

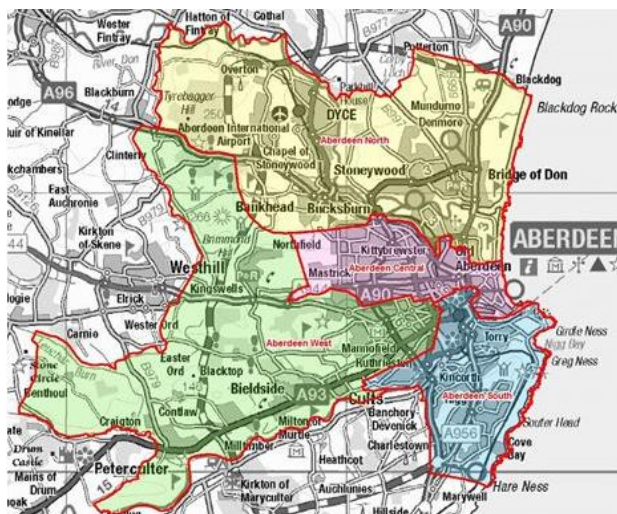


North Locality Wellbeing Manual

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



Where is the North Locality?



This map shows Aberdeen City. The North locality is highlighted in **Yellow**. Areas included in the North locality include:

- Dyce
- Bucksburn
- Bridge of Don, Danestone
- Seaton

The Wellbeing Manual is to show 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





In this Manual:

- Transport Information
- Local Activities and Information
 - Bridge of Don
 - Bucksburn
 - Dyce
 - Seaton
- City Wide Information
- Helpful Contact Numbers
- Volunteering
- Feedback
- Notes





Transport Information





Fleet Transport

Mini buses and coaches for trips can be organised through:

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

01224 552923





Buchan Dial a Community Bus

Buchan Dial-a-Community Bus (DACB) is a growing social enterprise in North East Aberdeenshire, focussing on reducing social exclusion through the provision of high quality community transport delivery and support services.

To book please contact: admin@dialabus.org.uk

01771 619191





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





OPENING HOURS

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





Local Activities and Information





Staying Active is important in later life- here are some great opportunities to stay healthy and have fun.

Beacon Sports Centre:

Monday	12:00- 13:00	Stable and Able
Tuesday	11:00- 12:00	Gentle Exercise
Wednesday	14:00- 14:45	Retro Rhythms

Tel: 01224 214488

Bucksburn Swimming pool:

Active Ageing Swimming

These open swim sessions are offered at quiet times in the pool - and provide opportunity to swim at your own pace:

Monday	14:30- 15:15	Active Ageing Swimming
Tuesday	14:00- 15:15	Active Ageing Swimming
Thursday	14:15- 15:15	Active Ageing Swimming

Aqua aerobics

Tuesday	13:30- 14:00	Aqua Aerobics
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Tel: 01224 507757





Alex Collie Sports centre:

Tuesday 13:30- 14:15- Zumba Gold

Wednesday 09:45- 10:45 Fun Fitness

Wednesday 13:45- 14:45 Stable and Able

Thursday 09:30- 10:15 Zumba Gold

Tel: 01224 826769

Bridge of Don Swimming Pool

Tuesday 19:45- 20:30 Aqua Zumba

Wednesday 15:00- 16:30 Active ageing Swimming session

Thursday 19:15- 19:45 Aqua aerobics

Tel: 01224 701136

Jesmond Sports Centre

Tuesday 11:00- 12:00 Senior Circuits

Tel: 01224 507755





sport aberdeen

Health Walks

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

Tuesday

Woodside - Fountain Community Centre - 11.00am

Dyce - Asda Dyce Cafe Area - 1.30pm

Thursday

Bridge of Don - Jesmond Sports Centre - 10.30am

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





Libraries

Bridge of Don Library- Scotstown Road

Opening Hours

Monday: 10am - 7pm

Tuesday: 10am - 5pm

Wednesday: 10am - 7pm

Thursday: 10am - 5pm

Friday: 10am - 5pm

Saturday: 10am - 1pm & 2pm - 5pm

Bucksburn Library- Kepplehills Road

Opening Hours:

Monday: 10am - 7pm

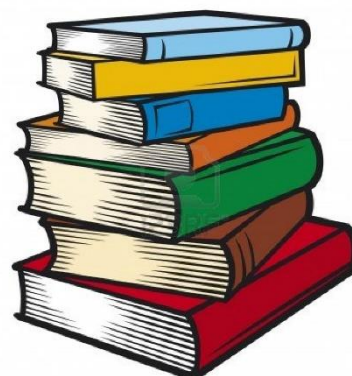
Tuesday: 10am – 5pm

Wednesday: 10am – 7pm

Thursday: 10am - 5pm

Friday: 10am – 10am-- 5pm

Saturday: 10am - 1pm & 2pm- 5pm



Dyce Library- Riverview Drive

Opening Hours:

Monday: 10am - 5pm

Tuesday: 10am - 5pm

Wednesday: 1pm- 7pm

Thursday: 10am - 5pm

Friday: 10am - 5pm

Saturday: 10am - 1pm





Tillydrone Library- Pennan Road

Opening Hours:

Monday: 10am- 7pm

Tuesday: 10am- 5pm

Wednesday: 10am- 7pm

Thursday: 10am- 5pm

Friday: 10am- 5pm

Saturday: 10am -1pm & 2pm- 5pm

Home Library Service

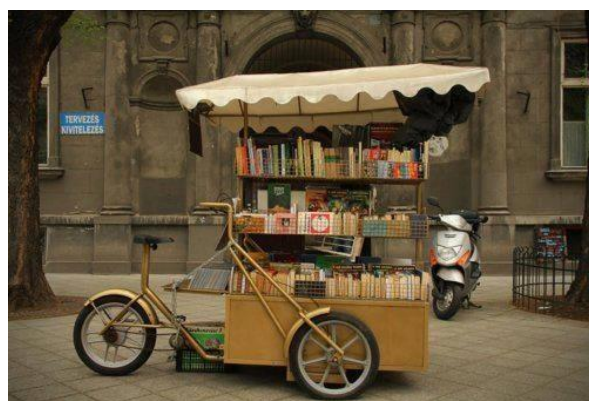
The Home Library Service is a free personal service for people of all ages who live in Aberdeen and are unable to visit their local library due to disability, illness or because they are caring for someone.

The service is available on a permanent or temporary basis, for example while recovering from an operation or illness.

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.

Our staff are happy to give group presentations about the service. Get in touch to find out more or to request a talk for your community group, organisation or residence.





Contacts:

Home Library Service
c/o Airyhall Library
Springfield Road
Airyhall
Aberdeen
AB15 7RF
Phone: 01224 498930
Email: HomeLibrary@aberdeencity.gov.uk





Are you a Carer? I'm here to help!

Hi my name is Hazel and I work as a Carers Advisor for VSA Carers Resource Service in the Aberdeen North locality.

An **UNPAID Carer** is generally defined as a person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the Carer's help.

You may provide help with personal things like getting washed and dressed and taking medication. You may also help with things like shopping, laundry, cleaning or cooking.



IS THIS YOU? VSA Carers Resource Service offers advice, information and support on all aspects of caring. We can also provide access to charitable grants and signposting to other organisations.



