

TillyTattle

Summer 2023



In this issue:

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MUSIC MEMORIES

TILLY TOP

BLUEBERRY WELLNESS

www.shmu.org.uk/press

Summer Edition 2023

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Welcome to your Summer edition of the Tilly Tattle.

This edition of the Tilly Tattle is dedicated to health and wellbeing. We have pieces for both mental and physical health, find out all about what is on offer in your community to keep you well.

We also pay tribute to much loved Tilly Resident George Fowlie

If you would like to get involved and join the editorial team or if you have ideas for the community publication, you can easily get in touch with us. The staff at **shmu** are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography or proof reading. So please don't be shy, this is your magazine written, edited and designed by the good folk of Tillydrone.

If you live in the Tillydrone area and would like to come along to the editorial meetings or submit an article, then get in touch with **Rose** at shmu on **07752586312** or you can email her on **rose.ross@shmu.org.uk**.

You can also view this magazine alongside previous editions on the **shmu** website **www.shmu.org.uk** then click the '**PRESS**' option.

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

Tilly Tattle 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



TILLYDRONE COMMUNITY FLAT

Nearly halfway through the year already! We're delighted and grateful to have another year of funding granted by Fairer Aberdeen – their ongoing support is so much appreciated by us all and we are truly thankful to The Board and all involved in supporting us.

Service access numbers have more than doubled over the last year, due in no small part to the never ending cost of living crisis facing the nation. I see rumours that energy bills may start to come down over the coming months and hope this is going to happen. Food prices still seem to be on the increase which is causing major problems for millions of households. Demand on our foodbank has also more than doubled. We are thankful again to the many organisations and individuals who support us in keeping this

going, enabling us to help those in desperate need of assistance.

Aberdeen Trades Council and the Aberdeen is Scunnered Group are deeply concerned about the national impact of the cost of living which no longer just affects those on the lowest household incomes, but working professionals earning what would normally be perceived as middle income. To this end, a series of engagement events are being planned across the city, the first of which was held in Tillydrone on Saturday 20th May. The purpose of these events is to provide a forum for citizens to express their concerns around the cost of living and how it affects them, and any impact on their locality. These forums are entirely independent, and it is hoped that attendees will find solidarity in meeting others who may have similar

concerns and in finding out how to make their voices heard. The events are being supported by Aberdeen Trades Council. It was great to see familiar and some new faces at Saturday's event and feedback has been positive.

Fee, a Development Coach with Aberdeen Foyer visits the Flat once a week (usually Wednesdays) and is keen to engage with anyone who may be seeking support around finding employment or who may not be quite sure which path they want to take and need support in building confidence and learning skills to take them onto further education or employment. Anyone interested in finding out more can call us on **01224 486641**.

Fiona Young



Activists aid residents in cost-of-living battle

BY DENNY ANDRIKOVA

AN Aberdeen activist group has held a public meeting to offer support to those struggling with the rising cost of living and show them "they are not alone".

Members of local charities and organisations, including the Aberdeen Trades Council, a school, families, a plastics re-processor and a local business, gathered in Tillydrone to host last night's session and

organised by the Aberdeen is Scunnered group and Aberdeen Trades Council, a school, families, a plastics re-processor and a local business, gathered in Tillydrone to host last night's session and



TALKING POINT People get their chance to speak out at the event hosted by Aberdeen is Scunnered.

- Spot the signs – looking out for depression

We all have mental health, but we don't all keep an eye on our mental wellbeing or know what signs to look out for, which may indicate our mental health is declining.

The Scottish Government's health survey in 2021 indicated that around one in four people in Scotland can be affected by mental health problems in a year.

In this series we will be breaking down some signs of various mental health conditions, when to go to a GP and where you can get help. In this edition, we are focussing on Depression.

The Scottish Government report shows that globally, around 5% of adults experience depression.

There are many forms with depression, but there are signs to look out for that may help you

consider whether you may be affected by depression and to seek help.

Signs of depression can often be displayed through, physical, mental and social symptoms.

These are a few of many signs that the NHS suggest keeping an eye out for.

PHYSICAL SYMPTOMS:

Moving or speaking more slowly

Changes to appetite or weight

Changes to menstrual cycle

Disturbed sleep – you may find it harder to fall asleep or that you wake throughout the night.

