



Aberdeen City Health & Social Care Partnership

*A caring partnership*

# Central Locality Wellbeing Manual

*Information on activities and services in your  
community and Aberdeen City*

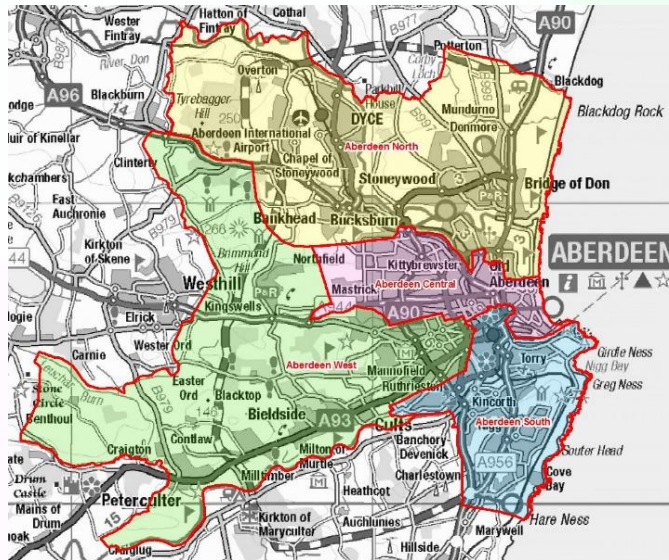
10/05/2018



## Where is the Central Locality?

This map shows Aberdeen City. The Central Locality is highlighted in **Pink**.

Areas included in the Central Locality include:



- Hanover
- Rosemount
- Tillydrone
- Woodside
- Midsocket
- Hilton
- Northfield
- Mastrick
- Middlefield
- Cornhill
- City Centre



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The Wellbeing Manual shows you the activities and groups which run in your area. Whether you are looking get out of the house more, increase your activity levels or find out about health services; there will be something in here for you.

Do you organise or run any activities in the area and would like to put your information into this manual?

You can contact the Wellbeing Team, on:

**Tel:** 01224 522270

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



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## In this Manual:

- Transport Information
- Local Activities and Information
- City Wide Information
- Helpful Contact Information
- Volunteering
- Feedback
- Notes



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# Transport Information



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### **Fleet Transport**

Mini buses and coaches for trips can be organised through:

[fleettransport@aberdeencity.gov.uk](mailto:fleettransport@aberdeencity.gov.uk)

03000 200 293

### **Community Transport**

Community transport services will operate in Aberdeen City between 10:00am and 14:30pm Monday to Friday.

To book: Call the following number: **01224 523765**. Bookings will be taken 7 days in advance and must be booked at least 24 hours before you travel.

New users are required to complete a membership form when they first travel on our buses

*Fares:* £3.50 single (£4.00 for single + carer)

£5.00 Return (£5.50 for return + carer)

Multi Journey Ticket- 10 Prepaid Journeys £20

### **Royal Voluntary Service**

Transport from your home to your destination and return.

To book please contact:

[aberdeenhub@royalvoluntaryservice.org.uk](mailto:aberdeenhub@royalvoluntaryservice.org.uk)

01224 552923



### **Buchan Dial a Community Bus**

North East Aberdeenshire, focussing on reducing social exclusion through the provision of high quality community transport delivery and support services.

[admin@dialabus.org.uk](mailto:admin@dialabus.org.uk)

01771 619191



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**Need travel advice for attending health and social care appointments?**

**Talk to THInC**  
Helping you get to health and social care

Contact us:

 **01224 665568**

 **travel@thinc-hub.org**

In support of the Grampian Health and Transport Action Plan  
[www.thinc-hub.org](http://www.thinc-hub.org)



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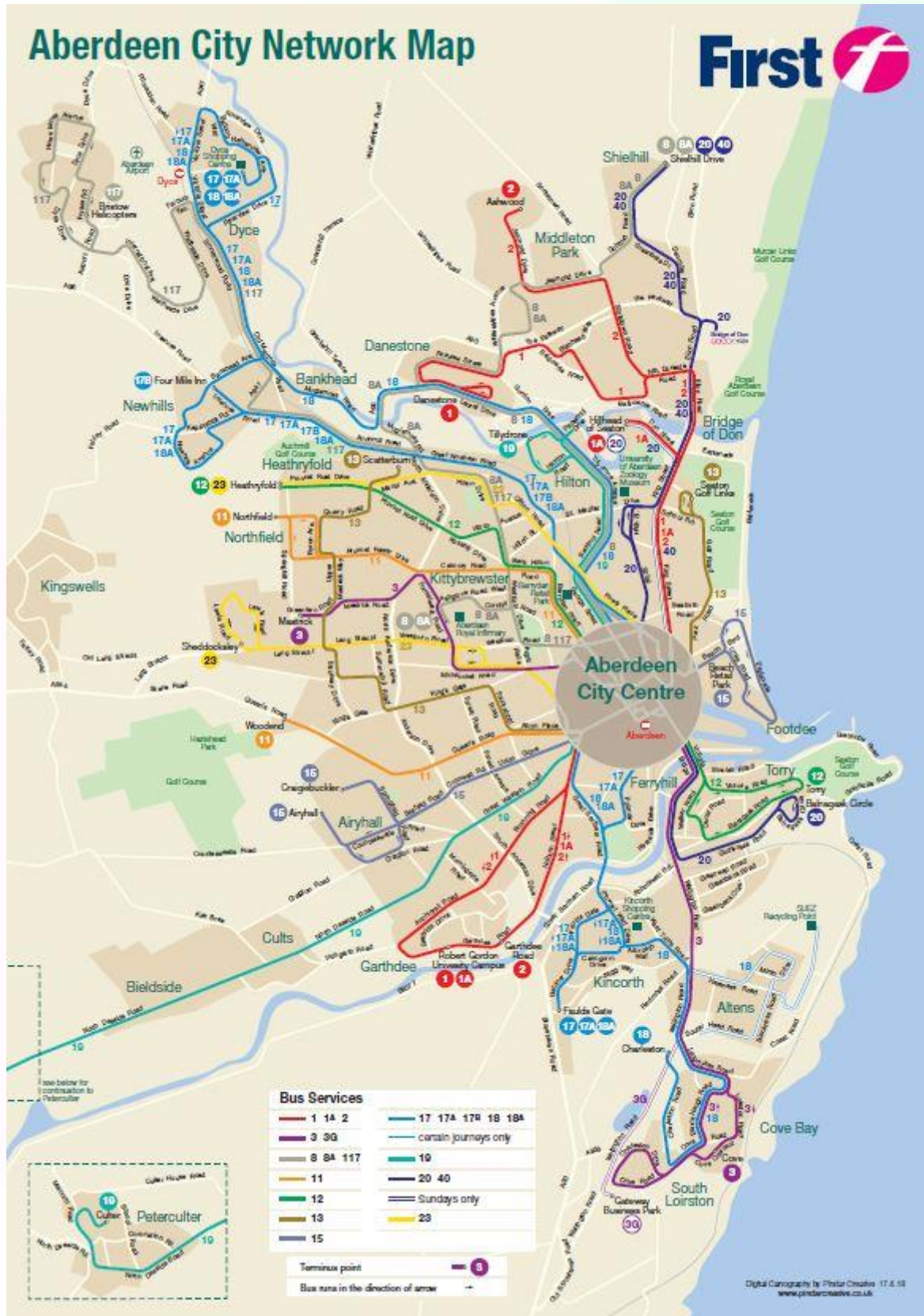
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# Libraries



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## Home Library Service

The Home Library Service is a free personal service for people of all ages who live in Aberdeen and are unable to visit their local library due to disability, illness or because they are caring for someone.

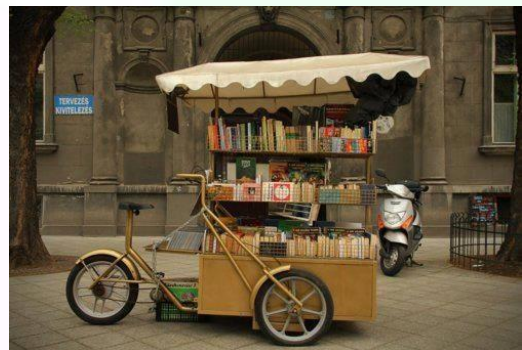
Our friendly staff will visit you at home to discuss your application and find out about your reading or listening tastes. They then visit once every four weeks to drop off and collect items. Although use of the Home Library Service is free, there is a charge for borrowing CDs, DVDs, and Blu-ray.

If you feel that you or someone you know may benefit from this service you can apply using the application form on our **Home Service Leaflet**, or contact the Home Library Service as detailed below.

### Contacts:

Home Library Service  
c/o Airyhall Library  
Springfield Road  
Airyhall  
Aberdeen  
AB15 7RF  
Phone:01224 498930

Email: [HomeLibrary@aberdeencity.gov.uk](mailto:HomeLibrary@aberdeencity.gov.uk)



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**OPENING HOURS**

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Central Library</b>	9 – 8	9 – 5	9 – 8	9 – 5	9 – 5	9 – 5
<b>Airyhall</b>	9 – 7	9 – 5	9 – 7	9 – 5	9 – 5	10 – 1 2 – 5
<b>Bridge of Don</b>	10 – 7	10 – 5	10 – 7	10 – 5	10 – 5	10 – 1 2 – 5
<b>Bucksburn</b>	10 – 7	10 – 5	10 – 7	10 – 5	10 – 5	10 – 1 2 – 5
<b>Cornhill</b>	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	2 – 5	10 – 1
<b>Cove</b>	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
<b>Culter</b>	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
<b>Cults</b>	10 – 1 2 – 5	10 – 1 2 – 5	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
<b>Dyce</b>	10 – 5	10 – 5	1 – 7	10 – 5	10 – 5	10 – 1
<b>Ferryhill</b>	1 – 7	10 – 5	10 – 5	10 – 5	10 – 5	10 – 1
<b>Kaimhill</b>	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	2 – 5	10 – 1
<b>Kincorth</b>	9 – 7	9 – 5	9 – 5	9 – 5	9 – 5	10 – 1
<b>Mastrick</b>	10 – 7	10 – 5	10 – 7	10 – 5	10 – 5	10 – 1 2 – 5
<b>Northfield</b>	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
<b>Tillydrone</b>	10 – 7	10 – 5	10 – 7	10 – 5	10 – 5	10 – 1 2 – 5
<b>Torry</b>	10 – 1 2 – 5	10 – 1 2 – 5	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
<b>Woodside</b>	10 – 1 2 – 5	10 – 1 2 – 5	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1





## Adult book groups

Aberdeen City Libraries supports many book groups across the city, both independent groups and those which meet in libraries.

If you are interested in reading and sharing your thoughts with likeminded people, why not join a book group? There is number which meet in libraries and community venues across the city. Alternatively, we can also provide advice and support to people who would like to set up their own group.

### Looking for a book group?

Simply find one at a time and location that suits and come along to the next meeting.  
All welcome.

- Central Library Book Group at [Central Library](#), Rosemount Viaduct  
Meets last Saturday of every month at 2.15pm (except December)  
This group is currently fully subscribed. Please contact library staff for more details.
- Cornhill Book Group at [Cornhill Library](#), Cornhill Drive  
Meets first Tuesday of every month at 2pm
- Midsocket Book Group at Community Association rooms in Mile End Nursery building  
Meets third Thursday of the month from 1pm to 3pm
- Rosemount Book Group at Rosemount Community Centre, Belgrave Terrace  
Meets last Wednesday of every month from 7.30pm to 9pm



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# Local Activities and Information



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## **Pensioners Groups and Lunch Clubs**

### **The Fathers House- Caroline Place, Aberdeen**

Helping Hand Project- Lunch Club and Activities

Fridays 10:30-12:30

For more information contact Cynthia on 01224 566360

### **Midstocket Church- Harcourt Road, Aberdeen**

Friendship Group

Wednesdays 14:00-16:00

For more information contact the church office on 01224 319519

### **Fernielea Gospel Hall- Summerhill Terrace, Aberdeen**

50+ Lunch Club

3<sup>rd</sup> Tuesday of the Month 11:30-13:00

For more information contact the office on 01224 209573

### **Sheddocksly Baptist Church- Eday Walk, Aberdeen**

Lunch Club and activities

Mondays 12:00-14:00 For more information contact the office on

01224 317430



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**St Georges Tillydrone Church, Hayton Road, Aberdeen**

Over 55s Lunch Club

Every 2<sup>nd</sup> Thursday 12:00-15:00

For more information contact Sarah Jack on 01224 486641

**Aberdeen Christian Fellowship, Union Grove, Aberdeen**

Seniors Friday- Tea, Coffee and a blether.