For more information, please contact me:

Hazel Reid, Carers Advisor
VSA Carers Resource Service
38 Castle Street, Aberdeen AB11 5YU
01224 358629
Hazel.Reid@vsa.org.uk
www.vsa.org.uk



Registered Scottish Charity SC 012950



vsa aberdeen



@supportvsa



support-vsa





GP Practices

New Dyce Medical Practice

Address: New Dyce Medical Practice
Dyce Health Centre
Dyce, Aberdeen

Tel: 0345 337 9922



23a Altonrea Gardens
AB21 7NQ

Scotstown Medical Practice

Address: Scotstown Medical Centre
Cairnfold Road
Bridge Of Don
Aberdeen
AB22 8LD

Tel: 01224 702149



Danestone Medical Practice

Address: Danestone Medical Practice
Fairview Street
Danestone
Aberdeen
AB22 8ZP

Tel: 01224 822866





Gilbert Road Medical Practice

Address: Gilbert Road Medical Group
39 Gilbert Road
Bucksburn
Aberdeen
AB21 9AN

Tel: 01224 712138

Bucksburn Medical Practice

Address: Bucksburn Clinic
Kepplehills Road
Bucksburn
AB21 9DG

Tel: 01224 713927



Old Aberdeen Medical Practice

Address: 12 Sunnybank Road
Aberdeen
AB24 3NG

Tel: 01224 486702

Oldmachar Medical Practice

Address: Jesmond Drive
Aberdeen
AB22 8UR

Tel: 0345-337-0510





THE
LIVINGWELL
PROJECT
befriending service

Befriending is a supported friendship between two people: a trained Volunteer and a Friend (Befriender). Befriending is offered to alleviate feelings of isolation (social or geographic) and loneliness resulting from a lack of opportunity to meet people for social contact, to make friends, or have someone to talk to for whatever reason.

People can be isolated or feel alone for all sorts of reasons – family living at a distance, experience of bereavements, or frail health restricting lifestyle and activities. Befriending provides safe, reliable, 1-1 friendly social contact which brings companionship, interest and fun and adds social normality to a person's life.

Who we can help

Anyone who is over 65 who is lonely or isolated and lives in Bucksburn, Stoneywood, Dyce, Bridge of Don or Kingswells can be referred for a befriender. A person can refer themselves or be referred by a relative, friend, and neighbour or by a professional e.g. doctor, nurse, care manager.

Our volunteers

We are very fortunate to have volunteers of all ages (20 to 80's) who give from about an hour to a couple of hours a week. They come from all walks of life, different professions and areas and all are, without question, exceptional.

The Living Well Befriending Service

01224 712808

befriending@thelivingwellproject.org.uk





Bridge of Don





Danestone Community Centre



Serving the Danestone area and easily accessible to residents from other communities in the North of Aberdeen. The centre has a busy programme and is host to a wide range of activities, groups and classes.

From keep fit to badminton, Busy bees playgroup to the bowling group and much, much more. The centre has something on to suit all age groups and interests in the community.

**Address: Fairview Street,
Danestone,
Aberdeen
AB22 8ZP**

Tel: 01224 828333





DANESTONE COMMUNITY CENTRE TIMETABLE

Fairview Street, Danestone, Aberdeen, AB22 8ZP Tel: 01224 828333
Email address: Danestonecentre@btinternet.com

MONDAY

7.00 – 9.00am	Danestone Dawnbreakers Breakfast Club Small Hall
8.30 – 2.30pm	Aberdeen Baby Sensory with Sheryl Large Hall
9.30 – 11.30am	Busy Bees Playgroup Small Hall
1.00 – 2.00pm	Story and Rhyme Time with Sami and Steph Small Hall
4.00 – 5.00pm	Kids Boxercise with Tom McPherson Large Hall
4.15 – 6.00pm	Dance Explosion Small Hall
5.30 – 6.30pm	Granite City Taekwondo Juniors Large Hall
6.00 – 6.30pm time)	Councillors Surgery (First of every month term) Small Hall
6.15 – 7.15pm	Danestone Gardening Club starting soon
(Last Monday of every month starting soon)	Small Hall
6.30 – 7.30pm	Boxercise with Tom McPherson Small Hall
6.30 – 9.15pm	Granite City Taekwondo Seniors Large Hall
7.30 - 8.30pm	Yoga with Elizabeth Young Small Hall

TUESDAY

7.00 – 9.00am	Danestone Dawnbreakers Breakfast Club Small Hall
9.00 – 11.30am	Caf4e @ Danestone Kitchen
9.30 – 11.30am	Mucky Pups Large Hall
10.00 – 11.30am	Tuesday, Tea and Talk starting soon Small Hall
12.00 – 13.30pm	Lynx Runners





Outside

1.30 – 2.15pm	Ian Wilson Soccer Coaching Pre School to 4 years	Large Hall
4.00 – 5.00pm	Ian Wilson Soccer Coaching Age 5 years and over	Large Hall
5.00 – 6.00pm	Ian Wilson Soccer Coaching Age 7 years and over	Large Hall
6.30 – 7.30pm	Body Combat	
	Small Hall	
7.45 – 9.45pm	Upholstery Class (10 weeks) starting 24 April	Small Hall
6.00 – 7.00pm	Krav Maga with Eموke	
	Large Hall	
7.00 – 9.30pm	Social Badminton One Court Till Eight Clock	Large Hall

WEDNESDAY

7.00 – 9.00am	Danestone Dawnbreakers Breakfast Club	Small Hall
9.30 – 11.30am	Busy Bees Playgroup	
	Small Hall	
10.00 – 12.00am	Ladies Badminton	
	Large Hall	
1.30 – 2.30pm	Buggy Fitness with Claire	
	Small Hall	
2.00 – 4.00pm	Carpet Bowls	
	Large Hall	
4.30 - 5.30pm	Lego Club (ASN Support Abdn & Aberdeenshire Association)	Small Hall
6.00 – 7.30pm	Brownies (School Term Time only)	
	Large Hall	
6.00-7.00pm	YoPi (Yoga and Pilates) with Debbie Livingston	
	Small Hall	
7.00 – 8.00pm	Zumba with Siobhan	
	Small Hall	
7.30 – 8.30pm	Badminton	
	Large Hall	
8.00 – 9.00pm	Pound with Siobhan	
	Small Hall	
8.30 – 10.00pm	Ladies Dodgeball	
	Large Hall	





THURSDAY

7.00 – 9.00am	Danestone Dawnbreakers Breakfast Club Small Hall
9.15 – 11.30am	Mucky Pups Large Hall
9.30 – 11.30am	Caf4e @ Danestone Kitchen
10.45-11.15am	LG Dance School Tap Dancing Small Hall
11.15 – 12.15pm	Mummy and Me with LG Dance School Ballet Small Hall
1.30 – 2.15pm	Ian Wilson Soccer Coaching Pre School Large Hall
3.15 – 4.00pm	Easy Exercise Classes with Fight Fit Large Hall
3.30 – 5.30pm	LG Dance School Ballet Small Hall
5.00 – 6.00pm	Granite City Taekwondo Juniors Large Hall
6.00 – 7.00pm	Body Combat Small Hall
6.00 – 8.05pm	Granite City Taekwondo Seniors Large Hall
7.00 – 9.00pm	Sound Bath with Jennifer Law starting April Small Hall
7.15 – 9.15pm (Monthly)	Miscarriage Support Group with Abi Clarke Small Hall
7.30 – 9.30pm April)	Local History Group (Fortnightly -September to Small Hall
8.05 – 10.00pm	Carpet Bowls Large Hall

FRIDAY

7.00 – 9.00am	Danestone Dawnbreakers Breakfast Club Small Hall
9.30 – 10.00am	Buggy Walks with Moira Outside
9.30 – 11.30am	Busy Bees Playgroup Small Hall
9.00 – 10.00am	Teas, Toast and Toys





	Large Hall
10.00 – 3.00pm	Pre-school Bouncy Castle Session
	Large Hall
12.30 - 2.30pm	WEA Adult Learning Class
	Small Hall
3.00 – 5.00pm	After-school Bouncy Castle
	Large Hall
4.30 - 5.30pm	Sensory Stay and Play (ASN Support Abdn & Aberdeenshire Association)
	Small Hall
5.00 - 6.00pm	Danestone Primary P3 Football (winter only)
	Large Hall
6.15 – 7.15pm	Anchor Boys (School Term Time Only)
	Large Hall
7.15 – 10.00pm	Boys Brigade (School Term Time Only)
	Large Hall

SATURDAY

9.30 -10.30am	Clubbercise with Emma
	Small Hall
10.30 -11.30am	Krav Maga with Eموke
	Small Hall
11.00 –1.30 pm	Birthday Parties
	Large Hall
2.00 – 4.30pm	Birthday Parties
	Large Hall

SUNDAY

11.00– 1.30pm	Birthday Parties
	Large Hall
2.00 – 4.30pm	Birthday Parties
	Large Hall
2.30 – 4.30pm	Tea and Tunes Sunday Tea Parties starting soon on 1st Sunday of every month
	Small Hall
4.30-6.30pm	Weight Watchers with Catriona Hogg



CAF4E & COMPANY LUNCH CLUB

FOR OLDER PEOPLE IN BRIDGE OF DON

LUNCH CLUB meets every other Friday at **Destiny Church**, Bridge of Don and is a great place to join others in your local community and enjoy various activities over a nutritious meal.

