

woodside free press

Summer Edition 2021



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Editorial

Welcome to the Winter 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.

Within this magazine we have news from Fersands and Fountain Community Project, Printfield Forum, local history and a piece celebrating a local young person and her sporting achievements.

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

Laura at shmu on **07752586312** or
email **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.

Woodside Free Press is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

You can be reassured that our distribution company is taking every measure to ensure they are delivering your magazine safely and within government guidelines.



Supported by



WOODSIDE PRIMARY

Woodside Primary at the Woods!

Grace Banks, Outdoor Practitioner

Over the last months I've been working alongside Woodside Primary pupils and staff. We've been looking at how to improve the playground for nature and also exploring the pocket woodland and river area beside the rugby club.

In this area many trees have grown in the area of the mill site. A portion of them have died and some needed removed because they were a danger to the public.

In consultation with the Tree Squad from Aberdeen City Council, the P7 pupils have been able to watch some trees felled and also discover why – the tree surgeons were very informative.

But this is just the beginning...over the next few months more trees will be cut down and during the Autumn

term, pupils will then look at what species of trees will be suitable to plant in the woodland. I have 200 trees gifted by the Woodland Trust waiting in my garden for this!

As part of the on-going programme of growing and re-wilding in the playground and at the river, pupils will continue litter picking, composting, identifying wildlife and providing homes for birds, insects and bats.

Through these activities the youngsters are engaging and discovering the wonders of the natural world on their doorstep and beyond. As their awareness of the local environment grows through their care and actions, it will encourage positive habits that can continue with them into adulthood.



shmu sessions

Pupils from Woodside primary school have been working with Ross and Katie, our Community TV Development Workers, to produce a short nature documentary. The class of P7s visited the Donside woodland to play, explore and learn about the natural environment with local storyteller Grace Banks while capturing their experiences on camera. More recently the class enjoyed a visit to our TV Studio at SHMU where they learned about presenting to camera and mixing for broadcast. We hope to have given the pupils a glimpse of what's involved in producing a TV programme and look forward to working again with Woodside Primary on more exciting projects in the future



Covid Mythbuster

As the vaccine rollout continues we have become aware that there are certain myths spreading about the vaccine and we wanted to help dispel them.

We spoke to Jillian Evans, Head of Health Intelligence at NHS Grampian about the truth behind some of the myths connected to the vaccine.

1) Even if you're young and healthy you need to be protected against Covid. It's a nasty disease that can affect your heart, your lungs, your brain, so you need to get the vaccine to protect yourself from getting seriously ill and having something like long covid and it's also really important to protect those around you and make sure you're vaccinated to protect society, not just yourself.

2) You can have the vaccine if you have allergies. The main thing to do is to ask the person who is vaccinating you about your allergies and if they're worried about it, they'll refer you to an allergy specialist.

3) You won't catch Covid from the vaccine. What the vaccine does is that it helps your body mount a defense against Coronavirus so it won't give you the virus and the vaccine will disperse in your body very quickly. What you might have is a few mild symptoms after having the vaccination, a bit like having flu but that won't last long.

4) The vaccine went through the same safety precautions and the

same rigorous research processes as any other clinical trial. The different with this is the sheer interest in having a vaccination developed so quickly meant lots of money was given to vaccine trials and lots of people came forward to take part in those trials. These are two hurdles that normally take years and years to do in normal research circumstances, so it helped us get the vaccine quickly which was necessary. It didn't bypass any of the important safety regulations and processes and if it weren't for all of those processes it wouldn't have been subject to the UK regulation and licensing so it's the MRHA which is the UK regulator has said it's safe and effective to use in humans.

5) There are likely to be other variants and strains of the virus until we have the world vaccinated against Covid. Right now we know that the vaccine protects against the two main strains of the virus that are circulating, so we have a lot of confidence that the vaccines we have for use now will protect you against new variants.

6) No vaccine is 100% effective but this vaccine is estimated to be around 80% effective, so it gives you a significant amount of protection against serious illness and disease.

7) Worried about getting ill after the vaccine? Well, it's possible that you may have a sore arm, or you may have very mild flu like symptoms. The best thing you can do is take a

paracetamol or other mild painkiller. You're very likely to have no symptoms after 24 or 48 hours so any you do have shouldn't be long lasting.