Fridays 10:30-12:00

For more information contact Brian on 07773724558.

**Gilcomston South Church, Union Street, Aberdeen**

Over 55's- Cafeplus@Gilc

Wednesdays 14:00-15:30

For more information contact the Church on 01224 647144

**Gerrard Street Baptist Church, 48 Gerrard Street, Aberdeen**

New Horizon Seniors Group

4<sup>th</sup> Thursday of the Month 14:00-16:00

For more information contact the church on 01224 624339

**St Marys Cathedral, 20 Huntly Street, Aberdeen**

Seniors Club

Every 2<sup>nd</sup> Wednesday- Afternoons

For more information contact Winnie Middleton on 01224 632465



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## Froghall Community Centre

Powis Place

Aberdeen

AB25 3TX

Phone: 01224 346447

Email: [froghall.centre@aol.co.uk](mailto:froghall.centre@aol.co.uk)



The Lilypad Café- Home cooked food and light lunches:

Monday to Friday 10:00-12:00

### Mondays:

Yoga 6:00pm-7:00pm £4.00

Computer Café 4:00pm-6:00pm

### Thursdays:

Line Dancing Beginners 10:30am-11:15am £3.00

Line Dancing Improvers 5:45pm-6:30pm £4.50

### Fridays:

Seniors Cuppa Club 10:00am-12:00pm





**Northfield Community Centre**  
**Byron Square Aberdeen**  
**01224 695416**

**Wednesdays:**

50+ Bingo

2:00pm-4:00pm

**Fridays:**

Indoor Bowling

2:00pm-4:00pm



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**Middlefield Hub**  
**Manor Avenue Aberdeen**  
**01224 697000**

## **Mondays:**

Bingo 6:30pm  
Contact Sharon on 07833316795

## **Tuesdays:**

50+ Gentle Exercise Class 11:00am  
Contact Peter on 07816242217

Carpet Bowls 7:00pm-9:00pm  
Contact Sheila on 07833316795



## **Wednesdays:**

50+ Walking Group 09:30am  
Contact Lesley on 01224 821564  
Every 2<sup>nd</sup> Wednesday

## **Saturdays:**

Bingo 1:30pm  
Contact Sharon on 07833316795







## POWIS COMMUNITY CENTRE WHAT'S ON GUIDE March 2018



### VOLUNTEERS NEEDED - WE NEED YOU!

Good volunteers are an integral part of running a successful community centre and we're always looking for people to help out in the various clubs and cafe's. If you have an idea to start up a club too, please get in touch.

PCCA - Powis Community Centre Association | KCC - Kittybrewster Congregational Church |  
 SDS - Skills Development Scotland | SMPSP - St Machar Parent Support Project

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Annie's Cafe PCCA 10am-2pm	Annie's Cafe PCCA 10am-2pm	Annie's Cafe PCCA 10am-2pm	Annie's Cafe PCCA 10am-2pm	Annie's Cafe PCCA 10am-2pm	Brunch & Brews Cafe PCCA 11am-1pm	Brunch & Brews Cafe PCCA 11am-1pm
Fitness Suite & Pool Room PCCA 10-2pm 5-6pm 8-9.30pm	Fitness Suite & Pool Room PCCA 10-2pm 5-6pm 8-9.30pm	Fitness Suite & Pool Room PCCA 10-2pm 5-6pm 8-9.30pm	Fitness Suite & Pool Room PCCA 10-2pm 5-6pm 8-9.30pm	Fitness Suite & Pool Room PCCA 10-2pm 5-6pm 8-9.30pm	Fitness Suite & Pool Room PCCA 11am-1pm	Fitness Suite & Pool Room PCCA 11am-1pm
Homework Club KCC 5-6 pm	English Speaking Classes ESOL PCCA 9.30-11 am	Krav Junior PCCA 6-7 pm	Parent Drop in Session SMPSP 9.30 - 10.30 am	Kids Brigade KCC 6-7 pm	Kids Zumba PCCA 12.30-1.30pm	Sunday Service KCC 3pm-4pm
Spiritual Meditation Group K Riddell 6.30-7.30 pm <b>NEW</b>	Job Club Pathways SDS/ PCCA 12-2 pm		English Speaking Classes ESOL PCCA 9.30-11 am 11.15-12.45 am			
	Youth Group (8-11) PCCA 4-5 pm		Mens Group KCC 11-12 pm			
	Kids Film Club PCCA 6-7.30 pm		Kids Craft Club PCCA 5.30 - 6.30 pm			
<b>The Heart of the Community!</b>			Yoga Adults PCCA 6-7 pm	<b>Where Everybody's Welcome!</b>		

## NEW YEAR, NEW YOU! Want to get fitter and enjoy a healthier lifestyle, come along and work out in our fitness suite - FREE!!!

Contact us at:  
 Powis Community Centre Association  
 Powis Community Centre  
 11 Powis Circle  
 Aberdeen  
 AB24 3YX  
 Tel: 01224 483203  
 Email: powiscommunitycentre@gmail.com  
 Website: [www.powiscc.wordpress.com](http://www.powiscc.wordpress.com)

For regular updates and more information  
 Facebook:  
 Powis Community Centre Page  
[powis.community/](https://www.facebook.com/powiscommunity/)  
 and  
 Powis & Bedford Community Page  
[/groups/powiscommunity/](https://www.facebook.com/groups/powiscommunity/)





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# Tillydrone Community FOOD Outlet

## Saint George's Tillydrone Church

Hayton Road Aberdeen AB24 2RN

Friday 10:00 - 12:30

Saturday 10:00 - 12:30

Sunday 12:00 - 13:00

Community Food Outlets give people access to high quality produce, including fresh fruit & veg, at affordable prices.



**Tillydrone Community Food Outlet is a partnership between Saint George's Tillydrone Church, Tillydrone Community Flat and CFINE**

Contact us by email at [TCFO@Tillydrone.Network](mailto:TCFO@Tillydrone.Network)



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**COME ALONG AND BE PART OF**

## **TILLYDRONE OVER 55's LUNCH CLUB**

Every 2nd Thursday at  
**Saint George's Tillydrone Church**  
Hayton Road, Tillydrone  
Aberdeen

12 noon until 3pm

**Only £1.50 per session**  
Cost includes lunch and activities

If you need any more information  
or want to book a place, please get  
in touch with

**Sarah Jack**

Clerk to Tillydrone Network  
on 01224 486641, or

**Bill Mitchell**

St George's Church  
on 07813488001

If you are struggling with mobility  
issues and cannot make it we will try  
and provide transport if we can.

### **Inspiring TILLYDRONE**



Meet people  
and make  
new friends



Enjoy a  
hot lunch

Join in with  
activities

Come along and  
let us know what  
activities and  
entertainment  
you'd like!



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## Tillydrone Community Centre

Gordon Mills Road, Aberdeen AB24 2RG

01224 493388

### Monday

Chair Based Exercise with Elaine      13:00-14:00      £2.00

Enjoy some gentle seated exercise with a cup of tea and a biscuit afterwards



### Monday/ Thursday Evenings

Bingo      18:30-21:00      £1.00



### Saturday

Hatha Yoga with Debbie      10:00-11:00

Please bring your own yoga mat      £5.00





# Come Knit with us

knitting group  
Wednesdays 1:30 - 3:30 pm

Meeting weekly at Catherine Street Community Centre,  
Catherine Street, off George Street, Aberdeen

Everyone welcome regardless of knitting  
ability just bring your needles, yarn  
& £1 towards a cup of tea/coffee and a fine piece

for more information call Margaret Stewart, Community Arts Officer on 01224 814740







*Ruyi School of Taijiquan & Qigong*

*ruyi-online.com*



### Taijiquan (Tai Chi)

Chinese form of health cultivation focusing on posture, alignment and breathing

#### RELAX ~ BALANCE ~ FOCUS

‘Meditation in Motion’ practiced regularly helps reduce stress and improves physical well-being

Catherine Street Community Centre

Thursdays 9:45 - 10:45 - Taijiquan 24-step simplified form



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## Cairncry Community Centre-Forresterhill Road

Monday	Activity	Place	Time	Thursday		
	Swedish (Gentle Exercise)	Hall	10.00-11.00		Parent & Toddlers	Hall/Coffee Bar 09.30-11.30
	Cnclr Dunbar (1st Monday)*	GP Room	1200-1300		Toddler Flashdance*	Hall 1315-14.45
	Monday 50+ Club	GP Room/Coffee Bar	14.00-16.00		Bingo	Coffee Bar/GP Room 14.00-16.00
	Football Coaching Age 5-7 Yrs*	Hall	1545-1645		Flashdance*	Hall 16.00-2000
	Soo Yang Do	Hall	17.30-19.30		(various classes/age groups, see noticeboard for details)	
	Scottish Slimmers	Coffee Bar	18.45-2015		Weight Watchers	Coffe Bar/GP Room 1800-2000
	Puppy School (6-12 months)	Hall	1945-2045			
				<b>Friday</b>		
<b>Tuesday</b>					Café	Coffee Bar 0900-1100
	Creative Play*	Hall	0945-11.15		Football Coaching Age 2-3 yrs*	Hall 1115-1200
	Bowling (short mat)	Hall	13.30-15.45		Football Coaching Age 3-5 yrs*	Hall 1215-1300
	Cnclr Copland Surgery (2nd Tues)*	GP room	18.00-19.00		Fortnightly Disco P1-7*	Hall/coffee bar 1515-1700
	Cnclr John Surgery (3rd Tues)*	GP Room	1800-1900		Fortnightly Childminders Group	Hall/coffee bar 1500-1730
	Swedish Keep Fit	Hall	18.30-19.30		Bowling (short mat)	Hall/coffee bar 1900-2100
	Pilates*	Hall	19.30-20.30			
				<b>Saturday</b>		
					Puppy School (2 x 1 hour classes)	Hall 1015-1215
<b>Wednesday</b>					Healing Group 2nd Sat each month	GP Room/Coffee Bar 1030-1230
	Parent & Toddlers	Hall	09.30-11.30			
	Parent & Toddlers	Hall	12.30-14.30			
	Kidz Club*	Coffee Bar/GP Rm/Hall	TBC			
	Soo Yang Do (several grades)	Hall	17.30-19.30	<b>Sunday</b>		
	Puppy School	Hall	1945-2045		Church of Scotland - Stockethill Community Church	1030-1200
					We also cater for children's birthday parties & baby showers at weekends. Call to check availability.	
	* Term Time only					
	Email: cairncry@tiscali.co.uk	- Tel: 698920			Updated 12th February 2018	



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THE  
**LIVINGWELL**  
PROJECT  
**living well café**

The Living Well Cafés provide a welcoming, safe and supportive place for people living with dementia and/or memory problems and their caregivers. The cafés are open to anyone, and you are welcome to come on your own or with a caregiver.

There is no set charge for the cafés, but donations are welcome to cover the costs of the refreshments and entertainment.

## The Living Well Café

**Jeanette Abel 07512 141818 (Team Leader)**

Linda Rendall 07927 541029

**[cafe@thelivingwellproject.org.uk](mailto:cafe@thelivingwellproject.org.uk)**



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THE LIVING WELL PROJECT  
living well café



## 2018 High Church Hilton

### JANUARY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### FEBRUARY

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

### MARCH

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### APRIL

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

### MAY

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### JUNE

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### JULY

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### AUGUST

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### SEPTEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### OCTOBER

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### NOVEMBER

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### DECEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Jeanette Abel 07512 141818 | Linda Rendall 07927 541029  
cafe@thelivingwellproject.org.uk | www.thelivingwellproject.org.uk







# ROSEMOUNT COMMUNITY CENTRE association

**ADDRESS:**  
Belgrave Terrace  
Aberdeen, AB25 2NS  
**WEBSITE:**  
[www.rcca.org.uk](http://www.rcca.org.uk)  
**CONTACT:**  
01224 647 594  
[enquiries@rcca.org.uk](mailto:enquiries@rcca.org.uk)

## SPRING-SUMMER PROGRAMME 2018

Starting Monday 16<sup>th</sup> APRIL - Ending Thursday 5<sup>th</sup> JULY

⇒ **12 weeks of classes to suit all tastes and ability levels**

Prices shown at Full Price/Concession over 65's. No concession price when paying per class.