Transport to **Destiny Church** can be provided if required.

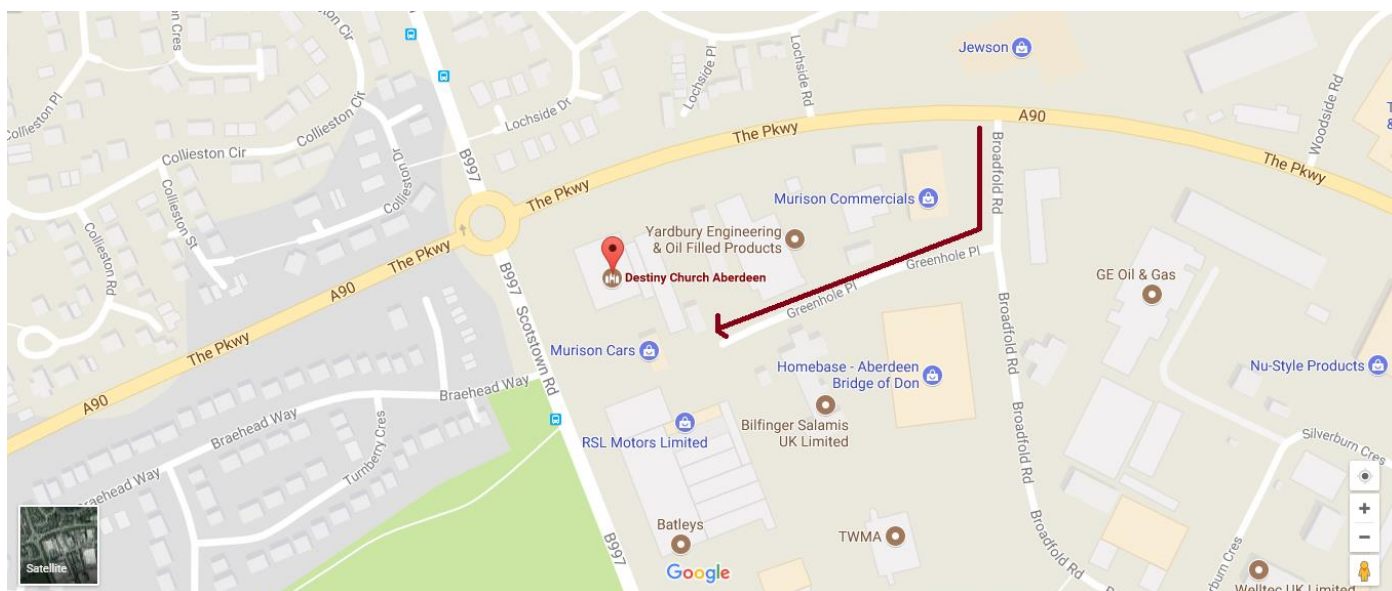
Please contact a Lunch Club Coordinator to make a booking or for more information.

Grace Doris Lunch Club Coordinator Tel: 07920 554 261 grace.caf4e@outlook.com	Ian Mugglestone Lunch Club Coordinator Tel: 07742 589 073 ian.caf4e@outlook.com
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When: Alternate Fridays, 12.30pm – 2.30pm (see over)

Where: Destiny Church
 Greenhole Place, Bridge of Don, Aberdeen AB23 8EU

Cost: £5 per person



Communities working in partnership...



2018		
JAN	12	AUG 25
	26	
FEB	09	SEP 08
	23	22
MAR	09	OCT 06
	23	20

CAF4E & COMPANY
LUNCH CLUB DATES

SUMMER HOLIDAYS
(JULY – MID AUGUST)
LUNCH CLUB CLOSED





THE
LIVINGWELL
PROJECT

living well café

The Living Well Cafe has been set up to provide social support for those who are affected by dementia including their families and carers. The Living Well Cafe offers a safe and friendly space to support people with memory loss or dementia and their carers and families.

The cafes run Tuesday afternoons between 1 and 3 pm alternately at Newhills Church and Oldmachar Church.

Café at Newhills Church

Bucksburn, Aberdeen, AB21 9SS

Café at Oldmachar Church

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

For more information, contact us:

Jeanette Abel on 07935 745435 or Jo Mugglestone on 07935 733926

By email: cafe@thelivingwellproject.org.uk

Facebook: www.facebook.com/livingwellcafe





Bridge of Don Community Centre

**Braehead Way, Bridge of Don, Aberdeen, AB22 8RR.
Tel: 01224 701160**

Monday

Art Class: 10 am-12 pm

Info: A course for complete beginners and anyone who enjoys drawing and watercolour painting. Beginning with basics, the course teaches a wide range of skills and tricks of the trade.

Each week the teacher demonstrates a particular technique, after which students try it out themselves.

The syllabus includes advice on art materials, laying a wash, graded washes, mixing colours, modelling form with tone, linear perspective, dry-brush, lifting-out, aerial perspective, broken colour, sponging, spattering, scraping, masking fluid, natural greens, trees, buildings, skies and clouds, sunsets, snow effects, fur and feathers, reflections on water, mist etc. etc.

Zumba 7-8pm

Details: Zumba involves dance and aerobic movements performed to energetic music

Class held by Patricia Jimenez Caldera

For details contact **01224 701160**.

Pilates Class 7.30-8.30pm

Details: A complete exercise method dedicated to improving physical and mental health. Pilates focuses on building your body's core strength and improving your posture through a series of low repetition, low impact stretching, and conditioning exercises. You will increase your core strength (back, abdominals and pelvic floor), improve your flexibility and agility and at the same time tone your stomach and thigh muscles.

For details contact **01224 701160**

Tuesday

HANDSS Youth Group 6.15-7.30pm





Details:

HANDSS (Helping Additional Needs Develop Social Skills) is a weekly club for children who receive support for learning or have additional support needs such as autism spectrum disorder or ADHD. It offers various sports' activities, games, and arts and crafts. Parents stay, giving them the opportunity to join in games, have a cuppa and chat with other parents.

For details contact **01224 701160**.

Short Mat Bowling 7.00pm - 9.00pm

Details: Providing a friendly and competitive bowling event for all ages.

Badminton 7.30-9.30pm

Details: For adults and younger people, but under 16s must be accompanied by a parent or other carer. It is a mixed ability group and offers the chance to play with likeminded people and to have fun.

Rackets are available but you can bring your own if you wish.

For details contact **01224 701160**.

Wednesday

Youth Group 7.00pm-9.00pm (during term time)



For details contact **01224 701160**.





Haatha Yoga General 6- 7pm, Intermediates 7.15- 8.45pm

Details: Yoga classes for General (beginners welcome) and Intermediates run by Laura Henry (VS Reg) a fully trained Yoga Instructor.

