



# South Locality

# Wellbeing Manual

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

**9<sup>th</sup> May 2018**



Connect



Be Active



Take Notice



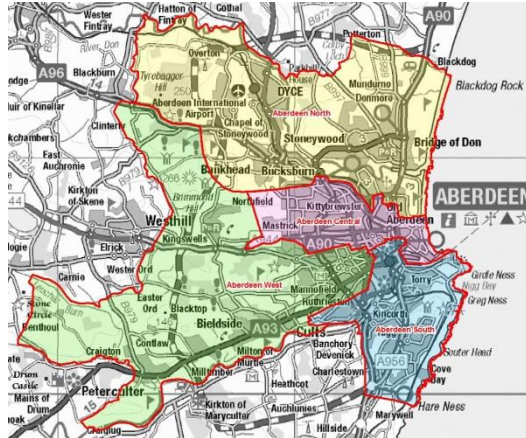
Keep Learning



Give



## Where is the South Locality?



This map shows Aberdeen City. The South Locality is highlighted in **blue**. Areas in the South Locality include:

- Torry
- Kincorth, Nigg and Leggart
- Cove and Altens
- Garthdee
- City Centre

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](mailto:wellbeing@aberdeencity.gov.uk)

## In this Manual:

- Transport Information
- Local Activities and Information
- 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](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**

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](mailto: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](http://www.thinc-hub.org)





## 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)





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





## Inchgarth Community Centre

Tel. 01224 325191

www.inchgarth.org

MONDAY		
HOW TO BOOK	ACTIVITY	TIME
Private group	Women's petroleum meetings	10am-12.30pm
Call us to book	Indoor carpet bowls	10am-12 noon
Call MS 07985989605	Ms society fitness class	10.30am-11.30am
Call us to book	Special needs art class	10am-12pm
Drop in members only	Fitness gym	10am-5pm
Call us to book	Sensory room for hire	10am- 5pm
Drop in	Outdoor play park	9am-10pm
Call us to book	Music room for use	10am- 9pm
Call us to book	Ipad /laptop/ wifi access	All day
Drop in	Tennis courts free to use	10am- 5pm
Drop in. Must be member	Pool & snooker drop in	10am- 5pm
Drop in	Peggy's café	10am-5pm
Call us to book	Garthdee pensioners club	1pm-3pm
Call us to book	Beginners Tablet class	12.15pm -2.15pm
Drop in	Indoor carpet bowls	12:45-1:45
LIMITED SPACES	NEW Primary aged gaming console club	4pm-5pm
Call to book a place	Kids tennis coaching p1-p4	3:45-4:30pm
Call to book a place	Kids tennis coaching p5-s2	4:30- 5:15pm
Drop in members only	Fitness gym	6pm-10pm
Drop in	Friskis and sveltis fitness	6pm-7pm
Drop in	St Mary's boxing club	7pm-8:30pm
Call Sally 01224781230	Dog training (puppies)	7pm-8pm
	Dog training (not puppies)	8pm-9pm
taking new members now call to discuss	Phoenix club – special needs	7pm – 9pm
Drop in	Denis law legacy trust streetsports	6pm-7pm
Drop in	Councillor Townson surgery	7pm-8pm
Drop in	Metafit with laura	6-6:30pm
Drop in	Abs fitness with laura	6:30-7pm
Just turn up	NEW YOGA CLASS	7PM

Tuesday		
How to book	ACTIVITY	Time
Drop in	Peggy's café	10am-9pm
Drop in. Must be members	Pool & snooker drop in	10am-5pm
Call create 01224313323	Create-the big bang –music	10.30am-12noon
Call pathways	Pathways job seekers support	10am-12noon
Drop in members - call us	Fitness gym	10am- 5pm
Drop in	Outdoor play park	9am-10pm
Call Ms Society 07985989605	Ms society fitness class	10am-11am
Call create 01224313323	Sensory room by create	10am-3pm
Call to book	Music room for use	10am-9pm
Drop in	Tennis court free to use	10am-5pm
Call Future choices	Future choices social day	11am-2pm
Call us to book	Art class various medium	1:30-3:30pm
Call create 01224313323	Create media group	1pm-3pm
Call us to book	Card making class	2pm-4pm
Call us to book	Beginners computer class	3:30pm-5:30pm
Call Claire. 07910649502	Illusion dance non-competitive ages 4+	4:30pm-6:00pm
Call Claire. 07910649502	Illusion Hip-Hop	6:00pm-6.30pm
Call Claire. 07910649502	Illusion Dance pairs- competitors	6.30pm-7pm
Call Claire. 07910649502	Illusion Dance competitors	7pm-9pm
Call Gemma. 07985266109	Music therapy group for additional support needs	6pm-7pm
Drop in members only	Fitness gym	6pm-9pm
Drop in. 2 <sup>nd</sup> Tuesday of month	Garthdee community council	7pm-9pm monthly
Drop in	Youth ipad drop in	7pm-9pm
Private group	Kaim-court residents meeting	7pm-9pm monthly
Drop in	Help to quit smoking service	6:30pm-8pm
Private group	Self help art class	7pm-9pm