😊 Please read the \***PINK** notes!

### MONDAY (11 weeks for Monday classes as the community centre is closed on 7<sup>th</sup> May)

<b>The Art Group 1</b> 10am-1pm: Explore your creative side in our long running art class!	<b>Block Price</b> £110/£55
<b>Lunchtime Pilates</b> 11.30am-12.30pm: Increase your strength and flexibility with this popular class!	£55/£27.5
<b>Nadine's Creative Crafts</b> 6pm-7.30pm: Come and spend some quality creative time with your kids! *Under 16 y/o must always be accompanied by an adult during the class. Materials provided.	£2 per session
<b>Zumba</b> 5.45pm-6.45pm: Exciting exercise to exciting music. Get in shape!	£44/£22
<b>Craft Group</b> 6pm-9pm: Improve your crafting skills! *Limited numbers so email us beforehand.	£2 per session
<b>Hatha Flow Yoga</b> 6.15pm-7.30pm: Connect body, mind and spirit with our zen yoga class.	£55
<b>Swedish Exercise</b> 7pm-8pm: Safe, fun and suitable for everyone!	£44/£22
<b>Creative Writing 1</b> 7.30pm-9pm: Explore your potential with this popular class.	£2 per session
<b>Tai-Chi</b> 7.30pm-9pm: Improve your health, balance and well-being. *For starters open ONLY in August.	£66/£33

### TUESDAY

<b>Patchworking and Quilting</b> 10am-1pm: Join our fun Quilting class! *Limited spaces so email us beforehand.	£6 per session
<b>Italian Improvers</b> 6pm-7.30pm: Advance your Italian language skills!	£72/£36
<b>Italian Beginners</b> 7.30pm-9pm: Learn a new language with our Italian class for beginners!	£72/£36
<b>Spanish Beginners Level 1</b> 7pm-8.30pm: Learn a new language with our Spanish class for beginners!	£72/£36
<b>Learig Orchestra</b> 7.30pm-9.30pm: Please email <a href="mailto:orchestra@rcca.org.uk">orchestra@rcca.org.uk</a> for further details.	

### WEDNESDAY

<b>The Art Group 2</b> 10am-1pm: Explore your creative side in our long running art class!	£120/£60
<b>Creative Writing 2</b> 12.30pm-2.30pm: Explore your potential with our 2 <sup>nd</sup> writing class!	£2 per session
<b>Pilates 1</b> 5.30pm-6.30pm: Increase your strength and flexibility with this popular class!	£60/£30
<b>Pilates 2</b> 6.30pm-7.30pm: Increase your strength and flexibility with this popular class!	£60/£30
<b>Drawing and Illustration Fundamentals</b> 6.30pm-8.30pm: Learn from beginner level or enhance your skills!	£96/£48
<b>Sewing for Beginners</b> 6.30pm-9.00pm: Learn to sew and use commercial patterns. *Sewing machines provided.	£125
<b>Feerochie Dance</b> 7.30pm-9pm: Learn some traditional and modern Scottish dancing with a twist!	£2 per session
<b>Book Group</b> 7.30pm-9pm: Discover and discuss new books in a relaxed and friendly environment! *Book Group runs only on the last Wednesday of each month.	£2 per session
<b>Spanish Improvers</b> 7pm-8.30pm: Advance your Spanish language skills with a bit more of conversation!	£72/£36

### THURSDAY

<b>Sewing Fundamentals</b> 1pm-3pm: Refresh your sewing skills and get stitching! *Sewing machines provided.	£100
<b>Drama Workshops for young people (6-10 y/o)</b> 6pm-7.30pm: Teaching your wee ones how to express!	£72
<b>Portuguese Beginners</b> 6pm-7.30pm: Learn a new language with our Portuguese class for beginners!	£72/£36
<b>Step Dance</b> 6.30pm-8pm: Have fun and get your feet tapping!	£2 per session
<b>Patchers Group</b> 6pm-9pm: Join our fun and informal group to progress on your own project! *Limited numbers so please email us beforehand.	£2 per session
<b>Spanish Beginners Level 2</b> 7pm-8.30pm: If you know a little bit of Spanish but not confident enough to join our Spanish Improvers class, this is the class for you!	£72/£36
<b>Ceilidh Group</b> 8pm-9pm: Join us for a fun evening of learning our most traditional Scottish dance!	£2 per session
<b>Badminton</b> 8pm-9pm: Join our group of regulars and have fun on the court!	£2 per session

### SUNDAY

<b>Textile Upcycling</b> 10.00am-12.30pm FORTNIGHTLY: Join us to alter, repair or upcycle your clothes and textiles! *Sewing machines available.	£10 per session
--	-----------------



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Parish Nursing at  
Sheddocksley Baptist Church  
runs two lunch clubs on alternate weeks,  
one for Sheltered housing where we provide  
transport and the other where people make  
their own way to us.  
We offer a choice of two home made soups,  
followed by tea or coffee with home made  
tray bakes and then after the meal, an  
activity such as games, a guest speaker or  
chair based exercises, all for only £3.00



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**Dates for group who make their own way to us,  
Jan – July 2018**

- 8<sup>th</sup> January
- 22<sup>nd</sup> January
- 5<sup>th</sup> February
- 19<sup>th</sup> February
- 5<sup>th</sup> March
- 19<sup>th</sup> March
- 2<sup>nd</sup> April
- 23<sup>rd</sup> April
- 7<sup>th</sup> May
- 21<sup>st</sup> May
- 4<sup>th</sup> June
- 18<sup>th</sup> June



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**MENU**

*The fine peace*  
**C A F É**

*Enjoy a relaxing cup of coffee  
 Excellent homebaking and delicious snacks  
 in tranquil surroundings*



**Opening Hours: Wed - Fri 10am - 4pm**  
 Sheddocksley Baptist Church, Eday Walk, Aberdeen, AB15 6LN

Kids Menu		Drinks	
1/2 soup & bread	£2.00	Fruit Shoot	£1.20
1/2 soup & sandwich	£3.00	Squash	£0.90
1/2 sandwich & crisps	£2.30	Milk - Small	£0.90
<i>For sandwich fillings see main menu</i>		Large	£1.10
Hot dog & crisps	£2.40		
Single egg Omllette - plain <i>served with crisps or salad</i>	£2.30		
Omllette with one filling	£2.50		

The Fine Peace Café has been established as part of the vision of Sheddocksley Baptist Church to create a gathering place for people in the local community.

The aim of the café is to provide a welcoming place for people to gather and also to provide a hub for people to connect to additional services of support provided by the church, and other community groups.

The café is non profit making, is staffed by a dedicated team of volunteers, and any monies made will be ploughed back into supporting other community work.

One of the initiatives of the Fine Peace Café is to support young people with additional support needs. Please feel free to encourage the young person serving you.

We thank you for your support of the work of the café and look forward to welcoming you back in the near future. We would value your prayers for those involved in the running of this project. We hope that above all you would find the peace of Jesus in your life.

Jesus said "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid"

**John 14:27**  
 01224 312538  
[thefinepeace@live.co.uk](mailto:thefinepeace@live.co.uk)







## Drinks

Pot of tea per person £1.60  
 Pot of flavoured tea per person £1.90

Cup  
 £1.80  
 £1.70

White Filter Coffee £2.00  
 Black Filter Coffee £1.90  
 Cappuccino £2.50  
 Latte £2.60  
 Americano £2.30  
 Espresso £2.20  
 Mocha £2.70  
 Hot Chocolate £2.50  
 Hot Chocolate with Marshmallows £2.70  
 Extra Shot £0.70

Glass of Squash £0.90  
 Glass of Milk £1.10  
 Fresh Orange £1.40  
 Fresh Apple £1.40  
 Fruit Shoot £1.20  
 Cans £1.50

## Cakes & Scones

Scone £1.50  
 Buttery £1.40  
 Toasted Teacake £1.40  
 Rock Cake £1.70  
 Muffin £1.80  
 Cakes £2.00  
 Traybake £1.90  
 Custard Cream £1.60  
 Shortbread £1.30  
 Tarts and Flans £2.20  
 Meringue £2.10

Food allergies and intolerances - please speak to your server.  
 Some of our traybakes have no gluten containing ingredients - please ask your server  
 Wheat free bread or oatcakes available on request  
**All HOT food is available until 3:00pm**

*The fine peace care*

Homemade soup and bread £3.40  
 Homemade soup and small sandwich £4.50  
 Homemade soup and bacon roll £4.80

*All our soups have no gluten containing ingredients*

## Sandwiches, Toasties and Paninis

	Standard Filling	Deluxe Filling
White Bread	£3.60	£4.10
Wholegrain Bread	£3.60	£4.10
Wholemeal Roll	£3.60	£4.10
Toastie	£3.90	£4.40
Panini	£4.50	£5.00
1/2 Panini	£3.30	£3.80
Salad	£3.90	£4.40

**Standard Fillings**  
 Cheese and Tomato, Onion or Pineapple  
 Egg Mayonnaise  
 Tuna Mayonnaise  
 Cream Cheese

**Deluxe Fillings**  
 Bacon, Brie and Cranberry  
 Chicken Mayonnaise  
 Cheese and Ham  
 Coronation Chicken  
 Roast Beef

## Omlettes

Plain - £3.80, 1 filling - £4.10, 2 fillings - £4.30

*All of the above served with Salad or Crisps*

**Fillings**  
 Cheese, Tomato, Onion, Ham

## Sweets

Apple Crumble £3.10  
 Rhubarb Crumble £3.10  
 Sticky Toffee Pudding £3.10  
*All served with cream or ice-cream*

## Hot Filled Rolls

Bacon Roll £2.40  
 Fried Egg Roll £2.20  
 Bacon & Egg Roll £3.10  
 Hot Dog Roll £2.40  
 Toast (per slice) £0.80

*The fine peace care*

[thefinepeace@live.co.uk](mailto:thefinepeace@live.co.uk)

01224 312538





### HOW OFTEN CAN I ATTEND?

The maximum number of places available on any one day is limited to 14 people. Whilst most people attend for only one day per week, this can be varied to suit individual needs and circumstances. There are some people who attend more than one day each week and others who attend more than one centre.

### THE STAFF

The Centre employs a paid supervisor, carer, cook, escort and driver and cleaners. Volunteers make up the staffing complement. There is a minimum cover provided on a ratio of one staff member to every five people attending the centre. Attendees should note that staff cannot administer medication but can give prompts if requested.

### INTERESTED AND WANT TO KNOW MORE?

Please contact the centre by telephoning 01224 692004 if you wish to find out more information and to discuss any issues. A discussion does not commit you in any way. We are always pleased to hear from anyone who is interested in the centre either as a prospective attendee or as a potential volunteer.

The centre has a complaints and a continuous improvement procedure in place for members and staff.

Anyone who has a few hours to spare and is willing to give of their time and talents will be made most welcome.

**Jane Wilson**  
Supervisor

Telephone 01224 692004



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# Aberdeen City Health & Social Care Partnership

*A caring partnership*

## WHO IS IT FOR?

The centre caters for a wide range of people, normally over the age of 55 years, who live in the Mastrick, Northfield, Sheddocksley and Summerhall areas of Aberdeen. People living out with these areas are welcome provided they have their own transport.

Unfortunately the centre cannot provide nursing, bathing or laundry facilities. Disability does not exclude anyone from attending nor does their living situation, as decisions concerning the availability of a place are taken by the supervisor in conjunction with the referrer. The centre is able to take referrals for people living at home, with family, in hospital, in residential care or in sheltered housing. A referral can be made to the centre by various people including family, social workers, health visitors and care managers.

## WHAT CAN I EXPECT?

There are many and varied activities aimed to increase enjoyment and to stimulate. The range includes cards, dominoes, bingo, music and sing-alongs and a variety of physical and memory games and quizzes.