Balance body, breath, mind and spirit through the practice of Yoga Asanas (postures), Pranayama (breath control) and Relaxation

Hatha Yoga is suitable for all ages and abilities come along and give it a try.

For details contact **01224 701160**.

Pilates 9.30-10.30am and 8.00- 9.00pm

Thursday

Knit 'n Natter 10:00am- 11.30am

Details: Knit and Natter meets on a weekly basis. This is a friendly group with tea/coffee and biscuits provided.

Afternoon Book club 3.15pm- 4:30pm.

Details: This book club meets on the first Thursday of the month during term time from 3.15 - 4.30pm. Refreshments provided.

The Discussion Group 1.30pm - 3.00pm



Details:

The group meets in the Activity Room every Thursday afternoon during the school term.

Women of all ages are welcome to come along to listen to the speakers and join in the discussion. There will be a cup of tea or coffee and home bakes. You may bring your pre-school age children with you although there is not a supervised crèche. There is a charge of £1 per person for each attendance.

Topics have included talks on Aberdeen's old buildings and discussions on whether living within our means is an outdated concept.





For more information leave your name for Cathie Clark via the BOD Association Community Centre number or just come along and see what's happening.

Zumba 7.00- 8.00pm

Details: Zumba involves dance and aerobic movements performed to energetic music. Class held by Patricia Jimenez Caldera. For details contact 01224 701160.

Art Class 7:00- 9:00pm

Details: Class held by Mandy variety of mediums, lots of fun.



Clubb working on a

Friday

Short Mat Bowling 7:00-

Details: Providing a friendly bowling event for all ages.



9:00pm
and competitive

Saturday

Badminton 10:00- 12:00pm

Details: For adults and younger people, but under 16s must be accompanied by a parent or other carer. It is a mixed ability group and offers the chance to play with likeminded people and to have fun. Rackets are available but you can bring your own if you wish.





Bridge of Don Community Centre Discussion group

The group meets in the Community Centre, Braehead Way, and Bridge of Don every Thursday afternoon during the school term from 1.30pm to 3:00pm. Women of all ages are welcome to come along to listen to the speakers and join in the discussions. There will be a cup of tea or coffee and home bakes. You may bring your pre-school children with you, although there is not supervised crèche. There is a charge of £1.50 per person for each attendance.



If you would like to know more about the group please contact Cathie Clark,
Tel; 01224 821895





Oldmachar Church



What's on?

Tuesday:

Kids & Co: 9.30am – Parents and toddlers

Wednesday:

Little Jammers: 9.30 a.m. – Parents and toddlers

Wednesday Space: 7:30 p.m. – 8:30 p.m. – Bible study and fellowship (meets in Ministry Room 1)

Thursday

Craft Group: (last Thursday of the month) – 7:30 p.m.

Friday

Coffee Morning: 9.30am – 12pm – all welcome

Saturday

Prayer Group: 8-9 a.m. – all welcome

Sunday

Morning Worship: 10.30am





Please note that these activities may change from time to time. If in doubt speak to the leader of the group you are interested in attending.

The Church Office is open from Monday to Friday between 9 a.m. and 12 noon.

Church Secretary: Mrs Margaret Thom
secretary@oldmacharchurch.org
Tel: 01224 709299

Address: Ashwood Park, Bridge of Don, Aberdeen AB22 8PR.



St Columba's- Church of Scotland

Activities for Adults



Friendship Group

The Friendship Group meets every second week on a Thursday afternoon. At present there are over 40 people attending. It is a group for senior ladies and gentlemen and there is a feeling of friendship and caring within the group. There are a variety of speakers and entertainers with something to interest everyone. Before the group starts at 2.00pm, i.e. from 1.25pm until 1.50pm, there is a very gentle seated exercise class to music, called 'Movin' About,' for those who wish to attend. It is a fun time and the simple exercises are not beyond the less able.

Although the Friendship group started out for the more senior members of the congregation younger people are welcome. **For more information speak to Janette Osgood:**

Thursday Group

Ladies of all ages are welcome. If you are looking for something new to do over the winter months come and join us on alternate Thursday nights starting on the 10th September 2009 at 8pm on our opening night with a Buffet and Quiz Night. Our members are of varying ages some are members of the Congregation and some are not. We have outings and speakers on a wide range of topics and always time for a cup of tea and enjoy fellowship of old and new friends finishing about 9.30pm. The speakers and topics can be viewed here on the syllabus. **If you would like to know more, speak to Pat Burnett.**



Indoor Bowling

Carpet-bowlers are a keen and friendly group at St. Columba's Church. Our Church Bowling Club meets every Monday evening, in the Church, between 6.30pm and 8.00pm for indoor bowls. There are 20 of us, with a regular turnout of about 15 people. We use 2 carpets regularly and 3 carpets if there are enough people. Anyone is welcome to just come along and join us, whether they have played before or not. We welcome everyone.

Beginners will be given a helping hand and there is a supply of bowls available if you don't have your own. Skill is optional as the bowls sometimes have a mind of their own! The atmosphere is very relaxed and friendly and provides an opportunity to meet other people and make friends in informal surroundings.

Address: St. Columba's Church of Scotland, Braehead Way

**Bridge of Don Aberdeen
AB22 8RR**

Tel: 01224 825653





Bridge of Don Baptist Church

55+ Group

The church is open every second Wednesday afternoon between 2pm and 4pm for those who are 55 plus to meet together. The format will be very relaxed, a time to chat, catch up with friends, meet new people and bring friends along.

Life Talk

Maybe you have a question about life and faith and it would help to talk it through, an idea you would like to pass on, an issue you would appreciate help with, a struggle you need to share, or a need that should be prayed through, but you've been reluctant to bother anyone with it? Our pastors, Jarod and Andy want to give time to anyone in the congregation who would benefit from a listening ear, prayer and spiritual counsel. It may even be a friend who might appreciate such an opportunity. The Pastors have set aside time to book a slot with them for this purpose at specific times through the month.

Tea Time Together

Saturdays, 5pm-7pm, every two months

Enjoy time out as a family with folk of all ages, from toddlers to grandparents as we explore faith and have fun too! You'll find crafts, family games, a range of exciting activities and a meal together – all in just 2 hours!

Address: Bridge of Don Baptist Church, Dubford Road, Bridge of Don, Aberdeen, AB23 8GS. Tel 01224 826256





Balgownie Community Centre

Monday

- Tea Dance- Afternoon.

Tuesday

- OAP group- Afternoon (fortnightly).
- WRI – Evening (first Tuesday of the month).
- Gardening- Evening (last Tuesday of the month).