Wednesday		
How to book	ACTIVITY	Time
Drop in	Peggy's café	10am-5pm
Drop in	Pool and snooker drop in	10am-5pm
Call create 01224313323	Create "oot & aboot" buddies club	10am-12pm
Call us to book	Digital photography experienced	10am-12pm
Drop in	Outdoor play park	9am-10pm
Call create 01224313323	Sensory room by create	10am-5pm
Drop in	Ipad/ laptop/ wifi access	10am-5pm
Call Ms Society 07985989605	Ms society art group	12pm-3pm
Call Ms Society 07985989605	Ms society social club	12:30pm-3:30pm
Call us to book	Indoor carpet bowls	9:30pm-11:30pm
Call us for induction	Fitness gym	10am-5pm
Drop in	Tennis courts free to use	10am-5pm
Call 0131 442 8840	ABC language therapy down syndrome	10am-4:30pm
Call us to book	A chance to dance for the disabled	1pm-3pm
Drop in	Food bank by TLC	1pm- 4pm
Call us to book	Art class- various medium all levels	2pm-4pm
Call us to book	Children's art class	4pm-5pm
Drop in	Friskis & sveltis fitness	6pm-7pm
Drop in	St Mary's boxing club	7pm-8:30pm
Drop in	Dennis law legacy trust street tennis	7pm-8pm
Call 07532186155	Brain injury Grampian social group	7:30-10pm
Call Claire. 07910649502	Illusion Dance Private lessons	
Call us for induction	Fitness gym	6pm-10pm
Drop in	Councillor Yuill's surgery	7:15-8pm monthly
Call Paul on 01224694631	Silver city ring craft show dogs	7pm-9:30pm
Call 07703218382	Granite city brass band	7:30-10pm
Call to book	Music room to let	10am-9pm
Drop in	Youth ipad drop in	7pm-9pm
Drop in	Inchgarth & streetsports football project At Ski centre pitches	8:30pm-10pm
Call for details	Aberdeen reading group	7pm-9pm monthly 2 <sup>nd</sup> wed month

Thursday		
How to book	ACTIVITY	Time
Drop in	Peggy's café	10am-5pm
Call create 01224313323	Sensory room by create	10am-3pm
Drop in and call for induction	Fitness gym	10am-9:30pm
Drop in	Pool and snooker drop in	10am-5pm
Call create 01224313323	Create rock & pop experience	
Drop in	Tennis courts free to use	10am-5pm
Drop in	Out-door play park	9am-10pm
Drop in	Bingo	11am (be there 10:45)
Drop in	Parents and toddlers group free	9:30am-11am
Drop in	The fish van	10:30am-11am
Call us to book	Breast feeding social group	9:30am-11:30am
Drop in	Ipad/ laptop/ wifi access	10am-5pm
Call 01224632846	Dog training under 6 months	2pm-3pm
Call 01224632846	Dog training over 6 months	3pm-4pm
Call create 01224313323	Create rock choir	1pm-3pm
	Alzheimer's Scotland	2pm-4pm
Private lessons	Illusion dance school	
Call Alex 07422575711	A.C.E kids Choir p1-p4	3:45pm-4:45pm
Call Alex 07422575711	A.C.E kids Choir p5-s1	5:15pm-6:15pm
Alison Grimmer	ZUMBA by Alison	6pm-7pm
	Dezibels samba drumming	7:30pm-9:30pm
Call to book	Music room	7pm-9pm
	k-9 dog training	7pm-8pm
	Dog training	8pm-9pm
Drop in	Meditation class FREE	7pm-8pm