PSYCHOLOGICAL SYMPTOMS

Experiencing low moods or sadness continuously

A feeling of hopelessness

Low self-esteem

Lack of motivation or interest in things

Feeling worried or anxious

Having thoughts of self-harm or feeling suicidal

Social

You may participate in hobbies less.

Avoid contact with friends and family and retreat from social occasions.

These are just a few symptoms of depression; they vary widely from person to person and may be more severe for some.

You should talk to your GP if these symptoms persist daily over two weeks or months. Find out more information about Depression on the NHS' website.

Penumbra Mental Health Launch new service for Aberdeen

Penumbra Mental health are a charity providing dedicated services for people with mild to serious and enduring mental ill health.

Well Aberdeen is a new service, by Penumbra funded by Aberdeen City Council, delivering short term support for anyone living in Aberdeen, over 16 years of age.

Well Aberdeen is designed to help you feel well, empowered and linked locally. Many of Penumbra's team members are peer colleagues who have lived experience of mental ill

health and have some understanding of what you are going through.

The support will give you time, space and compassion, you can use up to 3 sessions to explore your current situation and plan for your own goals.

You will also have access to friendly group workshops, for sharing practical techniques and tips with others to manage your mental health.

Penumbra will connect you with a local peer network who can share their own lived experience. There will also be plenty of opportunity for

volunteering, the team will support you to join in with community activities and interests.

You can access this by contacting Penumbra directly, simply email Well.Aberdeen@penumbra.org.uk and they will send you a simple support request form to get to know a bit about you and how you're feeling.

If you would like to better your mental health, get in touch with Penumbra today, you can also check out their website for more information, visit penumbra.org.uk



Grampian Women's Aid break down the signs of Gaslighting

Gaslighting is a manipulative tactic in which a person, to gain power and control of another individual, plants seeds of uncertainty in another person's mind. The self-doubt and constant questioning slowly cause the individual to question their reality.

Gaslighting can happen to anyone. Abusers carry out gaslighting behaviours slowly and deliberately so that the person it is happening to do not realise it.

10 Signs of Gaslighting Behaviour

1. Blatant Lies - You know the person is lying, often and with ease, yet they say they do not recognise this in their behaviour. You begin to have self-doubt, question everything and become uncertain of the simplest matters.

2. Deny, Deny, Deny - You know what they said. They deny ever saying it. They ask you to prove they said it. You start to question your memory and accept theirs.

3. Using What You Love Against You - This is a manipulative tactic used by the gaslighter, causing the person to question themselves and things they hold close. For example, if the person loves their job, the gaslighter will find issues with it.

4. Losing Your Sense of Self - The gaslighting continues methodically

and continuously over a long period of time. The victim, over time, becomes a different person. Self-confidence disappears, and the victim becomes a shadow of their former self.

5. Words Versus Actions - A gaslighter will talk and talk to convince a person of their concern for them. However, their actions will not reflect the words.

6. Love and Flattery - A gaslighter will tear a person down, build them back up and tear them right down again. This abusive pattern becomes reality for the victim and the praise associated with the building back up convinces them to think the abuser isn't all bad.

7. Confusion - A gaslighter instils constant and consistent confusion leading the victim to become desperate for clarity. As the person searches for clarity from the abuser, the cycle continues, and the abuser's power increases.

8. Projecting - A gaslighter projects their actions on to their victim. For example, if the gaslighter is a liar and a cheater, they accuse the victim of being a liar and a cheater. The person feels that they constantly need to defend themselves for things they have not done.

9. "You're crazy" - The gaslighter knows the person is already questioning their sanity and searching for clarity. Hence, when they call the person crazy, the person believes it. The gaslighter will also tell other people the victim is crazy. If the victim ever approaches those people for help, they will most likely not be believed.

10. Everyone Else is A Liar - The gaslighter may tell the person everyone else is against them and that everyone is lying. This increases their dependence on the gaslighter.

Gaslighting is a form of mental and emotional abuse. If you recognise the signs and believe you, or someone you know, is in a gaslighting relationship, we can help and support you.