Wednesday

- 50 plus group- Afternoon (fortnightly).
- Indoor Bowling- Afternoon

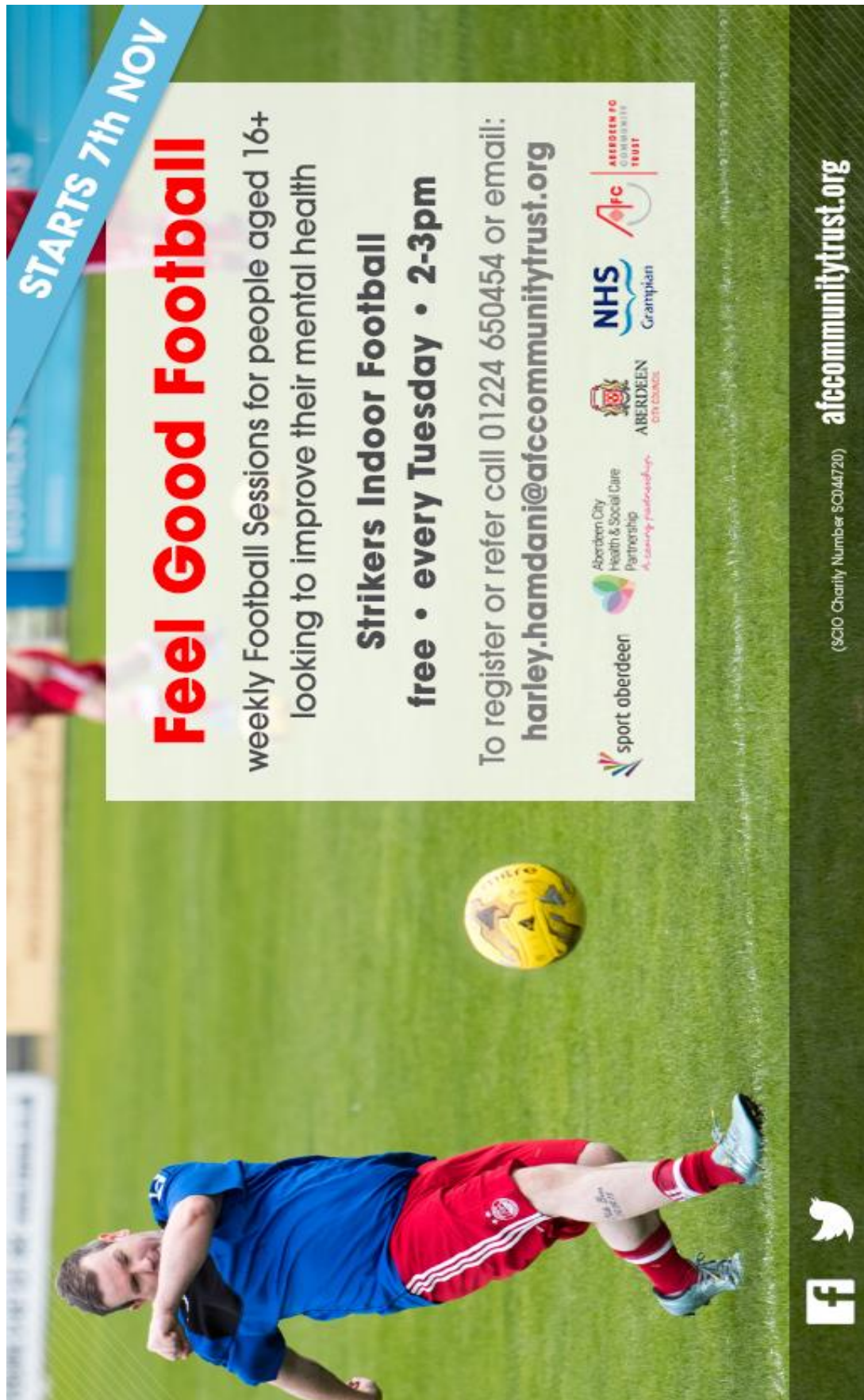
Friday

- Old time dancing- Evening.

Address: Scotstown Road, Bridge of Don, Aberdeen, AB23 8HX

**For further information, please call Susan Masson on:
01224 704823**



STARTS 7th NOV

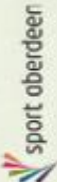
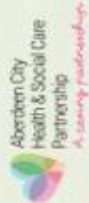




Feel Good Football



weekly Football Sessions for people aged 16+ looking to improve their mental health

Strikers Indoor Football

free • every Tuesday • 2-3pm

To register or refer call 01224 650454 or email:
harley.hamdani@afccommunitytrust.org

afccommunitytrust.org

(SCIO Charity Number SC044720)





Bucksburn





Beacon Learning Centre

Class Title	Day & time	Information and cost
Beacon Cuppa	Monday 9.30-12.30pm Friday 12.30-3.30pm	The Beacon Cuppa is in partnership with Newhills Church. £1.00 for tea/ coffee & fine piece/ 50p for juice & fine piece.
Beacon Singers	Monday 9.30-11.30am	Ongoing group, new members welcome. £1.00 per session
Scrabble	Monday 10.30-12.30pm	Ongoing group, new members welcome. £1.00 per session
Adult Art	Tuesday 12.30-4.00pm	This is an ongoing group, there is currently a waiting list, to register please call: 01224 710841. £1.00 per session.
Dru Yoga	Tuesday 6.45- 8.15pm	Ongoing group, new members welcome. Soft, flowing and easy to follow. Please bring a mat and a blanket. £4.50 per session.
Creative Stitching	Thursday noon- 4pm.	Ongoing group £1.00
Reminiscence Group	Thursday 2-4pm	Ongoing group, meets fortnightly, new members welcome. Come and have a stroll down memory lane. £1.00 per session.

Address: Kepplehills Road, Aberdeen, AB21 9PL.

Tel: Michelle- 07753228625





Bucksburn Stoneywood Parish

Church of Scotland



WELCOME CUPPA

Join Us For A Welcome Cuppa

Are you new to the Area? Or just wanting to get to know some more local people? We meet up on alternate Thursday mornings from 10 to 11:30 am for a fly cuppa and fine piece. However even better than that that you will get to mix with local people and have a really fantastic blether whilst you are relaxing with your cuppa.

Why not pop in midweek and get to know some of us.

Address: 19 Old Meldrum Road, Bucksburn, Aberdeen AB21 9AD (The telephone at the church premises is 01224 712411 but it is not always staffed).





Newhills Parish Church

Serving God and sharing the Good News of Jesus Christ

Over 50's Fellowship

The Over 50's is a group open to men and women. It provides a friendly place where people can meet and make new friends over a cup of tea.

The activities include gentle exercises, carpet bowls, board games and quizzes. Outside entertainment is provided at least once a month, varying from Scottish Band Music, Singers and Keyboard players, Talks and Slide Shows.

The group meets in the Church Hall on Wednesdays from 10am – 3pm. Lunch is provided at a very reasonable cost. **If needed, transport can be provided.**

**Address: Newhills Parish Church, Bucksburn
Aberdeen AB21 9SS**

Tel: 01224 716161

Email: office@newhillschurch.org.uk





Dyce





Dyce & Stoneywood Community Association

General Information

The Association is an independent voluntary organisation. The Management Committee Members and Officers Bearers, all volunteers, are elected at its Annual General Meeting. More than 50 volunteers are involved in organising its activities.

The Association works in partnership with Aberdeen City Council and other local organisations to develop and deliver a range of educational and recreational activities for the area. It organises activities not only in Dyce Community Centre but in sheltered housing complexes. It also operates a Community Minibus. For special projects, the Association has received grants e.g. from NHS Grampian, Age Scotland, Dyce Learning Partnership, TSB.

Contact Details:

Emails:

Marjory D'Arcy

Chairperson

m.c.darcy@talk21.com

Michelle Ewen

Administrative Worker

dycecc@outlook.com

Beverly Smith

Clerical Receptionist

beverlsmith@aberdeencity.gov.uk

Ann Marjoribanks

Project Worker for EncourAGE

dsca.encourage@outlook.com

Minibus

The Association operates a 15 Seat Transit Minibus for the use of Community, Youth and School groups. Groups wishing to





use the bus need to register and have drivers who either have an Aberdeen City Council Minibus Permit or a Midas Certificate. For a "one off" event we can sometimes arrange for one of our volunteer drivers to be available. For further information please contact

Dyce Community Centre office Tel 01224 723344.





E n c o u r A G E D y c e

Activities held at Berrymoss Court and Parkhill Court:

"Movin about" – Chair based exercise. Suitable for all- lovely music and lots of fun- trained leaders.

Fun, Singing, Games and Quizzes.

Lunch Club

Outings

Activities are open to all Older People in Dyce and Stoneywood: Lunch Club meets monthly in the Community Centre. **Outings** are held every month throughout the year.

Anyone living in Dyce or Stoneywood interested in attending the Lunch Club or Outings should contact Anne Marjoribanks: 01224 725147 or dsca.encourage@outlook.com





What's on in Dyce?