8) Many, many millions of people have been vaccinated with the Astra Zenica vaccine and have been vaccinated very safely. The blood clots are a very rare event, and it has to be seen in the context of the millions of people who have been successfully vaccinated safely.

9) You can't choose the vaccine that you get. There are three vaccinations now but if you are under 40 you will be offered either Moderna or Pfizer. For everyone over 40 it could be any one of those three (including Astra Zenica) simply because of supply and logistics. All of the vaccinations are shown to be highly effective.

10) If you've missed your original appointment or if you got the time wrong then call the national helpline. The number will be on your letter so give them a call and have a new appointment time offered to you. It's possible that there may be walk in or drop-in centres that might be an option for you at some stage but definitely reschedule it as we just want you to be vaccinated.

11) The vaccine does not affect fertility, will not alter your DNA and does not contain pork or any other animal derivatives. The vaccine also does not have a micro-chip tracking device in it.



I've Had Mine!

Name: Nicola

Age: 41 (shh!)

shmu strand:
Woodside Free Press

Experience of getting the vaccine: I've had 2 doses of the Oxford/ AstraZeneca vaccine. A day after getting my first dose I felt awful! I had a splitting headache and felt really tired. My arm also felt really, really heavy. After 48 hours I started to feel better and after 3 days, it was as if nothing had happened. On the second dose, I experienced a mild headache for 24 hours but was OK after that. Plenty of water and paracetamol are my recommendations.

I've got bad asthma, so I wanted to have the vaccine to protect myself and my family from contracting covid. I would rather have a couple of days feeling "off" than contract the coronavirus. That's why I got mine.

I would encourage you to take the vaccine if you are offered it.



Project news

Woodside Fountain Centre Opens for Community Services

The community projects in Woodside have been determined to try and keep community services open. The Fersands Nursery has been open and offering support to 40 families at the most difficult of times. After a long lockdown the youngest children suffered from not having the nursery routine and range of educational support to continue their development.

Youth work has been nonstop either virtually or outdoors or indoors. We have been determined to keep up contact and offer some support to young people.

What's happening now at the centre?

Junior clubs and sports clubs are already up and going, available for 5-12yr olds to get the children meeting friends in a safe and friendly environment. The primary 1-3 slot is on a Monday and the primary 4-7 slot is on a Tuesday, both 3:45-5:45pm.

Woodside Sports Clubs will be operating for all Woodside children on a Wednesday and Thursday and Woodside Community Centre Volunteers will run another Junior Club for primary age kids on a Tuesday evening 6.30-8pm.

We aim to offer more music tuition to kids at the music room in the centre and maybe adult groups would like to use this great resource too?

We hope the café will be open again after summer from 9-2.30pm, five days a week. We'll maybe have special café nights or free meal events too. Hopefully we can have a nice meeting place where you can eat with friends. We would like to hear your views on what should be run at the centre and hear what services you think should be offered.

We are keen to try new ideas. We want to offer residents help to get back to education, training and employment with classes, courses and support offered from the centre. Fersands and the Foyer will be working in partnership to make this happen and will be advertising opportunities soon.

We would like to see parent and toddler sessions every week so mums and dads can have a cup of tea and interact with their child and meet up with other parents. We would like to offer yoga classes, computer classes, ESOL classes, art classes and creative writing classes.

We hope we can work together to make the centre a busy place that Woodsiders are proud of. A centre where you feel safe, can meet friends, enjoy food, learn skills, gain information, increase your exercise and be part of the community.

Fersands and Fountain Community Project Junior Club

It has been a difficult year for everybody, however, Fersands tried to support their residents as best as we could. Even when everything was closed we kept thinking of what we could do to brighten up children's lives. During the Easter holidays, we organised an individual art pack delivery almost to every door and a gift card. It took staff two weeks to make and to deliver 120 art packs door to door for 5-12 years old children and almost the same amount for the teenagers. During the Easter holidays, staff organised an Easter hunt for the local children and young people. Junior club children with a parent had to complete a secret trail and collect all the clues in order to get a prize. Over 150 people took part and gave us positive feedback, saying how desperate they are to see us open.