## WHAT ARE THE FACILITIES?

The centre has exclusive use of a hall within the church complex which has both lounge and dining areas. There is wheelchair access and the toilets have alarms. A trained First Aid member of staff is always available. The centre has exclusive use of the minibus. The centre complies with health & safety requirements.

## HOW MUCH?

The cost is currently £8.00 per day (£6 for members using their own transport) which includes uplift by the minibus, tea and toast on arrival, a three course lunch and afternoon tea and cake.

## WHAT IS IT?

The James Tyrrell Centre provides day care for approximately 60 people who are lonely or socially isolated. It is open from Monday to Thursday. The clients enjoy a variety of stimulating activities including board games, quizzes, ball games and a sing-a-long.

A nourishing 3 course meal is cooked on the premises and diabetics are catered for. Most importantly members enjoy friendship and company in a relaxed and friendly atmosphere.

The Centre serves another purpose particularly towards many of those who serve with the full time staff. The James Tyrrell Centre with referral from Voluntary Service provide an opportunity for people of all ages who may have been unemployed to gain experience and skills that may enable them to get back into full time employment. We also welcome retired people.

The James Tyrrell Centre was opened in 1988 as a Church response to the growing isolation and unemployment experienced in Mastrick by an ever increasing number of people.

Twenty seven years have since passed and the centre has grown and developed throughout those years towards a highly professional standard recognised and supported by Aberdeen City Council. The ethos of the centre, however, remains the same; to provide care and company to those who are isolated and lonely and to provide skills and opportunities towards employment.

Recognising the church's vision in establishing the centre and its on going involvement through the management committee, the centre was named in memory of the late Rev James Tyrrell, Minister of Mastrick Parish for 23 years until he retired.

## WHEN IS IT?

The Centre is open Monday to Thursday from 8.30am-4.30pm.

## HOW DO I GET THERE?

If you reside within the Mastrick, Northfield, Sheddocksley and Summerhall areas the centre provides a minibus service with tail lift for wheelchairs.



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## Mastrick Community Centre

Monday	Time	More information
Walking Group	09:00am-09:30am	<a href="mailto:helenandraymond@hotmail.co.uk">helenandraymond@hotmail.co.uk</a>
Coffee Bar	09:30-12:00 Noon	Drop In
Linda Fitness	08:00pm-09:00 pm	<a href="mailto:Wokaliza77@gmail.com">Wokaliza77@gmail.com</a>
Adult Learning- Literacy	06:30pm-08:30pm	(term time) <a href="mailto:Alisonmay@aberdeencity.gov.uk">Alisonmay@aberdeencity.gov.uk</a>
Tuesday		
Coffee Bar	09:30am-12:00 Noon	Drop in
Sewing Group	09:30am-12:00 Noon	Drop in (centre group)
Citizens Advice Group	10:00am-03:00pm	Drop In (01224 569750)
Over 50s Friendship Group	1:00pm-4:00pm	Drop in (centre group)
Credit Union	6:00pm-7:00pm	<a href="mailto:nicky@nescu.co.uk">nicky@nescu.co.uk</a>
Wednesday		
Walking Group	09:00am-09:30am	<a href="mailto:helenandraymond@hotmail.co.uk">helenandraymond@hotmail.co.uk</a>
Coffee Bar	09:30-12:00 Noon	Drop In
CFINE	10:00am-12:00pm	Fresh fruit and veg for sale
Yoga	7:30pm-8:30pm	£5 per session-drop in
Community Council	7:00pm-9:00pm	3 <sup>rd</sup> Wednesday of Month
Thursday		
Mastrekkers (walking group)	09:00am-09:30am	<a href="mailto:helenandraymond@hotmail.co.uk">helenandraymond@hotmail.co.uk</a>
Chair Based Exercise	1:00pm-2:00pm	Drop in- centre group
Friday		
Silver City Racing Pigeon Club	5:00pm-6:00pm	Seasonal-07901618247

Contact details:  
 Greenfern Road, Aberdeen AB16 6TR  
 01224 788288





## Mastrick Community Centre

What do you do on a Tuesday Afternoon? Why not come along to the Community Centre and join the Friendship Club?

We meet on a Tuesday from 1:45pm to 3:30pm

Admission: £2.00

We have something different every Tuesday, from entertainment, bingo, outings and lunches out.

We are a friendly bunch so why not come along and make some new friends!

Need Transport? We have a mini bus that could come and pick you up and take you home- only £2.00

For more information please call Pam on 01224 788288



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# Aberdeen City Health & Social Care Partnership

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Woodside Fountain Centre Full Programme Term Time

	MORNING	AFTERNOON	EVENING	NOTES		
<b>Monday</b>	Café (Association) Healthy Food Shop (Fersands) Literacy Class (Rm 1) Men's drop in - Lighthouse (GP Rm) Money Advice (Rm 4)	0700-2100 0900-1300 1000-1200 1030-1300 0900-1630	Pulmonary Group (Hall) ✱ Computing Class (Rm 1) (TBC) After School Club (GP Rm) Junior Club- Magda (Hall) Pathways (RM 3) Language Café (GP Rm)	1300-1500 1300-1500 1500-1800 1545-1645 1400-1600 1300-1500	1745-1845 1845-1945 1600-2000 1700-1800 1730-1900 1800-2000	After School Club use café every 2 <sup>nd</sup> Monday Dates to be arranged  Meeting every 2 months
<b>Tuesday</b>	Café (Association) Healthy Food Shop (Fersands) Kindergym (Hall) ✱ Walking Group Citizens Advice (Rm 4)	0700-2100 0900-1300 0900-1500 1100-1200 0900-1700	Computing Class (Rm 1) (TBC) After School Club (GP Rm) Junior Art - Magda (Rm 5) Woodside Junior Club (Café/Hall/GP)	1300-1500 1500-1800 1530-1730 1400-1930	1900-2000 1800-2000 1830-2030	
<b>Wednesday</b>	Café (Association) Healthy Food Shop (Fersands) Mainly Music (Hall) Citizens Advice (Rm 3 / 4) Women's drop in - Lighthouse (GP Rm)	0700-2100 0900-1300 0900-1200 1000-1600 1000-1300	Parent & Toddlers (Fersands) (Hall) After School Club (GP/Hall)	1300-1500 1500-1800	1730-1845 1730-2030 1930-2100 1900-2000 1900-2030	
<b>Thursday</b>	Café (Association) Housing Advice (Rm 4)	0700-2100 0900-1500	Parent Group (GP Rm) Pulmonary Group (Hall) ✱ ESOL (Rm 1) After School Club (GP Rm) Junior Football (Hall) ESOL (Rm 1) Language Café (GP Rm)	1300-1500 1300-1500 1300-1500 1500-1800 1600-1730 1600-1730 1300-1500	1830-1930 2000-2100 1830-1930	
<b>Friday</b>	Café (Association) Healthy Food Shop (Fersands) Pathways (RM 3) Mainly Music - Lighthouse (Hall)	0700-2100 0900-1300 1000-1200 0930-1200	ESOL (RM 1) After School Club (GP Rm)	1300-1500 1500-1800	1930-2200	
<b>Saturday</b>						
<b>Sunday</b>						1730-2200



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## Gentle Exercise with Fiona

Staying active is one of the best investments you can make to your quality of life and becomes more and more important as we age. Why not join Fiona in one of her fun and easy to follow exercise sessions aimed at people living in Sheltered Housing but are open to people living locally. If you live out with the complex and are interested in attending any of the classes, please just call the Wellbeing Team for more information and to book a place.

<b>Tue's:</b>	<b>2.00-3.00pm</b>	<b>Gray Court</b>
	<b>3.15-4.15pm</b>	<b>Lewis Court</b>
<b>Wed's:</b>	<b>2.00-3.00pm</b>	<b>Woodhill Court</b>
	<b>3.30-4.30pm</b>	<b>Denseat Court</b>

**£2.00 per class**

**For more information contact The Wellbeing Team tel. 01224 522270 or email [wellbeing@aberdeencity.gov.uk](mailto:wellbeing@aberdeencity.gov.uk)**





Aberdeen City Health & Social Care Partnership  
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# City Wide Information



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## Evergreens Exercise Classes & Specialist Classes

Activities listed below are tailored to the older adult or as part of rehabilitation from injury/illness. All activities below are available as part of an Evergreens and ASV Lifestyle membership. \*Bookable course.

MONDAY	ACTIVITY	VENUE	LEVEL	i
09.10 – 09.55	Evergreens Exercise to Music	Sports Hall 3	•••	E
10.00 – 11.00	Cardiac Rehab (Referral only)	Seminar Room / Sky Studio	•	
10.00 – 11.00	Evergreens Weightlifting	Indoor Athletics Platforms	•••	E
10.05 – 10.55	Evergreens Exercise to Music	Sports Hall	••	E
10.05 – 10.55	Evergreens Energise	Sports Studio	•••	E
12.00 – 13.00	Evergreens Badminton	Sports Hall	••	E
14.15 – 15.45	Evergreens Table Tennis	Sports Hall	••	E
14.30 – 15.30	Ladies Walking Football	Indoor Football Pitch	••	E
15.00 – 16.00	Stable & Able (Referral only)	Sky Studio	•	

TUESDAY	ACTIVITY	VENUE	LEVEL	i
09.20 – 10.05	Well-being Exercise (35 plus)	Sky Studio	••	E
09.45 – 11.15	Evergreens Table Tennis	Sports Hall	•	E
10.15 – 11.00	Well-being Exercise (35 plus)	Sky Studio	••	E
11.20 – 12.00	Evergreens Circuits	Gym	•••	E
12.15 – 13.00	Evergreens Learn to Swim	25m Pool	••	B
12.30 – 13.30	Walking Football	Indoor Pitch	••	E

WEDNESDAY	ACTIVITY	VENUE	LEVEL	i
10.05 – 10.55	Zumba Gold	Sports Hall	••	E
11.00 – 12.00	Evergreens Swimming	25m Pool	•	E
12.00 – 13.00	Evergreens Walking Netball	Sports Hall	••	E
12.00 – 13.00	Evergreens Weightlifting	Indoor Athletics Platforms	•••	E



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## Evergreens Exercise Classes & Specialist Classes

Activities listed below are tailored to the older adult or as part of rehabilitation from injury/illness. All activities below are available as part of an Evergreens and ASV Lifestyle membership. \*Bookable course.

THURSDAY	ACTIVITY	VENUE	LEVEL	i
09.45 – 10.30	Evergreens Fitness Pilates	Sky Studio	•	E
09.45 – 11.15	Evergreens Table Tennis	Sports Hall	•	E
10.45 – 11.30	Well-being Fitness Pilates (35 plus)	Sky Studio	•	E
12.00 – 12.45	Evergreens Aquafun	25m Pool	••	E

FRIDAY	ACTIVITY	VENUE	LEVEL	i
10.00 – 11.00	Cardiac Rehab (Referral only)	Seminar Room / Sky Studio	•	
10.05 – 10.55	Evergreens Exercise to Music	Sports Hall	••	E
11.00 – 12.00	Evergreens Weightlifting	Indoor Athletics Platforms	•••	E
11.00 – 12.30	Evergreens Pickleball	Sports Hall	••	E
12.00 – 13.00	Evergreens Swimming	25m Pool	•	E
14.30 – 15.30	Stable & Able (Referral only)	Sky Studio	•	

### How to book

- All exercise classes are available to both members and non-members
- Members can book up to 7 days in advance
- Non-members can book up to 3 days in advance
- Booking a class is simple – use our online booking service or contact reception on 01224 438900
- Please visit our website for a list of the class descriptions



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**Low intensity sessions for those starting an active lifestyle or living with a long-term health condition**