Activities for adults

Aerobics

DCC Monday 6.30-7.30pm
Lynn Cowling 07739 048008
lynn_cowling74@hotmail.com

Art Groups/Workshops

DCC

Tuesday 9.15-12.00pm

Thursday 9.30-1.00pm

jeancouper@btinternet.com

Friday 10.00-1.00pm
01224723344

Aurora Scottish Dance and Music

DCC Thursday 7.30-9.15pm

Gillian MacKintosh 01651 863052

Liz Jones both at contact@aurora.org.uk

Badminton

DCC

Tuesday 7.30-9.30am

Wednesday 1.30-3.30pm

01224 723344.

Basketball

DCC Wednesday 7.00- 9.00pm

Graham Lawrence 01224 713315

Glawrence@aberdeencity.gov.uk

Bingo

Carnegie Hall

Friday & 4th Saturday 7.00-10.00pm

Catherine Jamieson 01224 725429

Bridge

DCC Monday 1.15-3.15pm

John Allan 01224 715181

John.p.allen@aol.com

Dyce Book Club

Dyce Library 01224723015

Monthly last Wednesday 5.45 – 6.45pm





Dyce Outdoor Bowling Club

Skene Place. April - September
Mrs Margaret Whyte 01224 723396
mrgtrwhyte@aol.com

Dyce & District Friendship Club

DPCH Fortnightly
Wednesday 2.00-4.00pm
Raymond Mack 01224 724798
ray_mack@talktalk.net

Dyce and District Men's Shed

DCC Mon/Wed /Fri 10.00am – 1.00pm
David Walker 01224 725124
daviewalker44@gmail.com

Dyce and District Oral History Group

DCC Alt Monday 1.30 – 3.30pm
Alison Mitchell 01224 713973 <mailto:dycecc@aberdeencity.gov.uk>
arthurmitchell726@btinternet.com

Dyce Community Music Group 16+

DPC Cox's Room. Monday 7.00 - 9.00pm
Paul Gibson 01224 771660
paul.gibson75@btopenworld.com

Dyce Church Ceilidh Dance Group

DPCH Monthly 1st Tuesday 7.30 – 8.45pm
Morag Gunn 01224 722831
morabgunn17@yahoo.com

Dyce Church Men's Coffee Group

DPC Lounge Saturday 8.00 – 9.00 am
Robert Gunn 01224 722831 morabgunn17@yahoo.com

Dyce Church of Scotland Guild

DPCH Fortnightly 7.30-9.30pm
Ann Marjoribanks 01224 725147
ann.marjoribanks@talktalk.net

Dyce Gardening Club

Carnegie Hall
Every 2nd Tuesday Monthly 7.30-9.30pm
Kevin Mavor 01224 722011
kevin.mavor@btinternet.com

Friskis and Svettis Exercise Class

DCC Tuesday 9.30-10.30am

Glass Fusion





DCC Tuesday 9.30-3.00pm
Jane Ronie 01224 730126

Health Walk

Meet at ASDA Café Tuesday 1.30pm
Marjory D'Arcy 01224 722546
m.c.darcy@talk21.com

Kettlercise/Body Blitz Circuits

Carnegie Hall
Monday 12.15-1.00pm
Wednesday 12.15-1.00pm Jennifer McLaren 07783 852610
jennifer.mclaren@hotmail.co.uk

Lamour School of Dance - Adult Classes

Carnegie Hall Various
Lynn Adams 07912 872854
dancing@lamourschoolofdance.org

Line Dancing

Carnegie Hall
Thursday 11.00-12.00am
4th Friday 7.30-11.30pm
Jennifer Whittet 07968 293040
whittetjen@talktalk.net

Men of all Ages

DPC Lounge Quarterly
Robert Gunn 01224 722831
morabgunn17@yahoo.com

Metafit

DCC Monday/Thursday 6.00-6.30pm
Lynn Cowling 07739 048008
lynn_cowling74@hotmail.com

Needlecraft

DCC Alt Wednesdays 10.00-12.00pm
Joan Atkinson 01224 723344

Pilates

Carnegie Hall Various
Maureen Baker 07974 333118

Potters

DCC Thursday 10.30-1.30 am
Decima Simpson 01224 360594
Thursday (Crafty) 6.30 – 9.30 pm





Sheena Cocker sheenacocker@talktalk.net

Potters

DCC Thursday 10.30-1.30 am
Decima Simpson 01224 360594
Thursday (Crafty) 6.30 – 9.30 pm
Sheena Cocker sheenacocker@talktalk.net

Stitchers

DPCH Monday 2.00–4.00pm
Pat Henderson 01224 723040 path163@yahoo.co.uk

Taoist Tai Chi

Carnegie Hall Wednesday 7.00-9.00 pm
Diane Hadden 07929 332036

Technogym

DCC Mon/Fri 10.00-12.00pm
DCC Wed 1.00 – 3.00pm
01224723344

Tuesday Coffee Morning

DPCH Weekly Tuesday 9.45-11.00am
Margaret Mack 01224 724798
ray_mack@talktalk.net

Potters

DCC Thursday 10.30-1.30 am
Decima Simpson 01224 360594
Thursday (Crafty) 6.30 – 9.30 pm
Sheena Cocker sheenacocker@talktalk.net

Stitchers

DPCH Monday 2.00–4.00pm
Pat Henderson 01224 723040 path163@yahoo.co.uk

Taoist Tai Chi

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DCC Wed 1.00 – 3.00pm
01224723344

Tuesday Coffee Morning

DPCH Weekly Tuesday 9.45-11.00am
Margaret Mack 01224 724798
ray_mack@talktalk.net





DCC = Dyce Community Centre
DPS = Dyce Primary School
DPCH = Dyce Parish Church Hall

Contact Details:

Dyce Community Centre: Gordon Terrace, Aberdeen, AB21 7BD. Tel: 01224 723344.

Dyce Primary School: Gordon Terrace, Aberdeen, AB21 7BD. Tel: 01224 772220

Dyce Parish Church Hall: Victoria Street, Aberdeen, AB21 7DN. Tel: 01224 771295





Seaton





Seaton Learning Centre

Seaton Place East, Aberdeen, AB24 1XE.

01224 277930

What's on?

<u>MONDAY</u>		
<u>Day</u>	<u>Room</u>	<u>Times</u>
Breakfast Club	Café bar	8.00am- 8.45am
Crèche	Crèche	9.30am- 12.30am
Citizens Advice Bureau	Community Room 2	10.00am- 3.00pm
ESOL	Community Room 4	9.30am-11.30am
Seaton sings	Community Room 3	10.00am- 11.00am
Aberdeen in Recovery	Community Room 1	11.00am- 1.00pm
Seaton Recovery Project: Drop in	Seaton Recovery Project Room.	12.00pm- 1.30pm
Art/ History Group	Community Room 3	1.30pm- 3.30pm
<u>MONDAY Contd.</u>		
Aberdeen Tae Kwon Do School Youths	(School Gym)	6.30pm- 7.30pm
Activity Bus & Cage Football	(Car Park & Astro Turf)	7.00pm- 8.00pm

<u>TUESDAY</u>		
Breakfast Club	Café bar	8.00am- 8.45am
Crèche	Crèche	9.30am- 12.30pm
Toddler PEEP	Community Room 3	10.00am- 11.00am
Sewing Class	Community Room 4	9.30am- 11.30am
Housing Officer Sessions	Community Room 2	6.00- 7.00pm





<u>WEDNESDAY</u>		
<u>Day</u>	<u>Room</u>	<u>Times</u>
Breakfast Club	Café Bar	8.00am- 8.45am
Crèche	Crèche	9.30am- 12.30pm
Seaton Recovery Project: Drop in.	Seaton Recovery Project Room	12.00pm- 1.30pm
NES Social Inclusion Group	Community Room 3	1.30pm- 4.00pm
APA: Imagine Tiny	Community Room 4	1.00pm- 1.45pm
APA: Imagine Tot	Community Room 4	2.00pm- 2.45pm