Women seeking support should reach out to us by calling **01224 593381** or emailing info@grampian-womens-aid.com or visiting <http://grampian-womens-aid.com/contact-us/>

When we're closed, Scotland's Domestic Abuse and Forced Marriage Helpline is available 24/7 via phone on **0800 027 1234**, email helpline@sdafmh.org.uk or web chat at www.sdafmh.org.uk.



It's Never too late!



Success for Blueberry Wellness as first course participant fully qualifies to deliver fitness in the community.

Jim Currie, 59, was in the process of losing weight and educating himself on fitness and nutrition, when a leaflet offering the chance to train and help others do the same, came through his door.

Despite never having considered being a fitness instructor before, Jim began working with the social enterprise Blueberry Wellness to qualify as a group fitness instructor.

Aberdeen Blueberry Wellness (ABW), currently running courses in Tillydrone, offer the chance for those in Aberdeen's regeneration areas to undergo a fully funded fitness training course.

Jim is now fully qualified to deliver group exercise classes to music and has further ambition to qualify as a personal trainer with ABW, with plans to begin a retirement career as a fitness instructor.

Jim said "I had never considered the possibility of being the one standing at the front of the class instructing others. I did enjoy fitness, but I didn't think I would get to the stage where I was able to do it with others.

"I'm not in my first flush of youth, so I'm looking at doing this as a retirement career. I'm hoping to retire in a year's time, so becoming a fitness instructor will probably take me into my retirement."

Jim's motto is that 'it's never too late to get started'. "I had initially worried that my age might be a bit of a barrier in this work, but I have spoken to Laura (founder of Blueberry Wellness) and she seems to think it's an asset.

"People are quite happy to be given instruction by someone who is nearer to their age and stage of life, who possibly has more idea of the things they've faced and shared similar experiences."

Jim's advice to anyone who wants to kick off their personal health journey

is to fully commit and just go for it.

"If you keep putting it off, saying I'm not sure if I can do it, have I left it too late? Am I destined to spend the rest of my life like this? No, you're not, I was 58 when I started this, I've just turned 59 and I have managed to do it, you can too."

For anyone considering the course, "The fact that you're not a perfect specimen yet is fine. I have still got a little more weight to lose before I'm happy with where I am."

Laura and Jim are currently running weekly exercise and nutrition classes at the Tillydrone Community Campus. The exercise class runs on Thursdays from 12:30 to 1:30 and the nutrition class follows immediately after, running to 2:30pm.

"Come along to the classes, take part. If you enjoy what you're doing, there may be opportunity to do the same thing. The opportunity is there for you."

Introducing the Tilly Tops

The Tillydrone Gateway Feature Project Team are delighted that the 'Tilly Tops' have been installed next to the Diamond Bridge. The Team installed the Swans across the road last year, after carrying out community engagement and consultation.

Four artists submitted proposals for the Gateway Feature, and the favourite was the Swans. During the consultation many people said they would like all the sculptures installed. A successful bid to Aberdeen City Council's Place Based Investment Fund allowed the Team to install a second sculpture, the Tilly Tops, by artist Joseph Ingleby.

Susan Thoms, of the Project Team, said "The Tilly Tops were popular with the community and the selection panel alike, and we were keen to add to the Gateway Feature with another piece. The funding we got is capital funding specifically set aside for community led regeneration. We believe that art and culture can give people pride in their community and we're

happy that some of that funding was allocated to Tillydrone."

Artist Joseph Ingleby explained how he approached the commission, and his inspiration for the sculptures:

"The 'Tilly Tops' are an ascending series of sculptures that encapsulate the spirit of Tillydrone. Moving from the small cast iron pieces through to the larger sculptures made of Cor-ten steel, the works suggest a set of spinning tops, growing forms that closely reference key features of Tillydrone's social, industrial and natural identity.

"They take inspiration from the mills that took their power for shuttling, spinning and weaving, from water wheels powered by the river. Paper and textile mills used to be sited along this part of the River Don and the river is an essential part of Tillydrone's existence.

"The flora and fauna of the banks of the Don are inspiring elements that are woven into the forms of the sculptures - a process of growth that begins with the small cast iron 'seedlings'. These clogged forms

also have the feel of seed pods and are the founding points for the other works.

"The use of cast iron highlights the industrial legacy of Tillydrone, and in the Cor-ten steel, rich, earthy tones reflect both this and the cycle of nature along the river."

Joe also spoke of his experience of working in Tillydrone:

"Overall, it has been a privilege to make this work for Tillydrone and its community, and a pleasure to work with such a great team of local people who I consider to be the most capable commissioners I have ever worked with."

The next stage of the project is to get some information panels installed, to show how the pieces relate to the natural environment, history and heritage of the area. The group are planning to hold a celebration event once the panels are installed and hope to continue the project with further pieces of art, so make sure to check out the Facebook page to keep up to date.

Susan Thoms



TILLYDRONE COMMUNITY CAMPUS

The past few months have seen an increase in the activities that The Tillydrone Community Campus SCIO have been able to deliver for the community. We are starting to really find our feet as a group of committed volunteers, whose overall aim is to take over the running of the 'community' side of the Campus.

Now that covid restrictions are firmly behind us, we have listened to what you said you wanted and have hopefully started to make available some of the things you said were important to you.

We have successfully applied for various bits of funding, notably from ACC and AVCO, which has allowed us to make a good start. All our community activities are FREE and are open to all.

Run entirely by our dedicated volunteer, Aileen, we have offered 'warm spaces' twice weekly during the cold winter months. This allowed those struggling with fuel bills to come in, get warm and enjoy some company, light refreshments and a breakfast at Rosies café.

Many thanks to Aileen for her commitment in keeping this essential scheme going. Warm Spaces has now ended, as we are entering the summer months where hopefully things are warmer all round!

We have put on a monthly 'Afternoon tea and live singer event' on the last Thursday of each month. This has proved to be very popular, with folks coming along to enjoy some live music with a cuppa and a biscuit. Dancing has been known to happen, and lots of singing along too!

As it has been so popular, we have decided to continue these events over the summer, and have various acts booked in to entertain you, so please feel welcome to come along and join in the fun.

We have booked Jackie Brolly for 31st August. Both events are 1pm to 3pm, with the singer starting to sing at 1.30pm. It would be great to see you there! More events will be planned for the autumn months.

Arts & Crafts sessions have been ongoing since autumn last year

(currently on hold, but due to resume in September), and many lovely creations have been made, as well as lots of opportunity to chat and 'put the world to rights' while making your artwork.

Come along when we start a new block (of 12 sessions) on 19th September and learn some skills and get creative! Anyone is welcome to come along, the classes are on 1pm to 3pm every Tuesday. Please attend at 1pm on 19th September to enrol and secure your place in this class.

City Moves have been putting on a dance and movement class for young people aged 10 to 17 years every Friday and this has been another popular activity. We will be offering more classes after the summer school holidays. A new block of 12 sessions for 10 years to 17-year-olds will be starting on 25th August. Class times are 4.15pm to 5.45pm. Please come along on this date to enrol in order to secure your place (please note, kids under 16 years must have a parent or guardian with them to enrol).



Failure to enrol on the first day could mean you miss getting a place, so please get yourselves along at 4.15pm on 25th August!

Following popular demand, City Moves are also starting dance and movement classes for a slightly younger age group, aged 6 to 9 years which will be held from 3.15 to 4.15pm every Friday for 12 weeks. This will also start on 25th August. Please come along on 25th August at 3.15pm to enrol and ensure your child gets a place!

Blueberry Wellness have arrived at the Campus. A free exercise class (Fit for Life) is now happening every Thursday at the Campus 12.30pm to 1.30pm for those who want to get a bit more active. All ages and abilities are welcome, and most fitness levels (or unfitness!) will be able to join in and do as much as they are able to. Take advantage of this free opportunity to get moving, become a bit more active and take back control of your fitness. It's great fun, with the exercise class set to music, so you get to hear some good tunes too!

'Rosie's at The Campus' café are settling in very well and are delivering

lovely grub and refreshments. They are open Monday to Friday, 9am to 3.30pm. Rosie's have proved to be a very welcome addition to what is available for you at the Campus and will be developing their range and fine tuning what they have on offer over the weeks and months to come.

We are planning another Open Day, on 7th October, more about that to come in the Autumn edition of the Tilly Tattle, but meanwhile save the date!