## Classes

Day	Start	End	Class name	Venue
Mon	10:30	11:30	Walk Aberdeen Health Walk	Alex Collie Sports Centre
	14:30	15:30	Walk Aberdeen Health Walk	Old Torry Community Centre
Tues	10:30	11:30	Walk Aberdeen Health Walk	Peterculter Sports Centre
	11:00	12:00	Gentle Exercise	The Beacon Centre
	11:00	12:00	Walk Aberdeen Health Walk	Fountain Community Centre
	13:30	14:30	Walk Aberdeen Health Walk	Asda Café Dyce
Wed	13:30	14:30	Walk Aberdeen Health Walk	Sheddocksley Sports Centre
	18:00	19:00	Everybody Active Boccia	Orchard Brae School
Thur	10:30	11:30	Walk Aberdeen Health Walk	Get Active @ Jesmond
	10:30	11:30	Walk Aberdeen Health Walk	Kingswells Community Centre
	10:30	11:30	Walk Aberdeen Health Walk	Altens Community Centre
	14:00	15:00	Walk Aberdeen Health Walk	Westburn Outdoor Sports Centre
Fri	09:30	10:30	Walk Aberdeen Buggy Walk	Danestone Community Centre
	10:30	11:30	Walk Aberdeen Health Walk	Albury Outdoor Centre

**Class levels are a guide to help you find the right opportunity. Most of our opportunities can be adapted by our highly skilled instructor to make them inclusive.**



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LEVEL  
**1**

## Referral classes

Day	Start	End	Class name	Venue
Mon	11:15	12:15	Carers Stable & Able	Westburn Outdoor Sports Centre
	12:00	13:00	Stable & Able	The Beacon Centre
Tues	10:30	11:30	Stable & Able	Kincorth Sports Centre
Wed	13:15	14:15	Stable & Able	Alex Collie Sports Centre
Thur	18:00	19:00	Move More Gentle Movement Group	Clan House
Fri	10:30	11:30	Move More Health Walk	Clan House
	11:00	12:00	Stable & Able	Westburn Outdoor Sports Centre
	13:00	14:00	Stable & Able	Peterculter Sports Centre
	13:30	14:30	Stable & Able	Westburn Outdoor Sports Centre
	14:00	15:00	Stable & Able	Peterculter Sports Centre
Sat	10:00	11:00	Move More Gardening Group	Garthdee Fields Allotments
	11:00	12:00	Move More Gentle Movement Group	Beach Leisure Centre

If you are interested in any of the referral classes please  
contact the team before attending:

T. 01224 047 924



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**LEVEL 2**

**Slightly more demanding activities for those who are active and want to improve further**

Day	Start	End	Class name	Venue
<b>Mon</b>	10:30	11:30	Relaxed Skating	Linx Ice Arena
	11:00	12:30	Table Tennis	Peterculter Sports Centre
	13:00	14:00	Ballroom Dancing	Westburn Outdoor Sports Centre
	14:00	15:00	Steady Steps	Westburn Outdoor Sports Centre
	14:00	15:30	Table Tennis	Get Active @ Jesmond
	14:30	15:15	Swimming	Bucksburn Swimming Pool
<b>Tues</b>	10:30	11:15	Line Dancing	Beach Leisure Centre
	11:00	12:00	Fun Fitness	Get Active @Jesmond
	12:30	14:00	Pickleball	Kincorth Sports Centre
	13:30	14:00	Aqua Aerobics	Bucksburn Swimming Pool
	13:30	14:15	Zumba Gold	Alex Collie Sports Centre
	15:00	15:45	Learn to Swim Lessons	Tullos Swimming Pool
	15:00	16:00	Swimming	Tullos Swimming Pool
<b>Wed</b>	9:30	11:30	Indoor Bowls	Get Active @ Jesmond
	9:45	10:45	Senior Circuits	Alex Collie Sports Centre
	10:00	12:00	Table Tennis	Westburn Outdoor Sports Centre
	11:15	12:00	Retro Rhythms	Kincorth Sports Centre
	12:30	13:45	Pickleball	Get Active @ Jesmond
	14:00	14:45	Retro Rhythms	The Beacon Centre
	14:30	15:30	Steady Steps	Alex Collie Sports Centre
	15:00	16:30	Swimming	Bridge of Don SwimmingPool
	15:00	15:45	Swimming	Tullos Swimming Pool
<b>Thur</b>	9:30	10:15	Zumba Gold	Alex Collie Centre
	10:00	11:00	Technogym Movers	Westburn Outdoor Sports Centre
	10:00	11:00	Lawn Bowls (Starts 03/05)	Westburn Outdoor Sports Centre
	10:00	11:00	Walking Football	Torry Sports Centre



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**LEVEL 2**

Day	Start	End	Class Name	Venue
Thur	12:00	13:00	Walking Netball	Get Active @ Jesmond
	13:00	14:00	Pilates	Beach Leisure Centre
	13:00	14:00	Steady Steps	Kincorth Sports Centre
	14:00	15:30	Table Tennis	Get Active @ Jesmond
	14:15	15:15	Swimming	Bucksburn Swimming Pool
Fri	9:30	11:30	Indoor Bowls	Get Active @ Jesmond
	10:00	11:30	Table Tennis	Kincorth Sports Centre
	10:00	11:30	Table Tennis	Westburn Outdoor Sports Centre
	12:15	13:15	Osteobuild	Westburn Outdoor Sports Centre
	13:45	16:15	Table Tennis	The Beacon Centre
	14:00	15:15	Swimming	Tullos Swimming Pool
	14:00	15:00	Fit to Dance	Alex Collie Sports Centre
	17:30	18:30	Relaxed Swimming	Tullos Swimming Pool
	19:00	20:00	Ladies Walking Football	Beach Leisure Centre
Sat	17:00	18:00	Relaxed Swimming	Beach Leisure Centre

## Referral Classes

Day	Start	End	Class name	Venue
Mon	12:45	13:30	Confidence in Water	Tullos Swimming Pool
	13:00	14:30	Move More Circuit Group	The Beacon Centre
Tues	12:00	13:30	Move More Circuit Group	Get Active @Jesmond
	17:30	18:30	Move More Circuit Group	Beach Leisure Centre
Thur	15:15	16:15	Move More Circuit Group	Torry Sports Centre
	16:15	17:15	Move More Circuit Group	Torry Sports Centre
	19:00	20:00	Move More Circuit Group	Westburn Outdoor Sports Centre
Sat	11:30	12:30	Move More Circuit Group	Sheddocksley Sports Centre



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**Medium intensive activities ideal for those progressing through rehabilitation based classes or those returning to exercise**

## Classes

Day	Start	End	Class name	Venue
<b>Mon</b>	10:00	11:00	Technogym Improvers	Westburn Outdoor Sports Centre
	11:30	12:30	Wellbeing Circuits	Beach Leisure Centre
<b>Tues</b>	11:00	12:00	Easy Movers	Torry Sports Centre
	19:00	20:00	Live Well Circuits	Beach Leisure Centre
	20:00	20:45	Everybody Active Swimming	Bucksburn Swimming Pool
<b>Wed</b>	11:00	12:00	Live Well Gym	Beach Leisure Centre
	12:30	13:30	Live Well Circuits	Beach Leisure Centre
	15:00	15:45	Aqua Zumba	Tullos Swimming Pool
	19:00	20:00	Walking Football	Beach Leisure Centre
	20:00	21:00	Walking Football	Beach Leisure Centre
<b>Thur</b>	11:15	12:15	Technogym Improvers	Westburn Outdoor Sports Centre
	10:30	11:30	Easy Movers	Torry Sports Centre
	14:00	15:00	Technogym Improvers	Westburn Outdoor Sports Centre
	17:00	18:00	Live Well Circuits	Westburn Outdoor Sports Centre
<b>Fri</b>	13:30	15:00	Everybody Active Football	Sheddocksley Sports Centre
	13:30	15:00	Tennis	Aberdeen Tennis Centre
<b>Sat</b>	10:00	11:00	Live Well Circuits	Sheddocksley Sports Centre



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**High intensity classes for those advanced in their fitness journey. Generally a full body workout.**

## Classes

Day	Start	End	Class name	Venue
Mon	10:30	11:30	Movers & Shapers	Beach Leisure Centre

For information on Level 5 activities and the whole range of classes available through Sport Aberdeen please visit our website:

[www.sportaberdeen.co.uk/timetables](http://www.sportaberdeen.co.uk/timetables)

To enhance our programme we work closely with a range of local and national partners.

These include:





# Aberdeen City Health & Social Care Partnership

*A caring partnership*

Listed below is our current programme of walks across the City. Most walks are coordinated by Walk Aberdeen and some by our partners. All meet the Health Walk criteria and usually last for between 30 – 60 min and usually finish with the opportunity of refreshments. The walks are always free.

Tea and coffee is charged at minimal prices depending on venue. Come along, have a chat and get some fresh air.

## Monday

**Bridge of Don** - [Alex Collie Sports Centre](#) - 10.30am

**Torry** - Old Torry Community Centre - 2.30pm

## Tuesday

**Peterculter** - [Peterculter Sports Centre](#) - 10.30am

**Woodside** - Fountain Community Centre - 11.00am

**Dyce** - Asda Dyce Cafe Area - 1.30pm

## Wednesday

**Sheddocksley** - [Sheddocksley Sports Centre](#) - 1.30pm

## Thursday

**Bridge of Don** - [Get active @ Jesmond](#) - 10.30am

**Kingswells** - Kingswells community Centre - 10.30am

**Altens** - Altens Community Centre - 10.30am

**Westburn** - [Westburn Outdoor Centre](#) - 2.00pm

## Friday

**Ferryhill** - [Albury Outdoor Centre](#) - 10.30am

**For more information please contact the Health Walks Coordinator on 01224 047928**



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**Walk Aberdeen** are part of a national network providing dementia friendly walks for those living with dementia, their family and supporters. The walks listed below have walk leaders who have received additional training to ensure the walks have been suitably assessed and they are aware of the additional support that may be required. Walk Aberdeen volunteers are not able to provide 1-2-1 support. Participants who may require assistance during the walk should bring a supporter with them.

Area	Meeting Point	Day and Time
Bridge of Don	<a href="#">Alex Collie Sports Centre</a>	Monday 10.30am
Bridge of Don	Kingswells Community Centre	Thursday 10.30am
Kingswells	<a href="#">Get active @ Jesmond</a>	Thursday 10.30am
Ferryhill	<a href="#">Albury Outdoor Sports Centre</a>	Friday 10.30am

If you would like further information on any of our walks please contact:

**Brian Harrison (Health Walks Coordinator)**

Tel: 01224 047928

Email: [bharrison@sportaberdeen.co.uk](mailto:bharrison@sportaberdeen.co.uk)



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## Chair Based Yoga



These sessions are aimed at over 65's.

Gentle seated yoga modifies yoga poses so that they can be done while seated in a chair or, in some cases, a wheelchair.

In addition to a good stretch, participants can also enjoy other health benefits associated with yoga, such as improved strength, confidence with balance, enhanced range of motion, better posture, stress relief and a sense of well-being.

### Participant Feedback

- "The yoga is very good for my age and disability"
- "Gentle but effective exercise"
- "Better flexibility"
- "Good exercise"
- "Better balance when walking"
- "I am a little better and easier to reach for things".
- "It passes the morning away as it's good and not too difficult."
- "I'm not so fed up as I was"

**Mondays - 10:30am**  
**St Peters Court- Victoria Road**  
**Torry £2.00 per session**

**Tuesdays - 10am**  
**Mannofield Church**  
**£3.50 per session**

To book a place call:  
Hayley or Louise at the Wellbeing  
Team 01224 522270.