<u>THURSDAY</u>		
<u>Day</u>	<u>Room</u>	<u>Times</u>
Breakfast Club	Café Bar	8.00am- 8.45am
Crèche	Crèche	9.30am- 12.30pm
Confidence to Cook	Community Room 3	10.30am- 12.30pm
AFC Community Trust Group (2 nd and 4 th Thursday of the month)	Community Room 4	1.30pm- 3.30pm
Seaton Recovery Project: Drop in	SRP & Coffee Bar	12.00pm- 1.30pm
Aberdeen Tae Kwon Do School Youths	(School Gym)	7.30pm- 8.30pm





<u>FRIDAY</u>		
<u>Day</u>	<u>Room</u>	<u>Times</u>
Breakfast Club	Café Bar	8.00am- 8.45 am
Crèche	Crèche	9.30am- 12.30am
PEEP EAL	Community Room 3	9.30am- 11.30am
Councillor Surgery: Jim Noble & Alexander McLellan (1st Friday of the month).	Community Room 2	12.00pm- 1.00pm
<u>SUNDAY</u>		
Seaton Community Church	Dining Hall and Gym Hall	10.00am- 1.00pm
Seaton Community Crèche	Large Crèche	11.30am- 12.30pm
Lighthouse Chapel Church	Community Room 4	10.00am- 2.00pm





Seated Exercise

There is a seated exercise class open to the community which is held 1st and 3rd Thursday of the month in the Donview House common room at 1.30pm.

This class is taught by a fitness instructor from Aberdeen Sports Village and is free of charge.





Aberdeen Football Club Community Trust (AFCCT)

This charity is based at Pittodrie Stadium and although they offer support and activity across the city, there are a couple of activities based in and around Pittodrie:

Mon 11.20am - Qi Going & Walk

Aberdeen Sports Village

Mon 2.30pm - Ladies Walking Football

Aberdeen Sports Village

Tue 10.00am - Health Walk

Pittodrie

Tue 12.30pm - Walking Football

Aberdeen Sports Village

Wed 9.30am - Technogym

Pittodrie

Wed 10.30pm - Technogym

Pittodrie

Wed 11.00am - Qi Going

Aberdeen Sports Village

Wed 11.30am - Technogym

Pittodrie

Wed 1.30pm - Technogym –Seaton session

Pittodrie

Wed 3.00pm - Technogym

Pittodrie

Thu 12pm - Retro Fun Aerobics

Aberdeen Sports Village





Thu 1.30pm (2nd & 4th Thu each month)

Seaton Social Seaton Learning Centre

This timetable is regularly updated. Please contact Nicola Graham for further information: nicola.graham@afccommunitytrust.org or call: 01224 650449.

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 or call 01224 650449





STAR FLAT

14A Seaton Drive **01224 524209**

The Star flat offers a range of support and activity for locals. It is open from
10am-2pm Mon-Fri.

Services on offer include:

Credit Union: Friday 10-11am

Save and borrow money with a low rate of interest.

Hearing Aid Service:

We can supply your hearing aid batteries free of charge.

Mobility Aids:

Wheelchairs and a rollator can be borrowed.

C Fine: Friday 10-11.30am

Low cost fruit and veg available.

Fish:

Fresh affordable fish can be ordered from the flat for deliver on a Friday.

A computer is available for public use on a drop-in basis Mon- Thu.





STAR FLAT GROUPS

MONDAY

10am-12pm Iconnect

Self-Directed Support advice

2-4pm Sewing class

TUESDAY

10am-12pm Pathways

Support with job searches, CV's and applications

2-4pm Cookery Class

THURSDAY

10am-12pm Art Class

12-1.45pm Penumbra (monthly)

12-1.45pm Councillor Milne's surgery (fortnightly)

FRIDAY

10-11am CFINE Credit Union Fish Orders

Chill out room can be booked for 30 min sessions Mon –Fri 10-1.30pm





City Wide Information



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 pus)	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



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





Active Ageing aberdeen

Updated October 2017

Activities for Older Adults Timetable

Pilates

Line dancing

Learn to swim

Table tennis

...and lots more!



sport aberdeen

Charity no SC040973





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.





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





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





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

Classes

Day	Start	End	Class name	Venue
Mon	10:00	11:00	Technogym Improvers	Westburn Outdoor Sports Centre
	11:30	12:30	Wellbeing Circuits	Beach Leisure Centre
Tues	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
Wed	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
Thur	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
Fri	13:30	15:00	Everybody Active Football	Sheddocksley Sports Centre
	13:30	15:00	Tennis	Aberdeen Tennis Centre
Sat	10:00	11:00	Live Well Circuits	Sheddocksley Sports Centre



LEVEL 4

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

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

These include:





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.





Ruyi School of Taijiquan & Qigong

ruyischool.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
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 8th January





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





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 7th March.
Come along 1:30pm for 2pm start.
Six-week block starting Wed 14th March
until Wed 18th 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

Grampian Opportunities, 1 High Street, Inverurie AB51 3QA





Aberdeen FC Community Trust



Community Projects 2018

Boogie at the Bar:

3rd 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	<u>Garioch Sports Centre</u>	1:00 – 2:00pm	£2.00
Thursday	<u>Torry Sports Centre</u> , 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 or 01224 650449.





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



/AberdeenFCCommunityTrust



Tweet us @AFCCT









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.





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 or call 01224 650449





Forthcoming Events:

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



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

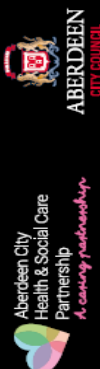
OTHER AFTERNOON DATES FOR YOUR DIARY:

Wednesday 4th July
Wednesday 1st August
Wednesday 5th September
Wednesday 3rd October
Wednesday 31st October
(Entertainment to be announced)

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



Young Heart 2018

WINTER/SPRING PROGRAMME FOR SPRITELY SENIORS





Are you 75 or over and living alone?

Do you need help getting out and about?

Would you like to meet some new people?

Then come and join us!



GETTING IN TOUCH

If you are interested in joining a Contact the Elderly group, or you know someone aged 75 or over who would benefit from regular outings with friends, please fill in the form over the page and send it back to us.

Alternatively you can call us on our Freephone number below and we will be happy to give you more information:

0800 716 543



"A lovely Sunday afternoon out. Hosts prepare a lovely tea and are very kind and helpful, as are the drivers and coordinators. It is nice to meet other people after being alone, and indoors, for so long."

**Freephone
0800 716 543**

Contact the Elderly

2 Grosvenor Gardens, London SW1W 0DH

T: 020 7240 0630

E: info@contact-the-elderly.org.uk

W: www.contact-the-elderly.org.uk



Contact the Elderly is a registered charity in England and Wales (1145148) and in Scotland (SC039377).
Company Number 07989142/ Registered office: 2 Grosvenor Gardens, London SW1W 0DH
GL0915



"... We thoroughly enjoy ourselves and the hosts are fantastic. We love the chat, the friendly discussions and the fun we have... It's wonderful!"

A LIFELINE OF FRIENDSHIP





WHO WE ARE

Contact the Elderly is a national organisation which changes the lives of people aged 75 and over who live alone and cannot get out on their own.

WHAT WE DO

Many people aged 75 and over spend the majority of their days by themselves. If this sounds like you, then we can help you to get out of the house and back in touch with your local community.

MONTHLY TEA PARTIES

We have small local groups all over England, Scotland and Wales, made up of guests and volunteers. One Sunday afternoon a month, each local group meets for tea, cake and company. Our hosts take it in turns to welcome you and the rest of the group into their homes for a few hours, and our drivers always make sure you get home safely. This service is free.