<b>Friday</b>		
<b>How to book</b>	<b>ACTIVITY</b>	<b>Time</b>
Drop in	Peggy's café	10am-5pm
Drop in	Metafit with Laura	10am-10:30am
Drop in	Abs with Laura	10:30am-11am
Call create 01224313323	Create daycare services	10am-12pm
Drop in	Pool and snooker drop in	10am-5pm
Drop in members only	Fitness gym	10am-5pm
Call us to book	Stretch and balance fitness 60+	11.15-12:15pm
Drop in	Out door play park	9am-10pm
Drop in	Tennis courts free to use	10am-5pm
Drop in	Special needs social entertainment	1:30-3pm
Call us to book	Ipad/ laptop/ wifi access	
Call us to book	Sensory room to hire	10am-5pm
Call 07532186155	Brain injury Grampian lunch club	12pm-3pm
Call to book	Badminton -hall for hire	1pm-3pm
Call Gordon 07827445514	Ultimate judo ages 4-7	3:45-4:30pm
Call Gordon 07827445514	Ultimate judo ages 7-9	4:30pm-5:15pm
Call Gordon 07827445514	Ultimate judo ages 10+	5:15pm- 6pm

<b>Saturday</b>		
<b>How to book</b>	<b>Activity</b>	<b>Time</b>
Call Claire. 07910649502	Illusion dance ages 3 and under	9am-9.30am
Call Claire. 07910649502	Illusion dance Stretch and Acro	9.30am-10.45am
Call Claire. 07910649502	Illusion dance Slow dance competitors	10.45am-12
Call Claire. 07910649502	Dance school. Freestyle competitors	12.30pm-1.30pm
Drop in members only	Fitness gym	9am-1:30pm
Call to book	Music room	10am-2:15pm
Drop in	Peggy's café (hot drinks and snacks only)	9am- 1pm
Call to arrange	Children's party	2:15-4:15
Drop in	Tennis courts	10am – 5pm
Call to arrange	Hall available for events	Varied
Call to book	Sensory room hire	10am-2pm
	Fun factory kids club monthly	1pm-3pm
Drop in	Outdoor play park	9am-10pm
Call to book Shona 07896054065	Children's Ballet, tap and modern dance NEW YOGA class by Shona.	9.15am-12 noon 9.30am-11.30am



<b>Sunday</b>		
<b>How to book</b>	<b>ACTIVITY</b>	<b>Time</b>
Call 01224733625	Christadelphian church	10am-1pm
Drop in members only	Fitness gym	10am-10pm
Drop in	Tennis courts	10am-5pm
Drop in	Out-door play park	9am-10pm
Call to book	Music room to let	1pm-10pm
Call to arrange	Children's birthday parties	10:15am – 12:15
Call to arrange	Children's birthday parties	1pm – 3pm
Call to arrange	Children's birthday parties	3:45-5:45pm
Call to arrange	Hall for lets for training, events, meetings	1pm-6pm
Drop in	Peggy's café (hot drinks & snacks only)	10am-9pm
Call 01224733625	Christadelphian church	4pm-5:30pm
Call 07703218382	Granite city brass band community band	6pm-7.30pm
Call 07703218382	Granite city brass band	7.30pm-10pm
Call us for details	German Shepard dog training	6:30pm- 8:30pm



## GARTHDEE PENSIONERS CLUB



Every Monday from 1.30pm, Garthdee pensioners club takes place at Inchgarth.  
There is a weekly mix of entertainment, bingo and the occasional trip.  
A great social club open to all. Feel free to call us on 01224 325191 to join.

## BINGO.....EVERY THURSDAY 10.45AM



Every Thursday morning our bingo runs at the centre from 10.45am to 12 noon.  
There's no entry fee, you pay for your books only.  
Everyone becomes a centre member for £5 per year.  
A Great social group with many having coffee before the activity and staying for lunch  
after at our Peggy's Café. No need to book, just turn up. **ALL AGES WELCOME!**

**What's On At Kaimhill Learning Centre**  
**Community Wing, Kaimhill Primary School,**  
**Pitmedden Terrace, Aberdeen AB10 7HR**