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**Ruyi School of Taijiquan & Qigong**  
[ruvischool.mk@gmail.com](mailto:ruvischool.mk@gmail.com)

**Monday\***

Frederick Street Health Village – Taijiquan (Tai Chi) 24-step simplified form 9:30-10:30am  
(over 65's only), drop-in class £4

Rubislaw Church Centre - Qigong 10:45-11:45am  
drop-in class £10

Unitarian Church Hall - Wudang Five Animals Health Qigong 7-8pm  
drop-in class £10

Unitarian Church Hall - 24-step simplified form Taijiquan (Tai Chi) 8-9pm  
drop-in class £10, alternatively £16 for those who attend both Five Animals and Taijiquan

**Tuesday**

Citymoves Studio – Taijiquan (Tai Chi) 24-step simplified form 1-2pm  
drop-in class £5

Aberdeen Wellbeing Centre – Qigong 7-8pm  
drop-in class £10

**Wednesday**

Confucius Institute, University of Aberdeen – Taijiquan 24-step simplified form (TBA)  
Next block at University of Aberdeen campus, to book please contact the Confucius Institute  
[confucius@abdn.ac.uk](mailto:confucius@abdn.ac.uk)  
01224 273209

**Thursday**

Catherine Street Community Centre - Taijiquan (Tai Chi) 24-step simplified form 9:45-10:45am  
drop-in class £9

**Friday**

Frederick Street Health Village – Qigong 10-11am  
(over 65's only), drop-in class £4

\*classes begin week commencing 8<sup>th</sup> January





*Ruyi School of Taijiquan & Qigong*



**Tai Chi (Taijiquan) & Qigong (Chi Kung)**

Chinese forms of gentle exercise focusing on posture, alignment and breathing

**RELAX ~ BALANCE ~ FOCUS**

‘Meditation in Motion’ practiced regularly helps reduce stress and improves physical well-being

Aberdeen Health Village, Frederick St

(week commencing 8<sup>th</sup> January 2018, drop-in classes, suitable for all)

Monday 9:30-10:30am - Tai Chi 24-step Simplified form

Friday 10-11am - Qigong for Health

*ruyischool.mk@gmail.com*

*ruyi-online.com*

*Wudang Daoist Wuji Gongfu Academy*

*Teaching Cooperation Organisation*



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## Technogym sessions for over 65's



### What is Technogym?

**Physical activity** is well evidenced to **prevent illness and promote good health and wellbeing**. The Technogym Easy Line equipment is a great method of **getting fit and promoting active ageing**. It is simple to use and designed for those who are unfamiliar with gym equipment.

### Where is Technogym?

- Dyce Community Centre (to book call: 01224 723344)
- Kincorth Community Centre ( to book call: 01224 872851)
- Aberdeen Health Village (drop in)
- Pittodrie Stadium (AFCCT) (to book call: 01224 650400)
- Powis Community Centre (drop in 10am-2pm)
- RGU (to book call: 01224 263666)
- Westburn Outdoor Centre (to book call: 01224 507748)

These sessions are all open to the public, but most are bookable sessions. For more information, contact the Wellbeing Team

Tel 01224 522270 or email [wellbeing@aberdeencity.gov.uk](mailto:wellbeing@aberdeencity.gov.uk)



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## Strength and Balance Exercise Classes



Sessions are led by Laura Walker, a qualified instructor, for people of working age with long-term conditions.

Exercises can be performed either sitting or standing.

**When:** Free Taster Session Wednesday 7<sup>th</sup> March.  
Come along 1:30pm for 2pm start.  
Six-week block starting Wed 14<sup>th</sup> March  
until Wed 18<sup>th</sup> April.

**Venue:** Community Room, ASDA Garthdee Superstore  
Garthdee Road, AB10 7QA

**Cost:** £3.00 per session to cover tutor costs.

**To book a place or more information  
contact Lynn or Tricia:**

**Tel:** 01467 629675

**Email:** [goconnect@grampianopportunities.org.uk](mailto:goconnect@grampianopportunities.org.uk)

Grampian Opportunities, 1 High Street, Inverurie AB51 3QA



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Aberdeen FC Community Trust



## Community Projects 2018

### **Boogie at the Bar:**

3<sup>rd</sup> Friday of the Month at [The Foundry Bar](#). 12:00-16:00

### **Walking football:**

Day:	Venue:	Time:	Cost:
Monday	Aberdeen Sports Village (Woman's only)	2:30 – 3:30pm	£2.90
Tuesday	Aberdeen Sports Village	12:30 – 1:30pm	£2.90
Wednesday	<a href="#">Garioch Sports Centre</a>	1:00 – 2:00pm	£2.00
Thursday	<a href="#">Torry Sports Centre</a> , Aberdeen	10:00 – 11:00am (tea/coffee included)	£2.55

### **Technogym:**

Wednesdays from 09:30-12:30. (1 Hour classes) Richard Donald Stand- [Pittodrie Football Stadium](#).

### **Active Reminiscence:**

Thursdays from 1:30-3:30 (alternate venues between Dementia Resource Centre on King Street and Seaton Learning Centre.

### **Health Walks**

Tuesdays from 10:00-12:00. Please contact the trust for meeting place.

If you would like to find out more about the [Technogym](#), Active Reminiscence or Health Walk programme's please contact Community Projects Officer Nicola Graham on [Nicola.Graham@afccommunitytrust.org](mailto:Nicola.Graham@afccommunitytrust.org) or 01224 650449.



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*in*



# Boogie in the Bar!

**THIRD FRIDAY OF EVERY MONTH**

Join us for a Dementia Friendly, relaxed afternoon boogie!

Foundry Bar, Holburn Street, Aberdeen  
12 - 4pm • donations welcome

Like and visit our facebook page:  /boogieinthebar

[www.afccommunitytrust.org](http://www.afccommunitytrust.org)  /AberdeenFCCommunityTrust  Tweet us @AFCCT







## Supported Tours



Do you support someone with a long term health condition? Bring them down to Pittodrie Stadium for a stadium tour along with you and your family.

*“It was great to have a day out and to do it as a family made it better”* TOUR PARTICIPANT

For more information or to find out available tour dates contact [nicola.graham@afccommunitytrust.org](mailto:nicola.graham@afccommunitytrust.org) or call **01224 650449**



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**New free walk and talk group aimed at adding some activity to your Sunday!**

**This group, aimed at older adults, meets one Sunday each month to enjoy a 30-minute walk followed by a cuppa and blether (various locations across the City).**

**To book yourself a place contact Marion Douglas on 07796151705.**



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## Gentle Exercise with Peter

Staying active is one of the best investments you can make to your quality of life and becomes more and more important as we age. Why not join Peter in one of his fun and easy to follow exercise sessions aimed at people living in Sheltered Housing but are open to people living locally. If you live out with the complex and are interested in attending any of the classes, please just call Peter or the Wellbeing Team for more information.

<b>Tuesday:</b>	<b>11:00-12:00</b>	<b>Middlefield Hub</b>
<b>Thursday:</b>	<b>3:15 – 4:00pm</b>	<b>Danestone Community Centre</b>
<b>Friday:</b>	<b>1:00-1:45pm</b>	<b>Castleton Court</b>

**For more information contact Peter on 07816242217  
or email [wellbeing@aberdeencity.gov.uk](mailto:wellbeing@aberdeencity.gov.uk)**



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# Adult Learning

Free  
classes

- **Beginners Computing**
- **ESOL (English for Speakers of Other Languages)**
- **Confidence to Cook course**
- **Reading, Writing and Numbers support**
- **Skills for Employment**

**For more information call:**

**01224 346447**

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



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# Young *at* Heart 2018

**WINTER/SPRING  
PROGRAMME  
FOR SPRITELY SENIORS**

Beach Ballroom  
01224 647 647  
**beachballroom.com**

Tickets available from Aberdeen  
Performing Arts Box Office on  
**01224 641 122**  
or  
**aberdeenperformingarts.com**

Supported by the Common Good Fund



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## Forthcoming Events:

**WEDNESDAY 2ND MAY**

*Sing-a-long and Dance  
with Jim and  
Marisha Addison*

12:30pm – 3:30pm

Tickets **£7.50**

**WEDNESDAY 6TH JUNE**

*Tea Dance  
with Garioch Blend*

12:30pm – 3:30pm

**OTHER AFTERNOON DATES FOR  
YOUR DIARY:**

Wednesday 4th July

Wednesday 1st August

Wednesday 5th September

Wednesday 3rd October

Wednesday 31st October

*(Entertainment to be announced)*

**MONDAY 10TH DECEMBER  
TUESDAY 11TH DECEMBER  
WEDNESDAY 12TH DECEMBER**

*Christmas Lunches  
2018*

12:30pm – 3:30pm

Tickets **£15.00**

Three course lunch with dancing and entertainment.

*\*Entertainment to be confirmed*





# Aberdeen City Health & Social Care Partnership

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## Wellbeing at Albury

Set in the beautiful, safe and tranquil space of Albury Sports Centre we are happy to host our new multi activity sessions for older people in Aberdeen!

You can take part in putting and bowling or you could even just sit back and relax with a cup of tea with some friendly folks.



So why not come and join us!



**Friday's from 1:00pm-3:00pm at Albury Sports Centre, Albury Road.**

Our activities can be tailored to suit all abilities and we can offer assistance to people coming along with their carers. We also have plenty indoor space to run sessions should the weather turn a bit weet!

**£1.00 for Putting and £2.00 for bowling**

For more information on sessions or to hear about parking opportunities please contact Agnes on 07769 824059 or Fiona on 07816 688037





# The Happy Crafters!



What's your craft?

Knitting, Macrame, Beading, Weaving, Crochet, Sewing, Drawing,  
Calligraphy or Card-Making?

Why not bring your hobby to a **FREE** self help community in a friendly relaxed atmosphere.

---

Let's Get Crafting with your hobby while meeting new people with similar interests.

Stay Connected by finding out about events and activities in your area which may interest you and your friends.

---

## New Times and Days

The Happy Crafters are now meeting at the Aberdeen Community Health and Care Village, Frederick Street on:

**Mondays – 1:30-3:30pm**

For more information please contact Hayley Buchan, Wellbeing Coordinator on 01224 522270 or [hbuchan@aberdeencity.gov.uk](mailto:hbuchan@aberdeencity.gov.uk)



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THE  
**LIVINGWELL**  
PROJECT

**living well café**

The Living Well Cafe offers a safe and friendly space to support people with memory loss or dementia and their carers and families.

Working in partnership with Aberdeen City Council, NHS Grampian and Alzheimer Scotland, the cafes meet on:

Tuesday afternoons between 1 and 3 pm alternately at:

[Café at Newhills Church](#)

Bucksburn, Aberdeen, AB21 9SS

[Café at Oldmachar Church](#)

Ashwood Park, Bridge of Don, Aberdeen, AB22 8PR

Thursday afternoons between 1 and 3 pm alternately at:

[Café at High Hilton Church](#)

1-3 Hilton Dr, Aberdeen AB24 4NQ

[Café at Ferryhill Parish Church](#)

Fonthill Rd, Aberdeen AB11 6UD

For more information please contact:

Jeanette Abel on 07935 745435 or

Jo Mugglestone on 07935 733926

Email: [cafe@thelivingwellproject.org.uk](mailto:cafe@thelivingwellproject.org.uk)

Facebook: [www.facebook.com/livingwellcafe](http://www.facebook.com/livingwellcafe)



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## Silver City Surfers

The Silver City Surfer's Internet Café gives older people in Aberdeen (aged 55 and over) an opportunity to learn about and use email and the Internet. It enables older people to access computers even if they don't have one of their own at home.

The Cafe was set up in 2005 - it is a user led organisation. The Cafe provides:

- six computers
- access to the Internet, email and other computer software such as Word
- available help to teach older people how to use the Internet and set up email accounts
- the opportunity to have tea, coffee, biscuits and socialise with other attendees

**Where: Salvation Army Citadel, 28 Castle Street, Aberdeen**

**When: Wed/Fri: 10.00am-1.00pm**

The Silver City Surfer's also run the following sessions:

**STAR Flat, 14a Seaton Drive, Aberdeen AB24 1UX**

Mon: 11.00am-1.00pm

**Cummings Park Community Flat, 122 Cummings Park Driv,  
Aberdeen AB16 7BB**

Thu: 11.00am-1.00pm

**Charles Michie's Cafe, 391 Union Street, Aberdeen AB11  
6BX**

Drop-session where people can bring their own laptops to connect to the internet free of charge

Mon: 2.30pm-4.00pm

For more information please call **07799 371329** or email [\*\*silvercitysurfers@gmail.com\*\*](mailto:silvercitysurfers@gmail.com)

**Website: <http://www.silvercitysurfers.co.uk>**



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## Good Neighbours



Thursdays  
at the  
Citadel, Castle Street

From  
11am – 3.30pm

£3 (to cover cost of lunch)

Mornings: Company, Chat, Cuppa  
Activities, Chair based exercises, Crafts etc. and light lunch.

Afternoon Sing-a-long session (no charge)

As Good Neighbours we invite folks to come to visit us at the Citadel.

“Good Neighbours” aims to address Social Isolation, especially amongst older folks. It is intended for people living alone or those who are cared for by a family member.

The Carer then can have a few hours respite knowing their loved one is in good hands and, more importantly, enjoying fun and fellowship in a safe environment.

Please contact  
Citadel  
579370  
for further details

The Salvation Army, 28 Castle Street, Aberdeen, AB11 5BG  
Tel: 01224 579370

Registered Charity No. 214770 and in Scotland SC006159; Social Trust Registered Charity No. 215114 and in Scotland SC037691  
General: André Cox, Territorial Commander for (the United Kingdom with the Republic of Ireland); Commissioner: Clive Adams



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**CONTACT  
THE ELDERLY**

# Be Our Guest!

**Do you live alone and find it difficult to  
get out and about?**

If so, a change of scenery and regular afternoons  
of conversation and laughter with friends of all ages  
could be just what you need.



To find your local group please contact Denise on  
[denise.robson@contact-the-elderly.org.uk](mailto:denise.robson@contact-the-elderly.org.uk) or Telephone  
01542 285010



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Working together to tackle loneliness across the UK

## CONNECTING COMMUNITIES



**A HELPING HAND FOR PEOPLE WHO FEEL ALONE**

## CONNECTING COMMUNITIES

Our Connecting Communities service is available to all adults in the local area\*.

Whether you're feeling lonely and don't know where to turn for a friendly chat, or you're socially isolated and struggling to cope with the demands of life, the British Red Cross can help.

\* 18 or over in England, Wales or Northern Ireland; 16 or over in Scotland.

To find out more contact:

**Cesar Garcia**  
Community Connector - Aberdeen  
ConnectAberdeen@redcross.org.uk  
07872 839864

Redcross.org.uk/tackleloneliness  
#tackleloneliness

The British Red Cross is committed to providing a quality service. If you have any comments or complaints please contact:

Tel: **0300 456 1961**  
[redcross.org.uk/feedback](https://www.redcross.org.uk/feedback)

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (2215049) and Scotland (SC037738).

### You are not alone

Over nine million adults across the UK regularly feel lonely. People of all ages and from all walks of life.

- > Dealing with bereavement?
- > Affected by ill health?
- > Recently retired?
- > Divorced or separated?
- > Difficulties getting around?
- > Become a new parent?
- > Children just left home?

There are many reasons why you might start to feel isolated or alone. It could be an occasional feeling or something taking over your entire life.

Without support, the impact can be devastating.

But two thirds of people say they would be uncomfortable talking to friends or family about feeling lonely. As many as 75 per cent of people affected don't know where to turn.

Whether you're facing a crisis or just want to chat with someone nearby, our local team can help.

Photo on cover © Simon Rawles, photo on p2 © Simon Rawles



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## Connecting you back to your community

At the British Red Cross we're here to support thousands of adults of all ages who feel they have nowhere to turn.

During an initial period of up to three months, we aim to help each person to feel better connected and able to enjoy the benefits of being more involved in their local area.

## Experience and expertise brought together

Our volunteers and staff are skilled and dedicated. They can draw on decades of British Red Cross experience in helping people to live independently and confidently in their communities.

## Support tailored to your wishes

Everything we offer is built around enabling people to realise the things they want to achieve.

Together we'll develop a specially tailored plan of activities focused on helping you towards the brighter and better-connected future you want.

For each person, our support looks a little bit different. We could help you to:

### Rediscover your interests

At an introductory chat with one of our local team members, together we'll explore your interests and what you want to achieve. We'll then identify ways you can start to do the things you want to do – or maybe something similar, but new.

### Rebuild your independence

Over the next couple of months, we'll regularly meet up to chat about how you're feeling and give you the support you need to be able to achieve your goals. And together we'll take part in some of the local activities we've found out about and reflect on your experiences of being involved.

## Find new friends

By joining you in local activities that match your interests, we'll introduce you to people who like doing the same things. Drawing on the confidence and sense of independence you've built, you'll have the chance to build new friendships that last.

## Enjoy staying involved

As you become more connected to your community, our support will become less intensive. But we'll still be here when you need us.

Throughout our support, and as long as you wish us to, we will monitor our effectiveness and make sure we are helping you achieve the things you want.







Aberdeen City Health & Social Care Partnership

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*Could the Good Morning Service  
bring sunshine and comfort to you,  
or to a loved one, every morning?*

*If you, or maybe one of your relatives, live alone in or around  
Aberdeen, would a warm, caring phone call each morning be a  
welcome and reassuring start to your - or their - day?*

*The Good Morning Service is a free charitable service for elderly  
residents of Aberdeen, providing a telephone call between 9 - 11  
am each day - all you need to do is provide the details of the  
person to be called, and a next-of-kin contact in case our calls are  
not answered.*

*To request registration with the service, contact:*

*The Duthie Trust*

*1 East Craibstone Street*

*Telephone: 07918 696958*



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the best of care

## VSA Airyhall

### Our Community Based Facility

VSA Airyhall is the first of its kind; it's a community-based facility, to support individuals over the age of 50 with a mental or physical illness, who are cared for at home in the Aberdeen area.

We can support around 150 people each week, giving the individual routine, stability and something to look forward to while their Carers benefit from some respite.

Airyhall places great importance on the wellbeing benefits of physical activity; and we therefore offer a range of more physical activities including a small gym, hockey, curling, bowling and woodwork.

Referrals can be made personally or through a professional.

**Please note:** VSA Airyhall does not have hoisting equipment therefore service users must be able to weight bear.

For more information please contact May MacDougall on 01224 358635 or email [May.MacDougall@vsa.org](mailto:May.MacDougall@vsa.org)



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## Aberdeen Dementia Resource Centre

*The Aberdeen Dementia Resource Centre is a dementia friendly building showcasing the environmental adaptations and telecare options available to enable people to live well with dementia. The Centre offers a variety of supports and interest groups including Home Support, Carer Support, Musical Memories and Football Memories.*

***Who is it for?*** People who are affected by dementia, their families and friends, the public and professionals from other agencies

***When is it (date and time)?***

***Monday to Friday 9am to 5pm*** Groups held in the Dementia Resource Centre are for people who can attend safely on their own or who are accompanied by someone to support them.

Contact

13-19 King Street, Aberdeen, AB24 5AA

Phone 01224 644077

Email [aberdeendrc@alzscot.org](mailto:aberdeendrc@alzscot.org)



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*A cairn na h-èisteachd*

[www.alcoholanddrugsaction.org.uk](http://www.alcoholanddrugsaction.org.uk)

**ALCOHOL CAN BE A LONELY PLACE**

**ADA**  
Alcohol & Drugs Action

**ADA is here to help**

Open 7 days a week.  
Friendly, confidential service.

To find out how we can help please call:  
**Helpline 01224 594700**

You can also email us:  
**helpline@alcoholanddrugsaction.org.uk**

For advice please visit:  
**alcoholanddrugsaction.org.uk**

Administration 01224 57720  
7 Hadden Street, Aberdeen AB11 6NU

Alcohol & Drugs Action is a registered Scottish Charity Number SC03582

**ADA**  
Alcohol & Drugs Action

Find us on Facebook  
Follow us on Twitter

**“I was able to access support quickly when I needed it and that made all the difference. I trust ADA.”**  
- Johnny, aged 35

**Helpline 01224 594700**  
For advice, support and access to our drugs & alcohol services



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**Have you thought about cutting back?**

Alcohol is so widely used that we often forget that it is a drug which can harm our physical and mental wellbeing. If you think you may be drinking too much, you are not alone:

- Over 40% of people in Aberdeen drink above the recommended weekly limits
- 10,000 people in Aberdeen are drinking at a harmful level and are at risk of developing physical and mental health problems.

ADA provides alcohol services in Aberdeen which offer:

- ✓ Information on sensible drinking and advice on how to cut down
- ✓ Advice and support if you are concerned about a loved one.
- ✓ Advice and support if you have developed a problem with drinking
- ✓ Access to health, social and peer support to help you recover

ADA also offers support and help if you are concerned about you or a loved one's use of other substances. Full service details are available on our website.

[www.alcoholanddrugaction.org.uk](http://www.alcoholanddrugaction.org.uk)



**"I was stuck for so long and help was easier than I thought"**

- Julie, aged 48

**When the problem is right in front of you, we're here to help you face it.**

Alcohol & Drugs Action (ADA) is a local charity working in Aberdeen and Aberdeenshire providing specialist drugs and alcohol services. Our aims are to reduce harms associated with alcohol and other drugs and to promote recovery for people and families.

We believe in working with people at whatever stage they are at. We recognise that some people use alcohol to socialise and relax and it never becomes harmful or problematic. However, many people may feel they need to reduce their drinking and some may feel they need to stop drinking completely. ADA is here to advise and support to help people identify and achieve their personal goals regarding alcohol.

If you would like to find out more about how we can help you, please contact us via our confidential helpline, by dropping in to see us at our city centre base in Aberdeen or by visiting our website.



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## CASH IN YOUR POCKET PARTNERSHIP

PENSION/ BENEFITS Budgeting STOP SMOKING FORM FILLING  
 Self-Directed Support Reconsiderations & Appeals UNIVERSALCREDIT  
 Attendance Allowance PIP Fire/Safety Home Checks DEBT  
 Repairs & Adaptations Health Checks Support for Carers Getting back to work



### NEW Cash In Your Pocket numbers

Before completing this referral application, why not consider calling us

**01224- 974402 (Monday to Friday, 10:00 to 16:00)**

WE ALSO NOW HAVE A NEW FREEPHONE NUMBER **0800 953 4330**

Make a referral quickly over the phone

What help do you need? Tick as many boxes as apply and a relevant agency will contact you.

**CLAIMING BENEFITS/ PENSION/ ENTITLEMENT:**  Benefit check/ Review

- Help to complete Pension/ Benefit applications (which Benefit/Allowance - please tick below, if known):-
- Attendance Allowance  Carers Allowance  Personal Independence Payments  Child DLA
- Access to computer to make benefit claims  Help with appeal/mandatory reconsideration
- Help to apply for a Community Care Grant/ Crisis Grant

**HEALTH AND CARE:**  Free Health Check  Healthy Eating  Exercise Information

- Stop Smoking Advice  Preparing Low Cost Healthy Meals  Drugs/Alcohol issues
- Help with Self- Directed Support  Support for Carers  Dementia services
- Mobility Aids/ Equipment/Assistance  Hospital Transport  Blue Badge

**MANAGING YOUR MONEY:**  Debt (e.g. fuel, loan repayments, rent, council tax arrears, other)

- Help with Budgeting  Low cost loans  Savings options

**IN THE HOME:**  Insulation  Central heating  Fuel meters/ changing fuel suppliers

- Repairs / adaptations  Home/Fire safety checks
- Health issues requiring adaptation/ move

**REDUCED BENEFIT/ INCOME / LIVING ON LESS:**  Advice on benefit reduction (e.g. sanctions)

- Advice when facing eviction  Redundancy Advice  Low Cost Foods

**GETTING BACK TO WORK:**  Help with CV/Application Forms  Interview Skills

- Help with computers  Training Opportunities  Volunteering  Advice on Benefits/Tax Credits

Barriers to work (please give details): .....

Please use this box for any further information

**MY CLIENT:**

Name: .....

Date of birth: ..... Ethnicity: .....

Address: .....

Postcode: .....

Telephone No: ..... NI number (if known): .....

Type of home:  Council  Private (rented)  Private (owned)  Housing Association  Other

Would you prefer a relative/friend/carer to act on your behalf? If so please give details:

Name: ..... Tel no: .....

I agree to this referral and understand that the information I give on this form may be passed to Cash in Your Pocket Partners.

Signed: ..... Dated: .....

**MY DETAILS:**

Referred by (optional): Name: ..... Org/role: .....

Contact Telephone no: ..... Dept/surgery/location: .....

Would you please renew my supply of this referral form. Number required .....



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## Who are Cash In Your Pocket Partnership?

We are funded by the Fairer Aberdeen Fund to help people in need access the right support and advice to improve their finances. We provide a single point of contact and can refer people to the most appropriate agency. For example we can put you in touch with organisations that will help with a benefit query or financial difficulty.

## Who is the service available to?

Anyone who lives within Aberdeen City and Aberdeenshire can benefit from it. Referrals can also be made from anyone working with clients who would benefit from using our service e.g. health visitors, support workers.

## Why get in touch with us?

When looking for advice it can be stressful and time-consuming trying to find where to turn. Our service allows you to make contact with us (in most cases only once) to highlight the issues you are facing. We then do the work to find the help you need.