"It's good getting out and meeting people and it is fun for us to get together. It has made such a difference to my life."



LAUGHTER AND FRIENDSHIP

We keep groups small, so everyone can get to know each other. Guests and volunteers make lasting friendships, and you will spend the afternoons laughing and enjoying each others' stories. And of course, everyone gets plenty of tea and sandwiches!



"It's so nice to have a chance to dress up and go somewhere. I can't remember when I last had such a lovely time!"

A LASTING DIFFERENCE

Contact the Elderly offers a lifeline of friendship to thousands of people aged 75 and over.

Do you live alone, have little contact with family and friends and find it difficult to get out and about on your own?

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

JOIN US!

If you would like to join a Contact the Elderly group, or you know an older person who might, please call us on Freephone 0800 716 543 or fill in the form below and post it to:

**Freeport RTJY-GTRS-EBHH
Contact the Elderly
2 Grosvenor Gardens, London SW1W 0DH**

Name _____

Address _____

Postcode _____

Telephone Number _____

Before offering you a place in a group, it will be helpful to know a little bit about you.

Do you live alone? Yes ☐ No ☐

Are you housebound? Yes ☐ No ☐

Do you have family nearby? Yes ☐ No ☐

How many times a week do you go out?

How many times a week do you see other people?

Where did you find this leaflet?





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 Hawkes, photo on p2 © Simon Hawkes

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
#tacklingloneliness

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

Tel: 0300 456 1981
redcross.org.uk/feedback

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220649) and Scotland (SC037738).



Working together to tackle loneliness across the UK

CONNECTING COMMUNITIES

A HELPING HAND
FOR PEOPLE
WHO FEEL ALONE





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.





**FREE INDEPENDENT ADVICE,
INFORMATION & PRACTICAL SUPPORT**

Digital Support - Home based



**Do you want to learn basic digital life skills?
Are you housebound due to ill health,
poor mobility or caring responsibilities?
If so contact us to find out how we can help.**

Tel: (01224) 583939

Email: info@iconnectne.org.uk



www.iconnectne.org.uk



491 Union Street, Aberdeen, AB11 6DB

Registered Scottish Charity SC044328





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





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

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





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





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 Newbills 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

Facebook: www.facebook.com/livingwellcafe





*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*



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



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 general 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 are able to attend safely on their own or who are accompanied by someone to support them.

Contact

Brenda Stewart, Service Manager


Phone 01224 644077

Email aberdeendrc@alzscot.org

13-19 King Street, Aberdeen, AB24 5AA








ALCOHOL CAN BE A LONELY PLACE

www.alcoholanddrugsaction.org.uk

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 577120
7 Hadden Street, Aberdeen AB11 6NU

Alcohol & Drugs Action is a registered Scottish Charity Number SC015592

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






“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.

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.alcoholanddrugsaction.org.uk




Recurring alcohol related problems? It doesn't have to be 'same again'...

“... I can now look at myself in the mirror again with pride”
– Dougie, aged 28





CASH IN YOUR POCKET PARTNERSHIP

PENSION/ BENEFITS Budgeting STOP SMOKING FORM FILLING
Self-Directed Support Reconsiderations & Appeals UNIVERSAL CREDIT
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:





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 check our website for useful links and advice. You can also complete our referral form online.

Email: info@ciyp.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**





Looking for help with your health?

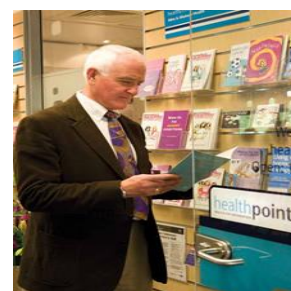
Do you want to enjoy better health, or would you like information about a health condition? NHS Grampian healthpoints provide free, confidential, walk in advice and information on:

- 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 or call our **free healthline** 08085 202030.





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**






Self-management service
Support to manage your neurological condition



Supported by




Sue Ryder provides incredible hospice and neurological care for people facing a frightening, life-changing diagnosis. We do whatever we can to be a safety net for our patients and their loved ones at the most difficult time of their lives. We see the person, not the condition.

For more information about Sue Ryder

call: 0845 050 1953*
email: healthandsocialcare@sue Ryder.org
visit: www.sue Ryder.org



/SueRyderNational

@sue_ryder

This document is available in alternative formats on request.

incredible hospice and neurological care

*Calls cost 1p per minute plus your telephone company's standard access charge. Sue Ryder is a charity registered in Scotland and Wales (SC010101 and W1104278) and in England (2076186). All figures are for the year ending 31 March 2014.

About our funding

This service is free. It is funded and supported by the Transforming Self Management in Scotland Fund.

This fund is provided by the Scottish Government and administered by the Health and Social Care Alliance Scotland.

With this funding we will enable and empower people with neurological conditions to:

- access information
- develop skills to find out what is right for them
- maintain their self-esteem, positivity and sense of wellbeing

If you'd like more information or think you'd like to access the service please get in touch:

Call: 01224 896 339
Email: outreach.support@sue Ryder.org





About the service

Our free self-management service is for people with neurological conditions living at home in Aberdeen city. We can support people with conditions such as multiple sclerosis, Parkinson's disease, stroke, Huntington's disease and Motor neurone disease. Our service has been designed to offer support over the phone, within your home and in the community, depending on what you wish to achieve.

Our self-management service is based at Sue Ryder Dee View Court in Aberdeen.

What is self-management?

Self-management means giving people the skills and support they need to take a proactive role in managing their own health and wellbeing. We aim to support people to live their lives as fully as possible by helping to improve physical and mental health.

We believe that self-management means that people are:

- better informed about their condition
- better prepared for everyday challenges
- better supported when they need to be

What we offer

We can support you with whatever you wish to achieve. We offer:

- company and conversation
- emotional and psychological support
- leisure or educational activities
- help to get back in touch with your community and friends
- information on other services that could help
- support if you have been in hospital
- support to build relationships
- support to understand your condition better
- support to maintain your hobbies and interests

Support for carers

To fully support you, we know your carers need to be supported as well. Our staff and volunteers can provide emotional support for your carer, or give them the opportunity to take a break.

Who provides the service?

Our specialist nurse and support workers offer short term support, including practical support, advice, and information to help you manage your health and wellbeing.

If you require longer term support, this can be provided by one of our volunteer befrienders. This type of support is more than just a sitting service. It can enable you to form real relationships and have a companion to boost your confidence and help you achieve your potential.

Get in touch

If you'd like more information or think you'd like to access the service please get in touch:

call: 01224 896 339

email: outreach.support@sue Ryder.org





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, 38 Castle Street, Aberdeen, AB01 5BG
Tel: 01224 579370

Registered Charity No. 214779 and in Scotland SC009359; Social Trust Registered Charity No. 215114 and in Scotland SC057691
General: André Cox, Territorial Commander for the United Kingdom with the Republic of Ireland; Commissioner Clive Adams





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.

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

£2.00 per class

For more information contact The Wellbeing Team tel. 01224 522270 or email wellbeing@aberdeencity.gov.uk





Helpful Contact Numbers





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

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

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 644077

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 or visit www.bonaccordcare.org

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 or visit 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

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 or visit www.nesensoryservices.org

Occupational Therapy-

For home checks and aids for independent living. Tel 01224 666350 or email OTDuty@bonaccordcare.org

Out of Hours Social Work –

For emergencies/crises. Tel. 01224 693936 or email 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

Telecare-

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

communityalarm@bonaccordcare.org

VSA-

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

info@vsa.org.uk

Wiltshire Farmfoods-

Service to provide easy to cook microwavable and nutritional food. Tel 01358 725200 or visit aberdeen@wiltshirefarmfoods.com

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



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 123456

Email. volunteer@acvo.org.uk





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

Comments:

Notes:

