is professional and built to the same standards of likes of the BBC."

He continued: "Our aim for the building is there will be more happening. We'll have the new bit but we also still have the old bit which we can still use. We might have theatre, discussions,

performances, question times etc. It's exciting, that part of the journey hasn't started yet, all our funds have been invested in this new bit. It'll be a fantastic building, people will know about it and if we create a niche venue then hopefully members of the community will start to programme what's happening with that. It's not a huge space so I think it'll be easy to fill and if we did something once a month then it will soon catch on. How great would it be to have a venue in the communities rather than the city centre? So many people live round here. One of things we'll be able to do from the start is link each room to each other so if something is happening here we can play it out live on air and we could film it using the TV studio and stream it live. The interesting thing is that places like this are normally in the city centre and we were very certain that if we were going to invest this much money it was going to be in our heart, where we have always been, not in the city centre, its in our communities.

"We have 57 North Presents on shmuFM so what you can imagine now is people doing their unplugged tune, play live from our TV studio and broadcast to radio studio then do an interview, rather than cramming it all in one space. We've launched shmuTV for primary school so working with schools for a whole term to make a short film and we're hoping to tie in with secondary pupils. The next challenge would be to get some funding for adults to do the same thing."

We are currently fundraising to help with the outfit of the newly refurbished building – we currently have money for the building but there is still more to do! We'll be holding lots of different fundraising activities throughout the summer to help Pave the Way to Woodside. Keep up to date with our Facebook, Instagram and Twitter for more information on how you can help.



If you go down to the woods today...

### You're in for a big surprise!

Over the past wee while, Rosalind Walker, 68, from Woodside has taken it upon herself to clean up the rubbish along the banks of the River Don. So far, she has collected over 110 bag for life sized bags!

This has not been an easy task. Rosalind has taken risks clambering down the banks and even gone into the river to fish out bags and rubbish which lands there and debris which is left along the riverbank by people having picnics or barbeques.

When asked about taking these risks she replied: "That doesn't worry me. If people would only wrap it up and take it away, that would save me having to go into the water."

She added: "Please take a bag with you if you're walking down there. Pick up the odd thing here and there if you see it to keep it nice. It's not the council that's keeping it clean, it's me, so please help."

Rosalind is grateful for the use of the bins at the Lads Club where she has been disposing of her rubbish and has taken other items

to the recycling bins outside shmu on Station Road.

Lorna Graham, the Clean Up Aberdeen contact for Aberdeen City Council has arranged to meet up with Rosalind and support her efforts. Aberdeen City Council's Environmental Services can lend you litter picking tongs, high vis vests, gloves and black bags and will uplift the collected rubbish.

**For more details, or to get help organising an event call 03000 200 292, or email [cleanaberdeen@aberdeency.gov.uk](mailto:cleanaberdeen@aberdeency.gov.uk)**





# Community Contacts

## Alcohol

Alcoholics Anonymous 0800 9177 650  
Drinkline 0300 123 1110

## Crime

Crimestoppers 0800 555 111

## Drugs

Drugs Action Helpline 01224 594700

## Dentist

Emergency - G-Dens 111

## Doctors

NHS 24 Emergency 111

## Electricity

If you have a power-cut 105

## Family Planning

Aberdeen Community Health and Care Village 0345 337 9900

## Gas

Gas Emergency 0800 111 999  
Gas emergency with a meter 0845 606 6766

## Housing

Emergency Repairs 01224 219 282  
Call Centre Emergency 0845 608 0929 or 116 123

## Police

Non-emergency 101

## Samaritans

Need to talk 01224 574 488 or 116 123

## Social Work

Social Work Duty Team 0800 7315520  
Emergency Out-Of-Hours 01224 693936

## Young Carers

VSA 01224 212021

## Water

Scottish Water Emergency 0800 0778 778  
CFINE 01224 596156  
Pathways 01224 682 939  
Woodside School 01224 484778  
Kittybrewster School 01224 484451  
Woodside Parish Church 01224 484562  
St Machar Academy 01224 492855  
St Machar Parent Support Project 01224 487813  
Aberdeen Lads Club 01224 492672

## Community Information for Woodside

### Woodside Community Council

Meetings are held on the first Tuesday of every month in the Fountain Grange Common Room at 7pm

Contact: [woodsideccsec@gmail.com](mailto:woodsideccsec@gmail.com)

## Fersands and Fountain Community Project

01224 524925

## Printfield Community Project

01224 276788

## Woodside Fountain Centre

01224 485983

## Woodside Library

10am – 1pm 2pm – 5pm

Contact: 01224 484534

## Woodside Medical Practice

8am – 6pm

Contact: 01224 492828

## Woodside Network

Contact: [printfield@printfieldproject.co.uk](mailto:printfield@printfieldproject.co.uk)  
or [mark@fersands.org](mailto:mark@fersands.org)

## St Machar Credit Union

Info: Credit Unions are financial co-operatives owned and controlled by their members, that offer savings accounts, low cost loans and other services.

Phone: 01224 276994

Opening hours: 9:30am – 4:30pm every weekday except Wednesday (12:30pm finish on a Wednesday)

## Cash in your Pocket

Info: Working with partner organisations to reduce inequalities for people living in economic disadvantage within Aberdeen City and Aberdeenshire.

Phone: 0800 953 4330

## Citizen's Advice

Info: Aberdeen Citizen's Advice Bureau gives residents of Aberdeen free, confidential and impartial advice on a range of topics including benefits, debt advice, work related problems, immigration and housing.

Opening times: Wednesdays 10am-3pm in Woodside Community Centre

## Legal Advice

There are law students who visit Woodside Community Centre every second Thursday. Their sessions started on the 26th of January and will run every two weeks from then. If you need legal advice you can visit them between 5:30 and 7pm in the centre.