## How to contact us:

The quickest way to make a referral is by phone.

Telephone: 01224- 974402 (Monday to Friday, 10:00 to 16:00)

We now have a new Freephone number for clients to contact us: 0800 953 4330

Referral form: complete this referral form and return by addressing envelope as follows:-:

"Freepost, CASH IN YOUR POCKET"

(N.B. no other address details such as street, town or post code required to be written on the envelope).

Website: [www.ciyp.co.uk](http://www.ciyp.co.uk) check our website for useful links and advice. You can also complete our referral form online.

Email: [info@ciypp.co.uk](mailto:info@ciypp.co.uk)

*Cash in Your Pocket will use the information you have given for the purposes of providing the assistance which you have requested. Information will be exchanged with partner organisations providing advisory and additional services relevant to this purpose. This information will be held/used in accordance with the Data Protection Act 1998 for no longer than a period of 5 years before being destroyed.*

## Some of the organisations we work with:

**CARE AND REPAIR** Shelter Jobcentre Plus Aberdeen Foyer Pathways NESCU Credit Union  
NHS Grampian SCARF HEAT Citizen Advice Bureau Scotland Home Energy Scotland (HES)  
**ACC Financial Inclusion Team** Gordon Rural Action **ACC Fit Team** Aberdeen Action on Disability  
Aberdeen Food Banks Partnership **THE PENSION SERVICE** Civil Legal Assistance Office (CLAO)  
Community Food Initiatives North East (CFINE) Aberdeen Illness and Disability Advice Service  
Homestart **Somebody Cares** WEA Disabled Person's Housing Service **St Machar Credit Union**  
SMART Money Advice **Grampian Credit Union** Aberdeen City Council Services

For more information visit: [www.ciyp.co.uk](http://www.ciyp.co.uk)



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## Looking for help with your health?

Do you want to enjoy better health, or would you like information about a health condition? NHS Grampian healthpoints provide free, confidential, walk in advice and information on:

- Improving your health
- Health concerns
- Accessing NHS services
- Local and national support groups and organizations

We will tailor information and advice for your needs and in a suitable format, such as in large print or a different language.

If you want to improve your health, we can offer you a range of help, from simple advice to a personalized 'self-care' folder. This folder has clear information and advice on making simple, practical changes to your lifestyle and about local support networks.

If you have been diagnosed with a condition, or want to find out about a health condition, we can offer information on the condition, sources of further information and details on local and national support networks. Visit us at the healthpoint in the Aberdeen Health Village, go to [www.nhsgrampian.org/healthpoint](http://www.nhsgrampian.org/healthpoint) or call our **free healthline** 08085 202030.



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## Occupational Therapy

### Hillylands Independent Living Centre

2 Croft Road, Mastrick, Aberdeen, AB16 6RB



Do you or someone you care for struggle with everyday tasks?

Hillylands Independent Living Centre offers:



- Professional and impartial advice on activities of daily living from Occupational Therapy staff
- Demonstration of equipment solutions including; telecare, bathing/showering equipment, stairlift, kitchen equipment, chairs and toileting equipment.



Open to the Public  
Monday – Friday  
9am- 5pm



For enquiries please contact  
01224 666350

Alternatively why not try an on-line self assessment, please visit



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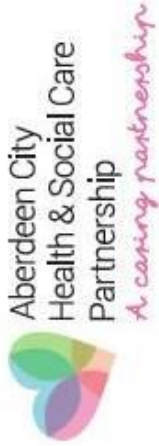
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## Where can I get more information on Self-Directed Support?

### Self-Directed Support Team

Aberdeen City Health & Social Care Partnership  
Aberdeen City Council  
Business Hub 8  
1st Floor North  
Marischal College  
Broad Street  
Aberdeen AB10 1AB

Telephone:

**01224 523837**

Email:

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

MyLife Portal:

**<https://aberdeencity.mylifeportal.co.uk>**

This document is available in various formats and languages. Please call **01224 523837**.

Detailed factsheets on the four options and other relevant information are available on the MyLife Portal.



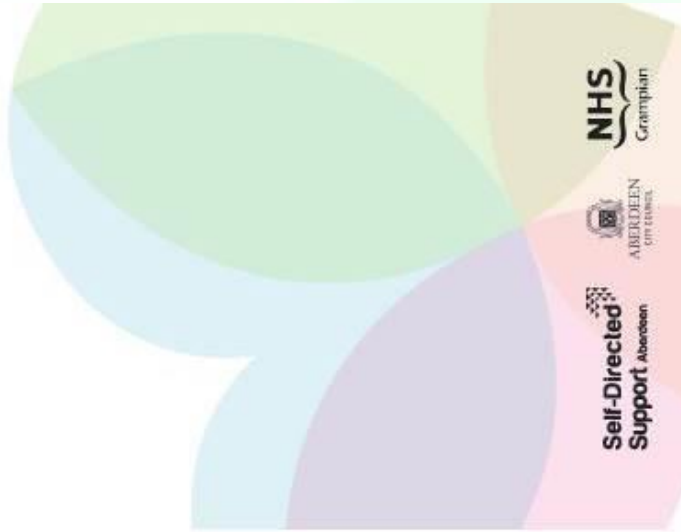
## The Aberdeen City Health & Social Care Partnership is the integration authority for Health & Social Care in Aberdeen City

It is a formal public body under the Public Bodies (Joint Working) Scotland Act 2014. It is responsible for planning and delivering health and social care services from NHS Grampian and Aberdeen City Council for the people of Aberdeen.

We are committed to improving the health and wellbeing of local citizens and to becoming one of the leading partnerships in Scotland.

## What you need to know

### Self-Directed Support



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## What is Self-Directed Support (SDS)

- Self-Directed Support (SDS) legislation gives you control over how you receive your care and support.
- SDS enables you to choose how much control you want to have of your personal budget and how this will be spent to meet your assessed outcomes.
- You can choose what your support will look like and how you will be supported.
- Within Self-Directed Support there are 4 options available to you for managing your care and support.

## How do I get Self-Directed Support?

You will be entitled to Self-Directed Support if you've been assessed as eligible to receive a service from Aberdeen City Health and Social Care Partnership or Aberdeen City Council Education and Children's Services.

A referral can be made by you, a family member or a professional to request an assessment to determine your eligibility for care and support services.

## Option 1 Direct Payment

This means you manage your own personal budget and you are responsible for ensuring it's spent to meet your identified needs, in agreement with your allocated worker.

You can employ your own personal assistant or use an agency registered with the Care Inspectorate. Option 1 is suitable if you can manage your personal budget and support, or where someone has legal powers to manage the money on your behalf.

## Option 2 Directing Your Support

This means you or your legal representative have choice and control over your support from a registered agency but you don't have to manage the money. You cannot employ a personal assistant through Option 2.

You're in control and make all the decisions about how you will be supported. You decide, with your allocated worker, what you want to purchase – and it will be paid for on your behalf by Aberdeen City Council or ACHSCP or a separate 3rd party Individual Service Fund provider.

## Option 3 Local Authority Arranged Support

This means you ask your allocated worker to buy and pay for your services and support from providers which have contracts with Aberdeen City Council or ACHSCP. Your allocated worker will discuss with you what's available to make sure you get the right support for your identified needs.

## Option 4 Mix and Match

This means you have the flexibility to choose parts of Options 1, 2 and 3 in a way that best meets your identified needs. You can mix the options, so long as you stay within your personal budget and your allocated worker agrees that this is the best choice for you. You are in control and your allocated worker will give you ongoing support.

## Am I eligible for services?

The Aberdeen City Health and Social Care Partnership or Aberdeen City Council Education and Children's Services have their own eligibility criteria for providing services. To have your eligibility for services identified an allocated worker will carry out an assessment. Once you have been assessed as eligible for support you will be offered SDS and the 4 options will be discussed with you. If you are subject to certain Criminal Justice Orders you will not be eligible for SDS.

## What if I'm not eligible for services?

If you are assessed as being ineligible for support the allocated worker will signpost you to agencies, providers, organisations and community services that can provide you with further information and advice.



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# Helpful Contact Numbers



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### **Aberdeen Care and Repair-**

Aberdeen Care and Repair can offer services to residents of Aberdeen City. Tel 01224 251133 or email [gencareandrepair@castlehillha.co.uk](mailto:gencareandrepair@castlehillha.co.uk)

### **Aberdeen Health Point**

Aberdeen Health and Care Village- Frederick Street. Provides free information and advice on health related questions. Tel 08085 202030 or email [healthpoint@nhs.net](mailto:healthpoint@nhs.net)

### **Adult Support and Protection-**

Report Adult Protection Concerns. Tel: 0800 731 5520

### **Alzheimer Scotland Aberdeen- Dementia Resource Centre**

13-19 King Street, AB24 5AA. Tel. 01224 64407

### **Bon Accord Care –**

Information on a range of services including personal care/support in the home, day services, respite for carers, occupational therapy, telecare and wellbeing activities. Tel. 01224 218300, [emailinfo@bonaccordcare.org](mailto:emailinfo@bonaccordcare.org) or visit [www.bonaccordcare.org](http://www.bonaccordcare.org)



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### **Care Management-**

Arrange care or support at home. For an assessment Tel. 01224 264004

### **Cash In Your Pocket-**

Free referral service can be used by anyone requiring Information, Advice, or Practical Help around money and financial wellbeing, in relation to any health, care, or support needs. Tel 0800 953 4330 or email

[info@ciypp.co.uk](mailto:info@ciypp.co.uk) or visit [www.ciypp.co.uk](http://www.ciypp.co.uk)

### **City Home Helpers-**

City Home Helpers offers flexible services on a short or longer term basis as well as one off services to suit your needs. Tel 01224 570400 or email

[enquiries@cityhomehelpers.co.uk](mailto:enquiries@cityhomehelpers.co.uk)

### **North East Sensory Services-**

NESS, an independent local charity and the first integrated joint sensory service in Scotland, delivers information, equipment and support. Tel 01224 625622 or email [info@nesensoryservices.org](mailto:info@nesensoryservices.org) or visit

[www.nesensoryservices.org](http://www.nesensoryservices.org)

### **Occupational Therapy-**

For home checks and aids for independent living. Tel 01224 666350 or email

[OTDuty@bonaccordcare.org](mailto:OTDuty@bonaccordcare.org)



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## **Out of Hours Social Work –**

For emergencies/crises. Tel. 01224 693936 or email

[OOHS@aberdeencity.gov.uk](mailto:OOHS@aberdeencity.gov.uk)

## **Scottish Fire and Rescue Service-**

For free home safety checks Tel. 01224 618342

## **Self-Directed Support Aberdeen-**

Self-Directed Support is all about people having choice, control and flexibility over their care and support. Tel 01224 523837 or email

[SDSHelpline@aberdeencity.gov.uk](mailto:SDSHelpline@aberdeencity.gov.uk)

## **Telecare-**

To help you live independently at home. Tel 01224 788616 or email

[communityalarm@bonaccordcare.org](mailto:communityalarm@bonaccordcare.org)

## **VSA-**

Carers support, care, day-care and support. Tel 01224 212021 or email

[info@vsa.org.uk](mailto:info@vsa.org.uk)

## **Wiltshire Farmfoods-**

Service to provide easy to cook microwavable and nutritional food. Tel 01358 725200 or visit [aberdeen@wiltshirefarmfoods.com](mailto:aberdeen@wiltshirefarmfoods.com)



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**Urgent Medical Advice-**

Daytime- Contact your own GP

Evenings Weekends and Holidays- 111

For Serious accidents and emergencies- 999

General switchboard for contacting NHS wards and departments - NHS

Grampian Switchboard - 0345 456 6000



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## Volunteering

Many of the groups listed in this manual rely on volunteers to run the groups. If you would like to know more about supporting any of these groups, please get in touch with the group direct.

If you are interested in giving your time but aren't sure what or where to go, contact ACVO on:

**Tel.** 01224 686076

**Email.** [volunteer@acvo.org.uk](mailto:volunteer@acvo.org.uk)



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## We Want to Hear from You

Please tell us what you think of this Wellbeing Manual so that we can continually improve the information.

Get in touch through:

**Tel.** 01224 522270

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



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