We put so much effort into planning and organising the things and finally, the Junior Club reopened its doors on the 24th of May. We have 14-18 children attending each club, which shows that approximately 50 children benefited from our service in three weeks. We are so pleased to see that children are excited to come back and engage. They are having a good time with their friends

and socialising with others. Thanks to our fantastic team of volunteers, without their help, it wouldn't happen that quickly. They give their time to make sure that children are safe, engaged and having fun.

At the Junior Club, the children play games, do arts and craft and make plans for the following sessions. Moreover, the children shared their ideas for the summer playscheme which were successfully used for the programme. That means that the children's wishes will come true and the kids are going to have another memorable summer after a year of isolation. Another positive thing is that we set up a volleyball net at the centre, that allows children to try new sports activities and possibly open a volleyball club in the future. Fingers crossed, nothing will stop us from providing the summer we have planned for the local children as they truly deserve it!

See you soon!

Almas





Local Teenager Striking Out

How many 16 year olds do you know who can balance studying and playing professional football?

Well one of Woodside's own, London Pollard, is doing just that.

At the age of 10 she joined Aberdeen's Development Squad and worked really hard in order to join the first team at Cove Rangers age 14.

London told us that her aim was just to train and develop but within her first month at the club the coach asked her if she could play for the whole 90 minutes.

The young attacker soon showed she could score goals and went on to become their Young Player of the Year 2019.

By February 2020 she was signed by Fofar Farmington Ladies club (The North Easts Premier Girl's and Women's Football Club).

While playing for Forfar against Celtic she scored a spectacular goal which was contender for goal of the season. She had certainly announced her arrival in the womens premiere league to Celtic. London's speed, strength, goal scoring and commitment didn't go unnoticed and

has been recognised by Scotland's international set up as they have invited her to their training camp. Hopefully it won't be long till she gets her first full international cap.

Fast forward to May 2021 and she is now playing for the Celtic women's first team and is up and down to Glasgow to train five times a week.

She is the only person from Aberdeen in the team and has to work really hard in order to balance football and school but she is lucky that her school are really supportive of her.

Denis Law Mural

Printfield residents are frustrated to hear that their plans for a trail dedicated to a local footballing legend have been deferred.

Regular readers of the Woodside Free Press will remember that in the Spring 2020 issue we covered the proposals to create a tribute to Denis Law in the area.

The plans came about from a discussion at the Printfield Forum which led to Councillor Copland getting in touch with Denis Law Legacy Trust who run Street Sport sessions around the city.

The group decided they would like to include artwork on Clifton Court and the wall of the St Joseph's Church car park and a heritage trail around the area which would mark the life and career of Denis Law.

Margaret England, one of the members of the Printfield Forum said: "Denis Law is 81 now so we wanted to do something to honour him in his lifetime. We want to celebrate what he achieved and show people that just because you live in a certain area it doesn't mean you can't achieve your dreams."

Plans were progressing well, with a visit to RGU to see the work Denis Law Legacy Trust do and to look at ways they could involve students. Art students from Grays School of Art did some drafts of what could potentially be done and the Printfield Forum members were really impressed with what they had come up with.

However, recently the group heard that the council had deferred voting on the plans until August and they

are worried that they could be scrapped in favour of a bronze statue of Denis Law which will be put up in Marischal Square.

When speaking to the Woodside Free Press team Printfield Forum members emphasised the importance of making sure there was a tribute to Denis Law in the community, saying: "*Denis Law always let people know where he was from and was never ashamed of his roots.*"

"Some people get famous and forget where they're from but Denis didn't."

The Printfield Forum are determined to fight for this project and we will keep Woodside Free Press readers updated on how plans develop.

**PRINTFIELD HOME OF
DENIS LAW
WINNER OF
THE FIFA
BALLON D'OR**



Electrification Of The Woodside Tram Line

ALAN JOHNSTONE

The Woodside tram line was the first to be electrified in Aberdeen and opened to the public on 23rd December 1899. Here we have an extract from an article in the Aberdeen Journal of that date on this historic move from horse-drawn to electric power. The photo shows Lord Provost Fleming at the helm of a car with the inauguration party and is credited to The Silver City Vault.

In all eight cars meantime have been secured for the Woodside route, a number that will provide a service every five minutes. During the Christmas and New-Year holidays it is certain there will be a great demand upon their accommodation, and in the event of their proving insufficient for the traffic, the old cars can be attached to the electric cars, there being sufficient power for that purpose. The cars, which are large, roomy, and beautifully finished, each accommodate 52 persons - 24 inside and 28 outside. The driving power is at the command of the driver by means of a controller, fitted close up to the end of the platform, so that the motor man can see clearly ahead without obstruction. This is a great improvement on the Glasgow cars, where the controller is placed behind the stair leading to the top of the carriage, thus giving the driver a much less satisfactory outlook ahead.. All things are intended

to minimise the risk of injury to a person who may unfortunately happen accidentally to be caught by the car while in motion. Each car will cost £550.

For the last few weeks the cars have been experimentally run along the route for the purpose of initiating the men in their duties. The drivers are all chosen from the department's own staff, and no difficulty has been found in teaching them how to perform their work. In point of fact, it is believed that there will be less difficulty in getting men to drive the motor cars than there is in securing men acquainted with horses. For the most part the latter are taken from the country, whereas any man of ordinary intelligence in the city would be quite capable of mastering the duties required of him in a few days. When the electric cars come into use about 60 horses will be set free, and will be sold. The introduction of the new system will necessitate considerable changes at Woodside Depot. The shed is to be extended to accommodate from 20 to 30 cars, and this will enable the Tramway Committee to effect a considerable saving, as the one depot will be sufficient to contain the cars to be used both in Woodside

and Torry routes. It may be mentioned that the committee are to provide the whole of the tramway drivers and conductors with neat overcoats, with buttons bearing the city arms and the designation of the department. In the first instance, however, the coats will be served out to the men in the Woodside section, and they will appear in their new dress on the opening day. The coats are dark grey in colour, with red edging and bright buttons with the corporation arms, and the men will look very smart in them. The uniforms for the two inspectors and collector are navy blue, with silver edging and silver buttons. They were all supplied by Messrs Henderson Brothers, clothiers, 35 1/2 Broad Street, Aberdeen.



Local History – Woodside

DAVE WHITE

I was nine months old when I was dragged kicking and screaming to another home in Woodside. The family agreed to take the house offered by the council and without any consultation they made me go. Despite bawling, throwing my dummy out the crib and giving my mother lots more nappies to wash than normal I was still wheeled away to Sandilands Drive where we stayed for a lot of years. Over the last few years, I looked into the Woodside past and found it very interesting. There was a lot more history than I expected.

It was a village which served a number of mills in the area and had a couple of small hamlets beside it, Printfield and Upper Cotton. These three were amalgamated into the City of Aberdeen under the one name of Woodside along with Torry and Old Aberdeen in 1891. The Woodside Cotton Mill arrived around

1780 and by the first quarter of the 19th century was employing in the region of 3000 people from all areas of the city.

There were other mills in the area or roundabout such as Grandholm Mill which had been in existence since 1797. As a youngster I can remember that a great number of women in Sandilands and Ferriers area worked there. During the American Civil War it was said that the confederate army's uniform was made from cloth produced in the Grandholm Works and of course you have the famous Crombie cloth which was used for Crombie Coats that were usually made for the rich and famous in our society.

Woodside had the Aberdeen to Inverurie canal running through it which took from 1795 to 1807 to complete at a cost of just under £45,000. It only lasted until 1854

before it closed, having been taken over by the Great North of Scotland Railway. They used the canal to lay the railway tracks and the only one left of the canal bridges can be found near Station Road just behind the shmu building still being used for cars to cross. There is also a main road passing through Woodside known as Great Northern Road which was a combination of three roads: Barron Street, Hadden Street and Wellington Street all were made to disappear for a road that goes from just before the Northern Hotel to North Anderson Drive (which didn't exist at that time) it was known as a turnpike road originally and then Great Northern Road. It took over from Clifton Road as the road to Inverurie and it is said that where the two meet created a split the wind at the place where the Northern Hotel was to be built in around 1890.



WOODSIDE PARTNERSHIP AFTERSCHOOL CLUB

We were running our Afterschool Club as normal from the middle of March. We are extremely happy to have our kids and both schools back as we have worked with Kittybrewster and Woodside Schools for ages.

From March, we have covered a few different topics such as children's rights and responsibilities, environmental awareness, fitness and healthy eating.

The children made three wonderful birdhouses, decorated them and put them up on the trees with some bird food outside Woodside Community Centre. We took the children to a local park to do litter picking to make our play area clean and attractive. The children had good fun and could not wait for their turn to use the equipment. Some

residents joined the activity too saying that they impressed to see such responsible children. Children were busy planting the flowers, so if you will see the flowers outside the Woodside Community Centre, that's us!

Staff introduced fitness, Zumba and yoga to children. After a few trials, children asked to have more of those sessions on a programme. Now, kids have at least three short sport sessions per week which includes dancing, yoga, obstacle courses and fitness (circuits).

Moreover, we have developed our comfort zone for children who need some time out or simply want to use it for imaginative play. We have a new tent with fairy lights inside and sensory toys that can relax any child.

We have four P7 who will leave our setting and move to a "big" school. We wish them all the best! We will miss you guys a lot!

We are a friendly team who are passionate about what we do. All staff are qualified to work with children and young people. We regularly complete and update different pieces of training to ensure our setting is safe, stimulating and inclusive.

If you would like to contact us to get more information or register your child for a new term, please drop us an email at [almas.asclub@gmail.com](mailto:asclub@gmail.com).

Have a lovely summer!



Would You Like to Help Make Your Community a Better Place?

Have you ever asked yourself the question “Why doesn’t someone do something about that?” Well, you can start to bring about a change by joining your local Community Council. The elections for Community Councils in Aberdeen take place in October 2021 and this will be a good opportunity to get involved.

How do they work?

They usually meet once a month to discuss the issues of current concern in their area, particularly major planning applications and steps to improve our local environment.

They discuss and negotiate solutions to local issues and concerns.

They attend meetings with relevant groups, liaise with City Councillors and officials.

Who can be a Community Councillor?

Community Council candidates must be named on the current

electoral register for the Community Council area in which they reside as a local government elector. The minimum age to stand for election as a Community Councillor is 16 years of age. For Woodside and Hilton, there are 12 places available.

Election Timetable

Close of Nominations - 4pm
Thursday 9 September 2021

Closing date for withdrawal of Nominations - 4pm Wednesday 15 September 2021

Notice of Poll (or Uncontested Election) - Monday 20 September 2021

Polling Day (if required) 8.00am - 8.00pm - Thursday 7 October 2021

Please contact the Community Council Liaison Officer (CCLO), Karen Finch on 01224 522723 or email communitycouncils@aberdeencity.gov.uk for more information.

Warmer Homes Scotland scheme gets funding boost to help green recovery

The Warmer Homes Scotland scheme is open and helping Scots who are struggling with energy bills.

Since 2015, over 22,000 Scottish households have had help to fund energy saving home improvements like new heating systems, wall and loft insulation, draught-proofing and even home renewables. After support from Warmer Homes Scotland, homes are on average 20% more energy efficient, with households saving an average £300 per year on their energy bills.

To find out more call Home Energy Scotland on 0808 808 2282. They’re open Monday – Friday 8am – 8pm and Saturday 9am – 5pm. Or go online www.homeenergyscotland.org/warmer-winter

Woodside Junior Club

Woodside Junior Club would like to thank their partners at St Machar Rotary for their support over the last few years.

The Rotary Club have donated both toys and finances to the club and have really helped them keep going!

Woodside Library

Woodside Library has now reopened to the public for limited browsing and borrowing.

There will also be computer access available.

At the time of going to print the library is open **10am to 1pm Monday and Thursday and 2-5pm**

Monday, Wednesday and Thursday.

There are fewer PCs available so if you need to use one please book in advance by calling **01224 484534**.

For more information you can also email woodsidelibrary@aberdeencity.gov.uk.

Volunteers' Week

The first week in June is an important week for shmu as it is Volunteers' Week! Everyone volunteering for shmu does an amazing job but particularly over the last year we have been blown away by the commitment and creativity our volunteers have shown throughout the pandemic.

THIS YEAR IN NUMBERS;

2510 shmuFM shows recorded at home

300 articles written by shmuPRESS volunteers

Over 70,000 magazines printed and delivered

32 volunteers taking part in training courses

50,488 volunteering hours

WHAT'S NEXT FOR SHMU VOLUNTEERS?

We have a range of things coming up for our volunteers including new courses, a mentoring programme and the launch of shmu community TV.

Want to know more about volunteering at shmu? Email tracy.ewing@shmu.org.uk

Mike Melvin, Volunteer Coordinator at ACVO: "Woodside Free Press always brightens my day and more so than ever just now."

Fay, Torry's Vision: "It's so easy to get involved, meet different people and try new things because you're in the middle of it. One of the main benefits of shmu for the community is being able to coordinate across areas that might have similar things happening. People can learn from things happening in other areas and someone from a different community might have a solution to that problem so folk can learn from each other as they're meeting folk from outside their area. "I've found out a lot about my community from being involved and it's good to be able to help others do that too."

Suzanne Poppe Project Administrator "Volunteers are the very heart of shmu. I think it's incredible we have so many wonderful people willing to give up their time to produce content for their local communities and share their stories. I am also amazed at how well they have adapted to volunteering from home, although I really miss seeing them in the building and I hope it's not too long till we can meet again"

Megan Rollo Youth Support Worker "shmu volunteers to me are hardworking, creative and supportive individuals who continue to support and give voices to local communities. The camaraderie is ever present and it is amazing to see projects and ideas come to life through their dedication and hard work. The Youth Media Team are important to me, they are constantly teaching me new things and continue to amaze me every week with their perseverance over the past year and commitment to the team. They make me so full of pride as they are so welcoming and supportive of each other, creating a safe space to learn and build confidence in a fun and engaging way. They are constantly making me laugh and has been great to work with them over the wee while. Keep doing what you are doing, you are all fantastic!"



We Won't Leave a Church in the Lurch!

We can all agree that things have not been normal for a while now, since the beginning of Lockdown 2020. Back in 2019 the Church of Scotland announced that it was considering selling off half of its Aberdeen churches, meaning there would be 15 to sell, another 3 in limbo, and a mere 15 left in place to cover the city's population.

Our granite city is home to some 59 areas, with a population of roughly 192,000. And yet it is thought that 15 churches can cover this. I'm not good at math and I'm not saying that this is how it goes, but that works out at roughly 12,800 people per church building. I know that there are folks in those areas who are not of the Church of Scotland denomination, and that there are different faith groups as well as non-church attenders in those areas, but what a difference a couple of decades make! Go back in time, and the make up of an area in Aberdeen would have been predominantly Church of Scotland.

Unfortunately, Woodside Parish Church was one of the churches earmarked for closure. And with the departure of its minister in the summer of 2020, this process was triggered. The congregation have been left in a state of uncertainty as physical distancing guidelines restrict the process even further, with virtual meeting, after virtual meeting.

Our congregation at Woodside Congregational Church, felt that we could not sit by and watch as this sad demise took place. We contacted the Clerk Session to see what we could do to help. It is a long shot, but it is hoped that by working together and with a bit of collaboration, we can look at how the Church, its building, its congregation, and its groups can benefit the Woodside community.

Woodside Congregational Church has offered to rent the hall in the Parish Church building for our Sunday Services, to hold our Summer Playscheme there this year, and potentially move our groups here as well. In doing

so, it is hoped that as well as a much needed financial boost, the Presbytery would see that the building is still very much in use, as well as the Parish's Sunday Service and groups that there is still a place for them in the community.

If you are a current or past member of Woodside Parish Church, attend one of their groups, are a member of another church in the area, or simply want to be involved then please support them! Woodside has very few community buildings at its disposal. We need to look at what is on offer for everyone in our community, we need to be inclusive and not exclusive. In 2021 where we have seen isolation and closed doors, we now need to move towards seeing openness and a welcoming smile. Let us hope that we can move out of this pandemic as a stronger, more connected community rather than a fractured one.

Nicola Watson

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

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 City Carers 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

Fersands and Fountain Community Project

01224 524925

Printfield Community Project

01224 276788

Woodside Fountain Centre

01224 485983

Woodside Medical Practice

8am – 6pm

Contact: 01224 492828

Woodside Network

Contact: printfield@printfieldproject.co.uk

or 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

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: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

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