We are always open to ideas and would love to hear from you about what activities you would like to see on offer in your community campus.

On a more serious but very important note, and to make everyone aware, we have a defibrillator available in the foyer, and this life saving device is there to help anyone experiencing a heart attack.

There is also naloxone available and many staff members and volunteers within the Campus have been trained in administering this life saving intervention for anyone who has overdosed.

We advertise events in the library, at the Campus entrance, at the Tillydrone Community Flat, in local shops and also on various facebook pages (Tillydrone Community Campus, Tillydrone Community, Donside Village Community) so check these pages out for what is going on.

If you want to contact us, please email us on **tillydronecommunitycampus@outlook.com**, or leave a message on the Campus facebook page.

Lastly, if you would like to become a member or a trustee of Tillydrone Community Campus SCIO, please go to this link below to fill out the application form.

<https://tinyurl.com/mvrbxm2k>

There are hard copies of the membership form at the library too, if you prefer.

Tillydrone Community Campus SCIO SC049786





Tributes to much loved Tilly resident, George Fowlie

We were very saddened to hear of the passing of George Fowlie. George passed away, peacefully, at the age of 91 on the 18th of March.

Having spent much of his life in Tillydrone, moving there in the 1970's with his Ma and brother, he was a proud Tilly resident. He was well

known to many in Tillydrone as a friendly face who was always happy to have a blether.

George saw lots of the world on his travels, during his National Service in the R.A.F and throughout his 23 years in the Merchant Navy, but he always returned home to Aberdeen.

He was passionate about his community and one of the founding members of the Tilly Tattle. He was full of knowledge of his local area and always happy to get involved. A keen walker, it was always great to read the tales from his walking group within the pages of Tilly Tattle.

Staff and volunteers at shmu were devastated to hear of George's passing. Tilly resident and shmu Employability Worker Yvette Zarzoso said, "George was always great to chat too, he was endlessly positive, and he always remembered who you were and would take interest in how you were.

"He was very knowledgeable about the area and could tell you many

stories. He was a very humble and lovely man, it's sad that he's not with us anymore."

Adele Keith, shmuFM Development worker, volunteered alongside George on Tilly Tattle's editorial team. Adele remembered, "George was a storyteller at heart, he could recall so many memories and could regale you with fascinating stories from his time in the Navy.

"His stories were always a highlight for the Tilly Tattle, he will be really missed by the whole community."

George's last visit to shmu was to be a guest on the Radio with Dave White. Adele said, "We were delighted that George got to come and see how shmu had developed over the years since he had been involved".

George Fowlie - A Tribute

I had heard of George Fowlie well before I met him as he was involved with the Tilly Flat Steering Group and the Tilly Tattle Editorial Group. I finally met him when he attended a cooking class at Portal Community Centre. He stood out right away as he wore a smart checked shirt and tie with a sweater - not the usual attire for a cooking class and it did not take long to realise this was his usual style and I imagined that he always wore it - even to bed!

Over the years George attended lots of classes, and he was always very studious and top of the class although much to his chagrin he was often considered too factual but still managed to get a poem published! George was always enthusiastic about any interest he got involved with and took it very seriously. He was a member of the Over 50s Walking Group and each week he planned the walks for the groups and would do a fact sheet with the walk giving a history of the area - he really

spent a lot of time doing this each week and was very committed. His enthusiasm was endless, and he would go into great detail, so if you met him when you were in a hurry you had to resign yourself to being late!!

George had a great sense of humour and I remember he used to love winding up the ladies in the walking group and how he would sneak in "How to Stop Smoking" leaflets into the bag of Moira - the group's resident smoker - each week!! He would try and get the ladies to bring cakes for him and he managed to work his charm, so they usually did. Latterly he was extremely interested in photography and would take thousands of photos of the area and I really mean thousands!

George Fowlie was always a gentleman and well thought of. I remember when he had money stolen from his home. Local residents had a whip round and donated

money to him. He was really embarrassed about this and told me he did not want to offend anyone and was very appreciative of their kindness, but he did not want to take the money. He very quietly donated it to the Tilly Flat but did not want anybody to know. This was true to his nature.

Latterly, George's ailing health meant that he, a very independent man, needed full time care so he moved to Persley Castle Nursing Home where he was supported by his niece Carol who always went above and beyond for him.

George always spoke highly of SHMU although he did say a few times he complained to Murray that the typeface font was too small! I can just see him proud as punch that he has been in the Tilly Tattle. A very fitting tribute to a lovely man who truly was one of a kind.

Sarah Jack

Elected Officials

Rabbit, headlights and all that

A very steep learning curve began for me on 6th May 2022 after I was elected as a councillor for Ward 6. Aberdeen City Council is a big ship indeed of around 8000 souls, so there is a lot to learn. My first weeks were full of courses and the reading continues with constant emails, reports and research papers, in fact my first set of reports was just over 1000 pages. However, I love reading and learning more about Aberdeen as well as scrutinising and thinking about the possibilities for the future of our city. After one year I have learned a great deal more about Aberdeen city's geology, our passionate teachers, our children's needs, our wonderful volunteers and our buildings and estates.

Councillor McLellan and I have attended several organised 'Walkabouts' in Seaton, Tillydrone and Old Aberdeen, and these are great for informing us about casework that residents might not ordinarily flag-up. We have had some great results from these and we have another one coming up next week.

A few weeks ago, I wrote my first Motion for Full Council, which was on the banning of single use vapes. I knew these were both an environmental and a health hazard, but it was an email from a Tillydrone resident that prompted me to act on this very serious problem. Happily, this motion gained full support across

the Chamber and demonstrates that there is much that unites us.

Lastly, one of my other functions is to attend civic events, which is both fascinating and a real privilege. Congratulating new graduates, fundraisers, community activists and researchers as well as mourning the dead, for example when the Queen died, and Remembrance Day, is now one of my responsibilities. This can involve wearing strange new outfits and jewellery, and a lot more grooming than was required in my previous life.

Absolutely not a *sair fecht* though, I feel happy and privileged to serve in all these different ways.

Karin van Sweden





MUSIC MEMORIES

After the very successful Football Memories programs which have been running in connection with Alzheimers Scotland and Aberdeen FC Community Trust (AFCCT), there were plans put in place to expand this into a regular session with Music Memories.

We spent a good amount of time planning this and the launch date was decided to be 31st March at the Players Lounge at Pittodrie, what we wanted was an environment where people could come to reminisce and speak about music in a safe environment, have a cup of tea and a chat with like-minded people.

Music Memories is a dementia friendly program based around reminiscing and focusing on making new memories and empowering

people living with dementia to engage through participation and enjoyment of specially tailored music. Debra Christie who is the Health and Wellbeing team lead at AFCCT said "Music can help people cope with challenges in their life which could include social isolation, loneliness, and loss. Music can help us recover from trauma and negative experiences so let's harness the power of music."

The sessions have been fantastic with music quizzes, Rock and Roll Bingo and a session that saw a conga chain form and head out the door into the Pittodrie concourse! There was of course a "getting to know you" session where everyone had a great chat and spoke about their favorite bands and concerts....

and some not so favorite songs! Participants will also get a memory box of their own so that they can keep records of sessions, photos etc. as a permanent memory of the sessions.

The sessions are held every second Friday at Pittodrie in the Players Lounge from 10am to 11.30am with entry through the Players Entrance and everyone is welcome to attend.

Alan Johnstone from Alzheimers Scotland and Football memories was delighted with the sessions starting, he said "Music in all its formats is a powerful element of reminiscence therapy so please come along, share your memories and maybe give us a song"

Dave Ironside

We are all about keeping well here at shmu and we have plenty on offer to give both your mental and physical health a boost.



Wellbeing Walks

We held the first of our Wellbeing Walks on Thursday the 27th of April. Despite the drizzle, we had a brilliant time, and enjoyed a scenic Walk along the River Don. We topped this off with a cuppa and a catch up at our Wellbeing Café.

Our Wellbeing Walks are held on the last Thursday of every month. If you are looking to get more active, meet new people, socialise, share stories of Aberdeen, our community Engagement Wellbeing Walks may be for you!

On our next walk, we will explore the Torry Battery, meeting at The Greyhope Bay Centre at 12:45 on the 25th of June. We'll have a walk along the Bay, see if we can spot some dolphins before enjoying a cuppa at The Liberty Kitchen.

If you'd like to join us, no sign up required, but if you'd like more information, contact Sarah by emailing sarah.igesund@shmu.org.uk or by calling her on 07592 355 131.

Community Wellbeing Running Group

Do you feel like running?

Join our new Community Wellbeing Running group, which kicks off in June.

Weekly sessions, supported by runner and shmu volunteer Paolo Maccagno, will take place on Thursdays between 10:30am and 12:30pm, starting on the 1st of June.

We will meet for a gentle run followed by a practice of attention session at shmu.

This group is for everyone, individuals and staff, who want to try a new challenge and learn the benefits of running and connecting your mind and body.

Do something different the summer to improve your mental health. Come run with us!

To find out more or to sign up, contact Sarah on sarah.igesund@shmu.org.uk or call 07592 355 131

Beach Ballroom

Aberdeen Town Council's Links and Parks Committee inspected the magnificent new Beach Ballroom (or Dance Hall as it was referred to then) at the end of February 1929, prior to its opening on 3rd May. The Aberdeen Press and Journal was impressed.

£40,000 dance hall - City Floor That Sets Toes Itching

Aberdeen's new £40,000 dance hall at the Beach is declared to be worth every penny spent on it because of its fine decorative effect and the immediate attractiveness of its beautiful flooring. Blackpool and Southport, to mention only two famous seaside resorts, are proud of their dance halls, but they appear quite mediocre when compared with the new dance hall at the Aberdeen Beach. No less an authority than Mr Frank Mason, the well-known artist, who is familiar with seaside resorts all over the country, himself described the city's new dance hall as the finest building of the kind he has seen. Yesterday, an official inspection of the dance hall,

restaurant, etc., was made by the Links and Parks Committee, and every member expressed not merely delight but complete wonderment at the beauty and splendour of this latest acquisition of the "Silver City by the Sea."

Second to None

The dance hall and restaurant have been erected a cost of £40,000, and one gains the impression that every penny has been judiciously spent with a view to providing a place of entertainment second to none in the country. The colour scheme in the dance hall is salmon pink, cream, and blue, the spreading balustrades being given added beauty by the interlacing of gold. The hall is octagonal, and while the natural lighting is in itself perfect, the scheme of lighting can only be described as gorgeous. When the hall is lit, one's eyes will be dazzled for a moment by the myriad lamps of red, white, and blue, which will twinkle from the roof and round the sides of the balcony, all concealed in ingenious fashion. This blaze of colour is quite

apart from the impressive 'gondola' lights hanging round the room, with smaller, beautifully shaded lights at various sections.

Well Spung Floor

The orchestra platform is cosily tucked away at the far end of the hall, the place of vantage being a 'flame-coloured' alcove, above which the 'limes' will be operated. In the centre of the room is a beautifully-decorated fountain. The floor, to the true dancer, will at once impress as being exquisite. It is wonderfully sprung, the springs being placed at a yard and quarter an interval along steel girders, while the oak flooring is the last word in smoothness.

The new hall, in truth, is a dancer's paradise. The restaurant is as just tastefully set out as the larger hall, and here, also, is an orchestra platform. While the restaurant will form the lounge, there is ample accommodation for spectators in the dance hall itself, both around the balcony and the floor, and buffets are provided for both places.

Alan Johnstone



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

St Machar Credit Union 01224 276994

Penumbra First Response 0800 234 3695

Oldmachar Medical Practice

0345-337-0510

Old Aberdeen Medical Practice

01224 486702

Tillydrone Clinic

01224 276723

Tillydrone Library

01224 489539

Woodside Medical Group

01224 492828

LOCAL COUNCILLORS:

Councillor Alex McLellan

07500 999522

amclellan@aberdeencity.gov.uk

Councillor Kairin Van Sweeden

07977399586

KVSweeden@aberdeencity.gov.uk

Councillor Ross Grant

07738688458

rossgrant@aberdeencity.gov.uk

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:

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

LGBT Domestic Abuse Helpline

Telephone: 0300 999 5428 or email info@galop.org.uk

Men's Advice Line

Telephone: 0808 801 0327