**Current Programme**  
**Including HALLA (Harlaw Area Lifelong Learning Association) Activities**

Day	Groups /Activities	Times	Start Date
Monday	School Activities	09.00am – 15.00pm	Term Time
	Topical Talks	09.30am – 11.30pm	Term Time
	Strollers 3	09.30am – 16.00pm	Runs All Year
	PEEP Group	09.30am – 11.30am	Term Time
	CLICC	14.00pm – 18.00pm	Term Time
	Soo Yang Do	18.00pm – 20.00pm	Runs All Year
	Drummin About	18.45pm – 21.15pm	Term Time
Tuesday	School Activities	09.00am – 15.00pm	Term Time
	Self Help Art	09.30am – 11.30pm	Runs All Year
	Strollers 1	09.30am – 15.00pm	Runs All Year
	Self Help Felting	09.30am – 11.30pm	Term Time
	Heritage Group	01.30pm – 3.30pm	January – June 18
	CLICC	14.00pm – 18.00pm	Term Time
	Kaimhill Drama Group	18.30pm – 20.00pm	Term Time
	Douglas Lumsden – Councillor Surgery	19.00pm – 20.00pm	1 <sup>st</sup> Tuesday of Month – Term Time
Wednesday	Yoga with Emma Kidd	09.15am – 10.15am	Runs all year
	School Activities	09.00am – 15.00pm	Term Time
	Art Class	09.30am – 11.30pm	10 Week Blocks
	Art Class	12.30pm – 14.30pm	10 Week Blocks
	CLICC	14.00pm – 18.00pm	Term Time
	Soo Yang Do	18.00pm – 20.00pm	Runs All Year
Thursday	School Activities	09.00am – 15.00pm	Term Time
	Strollers 2	09.30am – 16.00pm	Runs All Year
	Mixed Media Art	10.00am – 12.00pm	6 Week Blocks
	CLICC	14.00pm – 18.00pm	Term Time
	Netball P5 – P7	15.00pm – 16.15pm	Term Time
	Football B-Youths	18.00pm – 19.30pm	Term Time
	Lighthouse Chapel International Aberdeen	18.00pm – 21.00pm	Runs All Year
Friday	School Activities	09.00am – 15.00pm	Term Time
	50+ Keep Fit	09.30am – 10.30pm	Term Time
	Knitting and Nattering	09.30am – 12noon	Runs All Year
	CLICC	14.00pm – 18.00pm	Term Time
	Active Schools Football	16.00pm – 17.00pm	Term Time
	Amped – Youth Group P4-P7	18.30pm – 20.00pm	Term Time



<b>Sunday</b>	<b>Lighthouse Chapel International Aberdeen</b>	<b>11.30am – 16.00pm</b>	<b>Runs All Year</b>
	<b>Graceland Church</b>	<b>10.00am – 13.30pm</b>	<b>Runs All Year</b>

**For further information or to book a place please contact by**

**E-mail: [KaimhillLearningCentre@aberdeencity.gov.uk](mailto:KaimhillLearningCentre@aberdeencity.gov.uk)**

**Phone: 01224 498164**

**Or drop in to Kaimhill Learning Centre**

**Monday, Tuesday, Wednesday 9.00am – 12.30pm or 13.00 – 14.00pm**

**Friday 9.00am – 14.30pm**





# Ruthrieston Community Centre

## What's on

Please Note: Timetable is subject to change so please check with the centre or the group contact

Day	Time	Group
<b>Monday</b>	<b>09.30 – 12.15</b>	<u>Jo Jingles</u>
	<b>18.30 – 20.30</b>	<u>Aberdeen Fit Camp</u>
<b>Tuesday</b>	<b>09.30 – 12.00</b>	<u>Jo Jingles</u>
	<b>09.30 – 11.30</b>	<u>Pilates</u>
	<b>12.30 – 15.30</b>	<u>Chest heart and Stroke</u>
	<b>17.45 – 21.00</b>	<u>Pilates</u>
	<b>19.30 – 21.30</b>	<u>Gamblers Anonymous</u>
	<b>19.30 – 21.30</b>	<u>Gamanon ( Fortnightly)</u>
<b>Wednesday</b>	<b>09.30 – 11.30</b>	<u>Lace Making</u>
	<b>09.00- 11.30</b>	<u>French</u>
	<b>10.00 – 12.00</b>	<u>Jewellery making</u>
	<b>13.30 – 15.30</b>	<u>Home Crafts Group</u>



---

	<b>14.00 – 16.00</b>	<u>Keith’s Art Class</u>
	<b>16.30 – 18.00</b>	<u>Street Dance</u>
	<b>17.45 – 19.15</b>	<u>Indian Bhangra Dancing</u>
	<b>19.00 – 21.00</b>	<u>SW.R.I.(meets monthly)</u>
	<b>19.15 – 21.15</b>	Heartfulness

---

<b>Thursday</b>	<b>09.30 – 11.00</b>	<u>French</u>
	<b>09.30 – 12.00</b>	<u>Jo Jingles</u>
	<b>17.45 – 18.45</b>	<u>Friskis and Svettis</u>
	<b>19.00 – 21.00</b>	<u>Visions Photography Group</u>

---

<b>Friday</b>	<b>10.00 – 12.00</b>	<u>Art Class</u>
	<b>09.30 – 11.00</b>	<u>Step it up Dance ( pre-school)</u>
	<b>18.00 – 20.00</b>	<u>RGU Community Cafe</u>

---

<b>Saturday</b>	<b>9.30 – 11.30</b>	<u>Gamblers Anonymous</u>
	<b>13.30 – 15.00</b>	<u>Street Dance</u>

---

<b>Sunday</b>	<b>10.30-12.30</b>	<u>The Bridge Church</u>
---------------	--------------------	--------------------------

---



Parent & Toddlers	Monday	09:30 – 11:30
Carpet Bowls	Monday	09:30 – 11:30
Knitting Group	Monday	13:30 – 15:30
Carpet Bowls	Monday	13:30 – 15:30
Kids Art Group (P1-P7)	Monday	15:30 – 17:00
Karate (Children)	Monday	16:15 – 17:00
Zumba	Monday	18:30 – 19:30
Karate (Adults)	Monday	19:30 – 20:30
Kinder Gym	Tuesday	09:30 – 11:30
Gentleman's Group (over 45's)	Tuesday	09:30 – 12:00
Chair Based Exercise	Tuesday	10:30 – 11:15
Karate (Children)	Tuesday	16:15 – 17:00
Freestyle Dance (Age 3+)	Tuesday	17:30 – 19:30
Gentleman's Group (over 45's)	Wednesday	09:30 – 12:00
Techno Gym	Wednesday	10:00 – 12:00
Parent & Baby's	Wednesday	10:30 – 11:30
Peeps Group ( 1 – 3 years)	Wednesday	13:30 – 14:30
Judo (Children)	Wednesday	17:00 – 18:00
Judo (Adults)	Wednesday	19:30 – 21:30
Parent & Toddlers	Thursday	09:30 – 11:30
Carpet Bowls	Thursday	09:30 – 11:30
Techno Gym	Thursday	12:00 – 14:00
Craft Group	Thursday	13:30 – 15:30
Guys & Dolls Group (every 2 weeks, over 50's)	Thursday	13:30 – 15:30
Old School Games (P1 – P7)	Thursday	15:30 – 17:00
Karate (Adults)	Thursday	19:30 – 20:30
Kinder Gym (up to 5 Years)	Friday	09:30 – 11:30
Messy Play	Friday	13:30 – 14:30
"The Script" Drama Group	Friday	18:00 – 20:00

Provost Watt Drive  
Kincorth  
Aberdeen City Council AB12 5NA  
Tel. 01224 872851  
Email: [info@kincorthcc.co.uk](mailto:info@kincorthcc.co.uk)



# Balnagask Friday Club

## **Balnagask Community Centre**

**Would like to invite people over 65 to join our Friday Social Club!**

**A chance to meet new people from the local community, have some fun and enjoy a cuppa!**



**Meet us at 10-12pm.  
Every Friday**

**For more information or to book a space, please contact:**

**Balnagask Community Centre; 6 Balnagask Road, Torry, AB11 8HX.  
Tel: 01224 871206.**



BALNAGASK COMMUNITY CENTRE, 6 BALNAGASK ROAD, TORRY, ABERDEEN. AB11 8HZ Tel 01224 871206

BALNAGASK COMMUNITY CENTRE - WHAT'S ON .....

Monday	Crèche & Carer's Coffee Break 9.30am - 11.30am		Junior Kids Group Baby - p7 6pm - 7.15pm	
Tuesday	Over 50s Keep Fit, Coffee & a Chat 10am - 11.30am		Junior Kids Group Baby - p7 6pm - 7.15pm	
Wednesday			Yvonne Allan* 6pm - 7pm	Adult Bingo 7.30pm - 9.30pm
Thursday	Playgroup 9.30am - 11.30am		Junior Kids Group Baby - p7 6pm - 7.15pm	
Friday	O.A.P. Group Call to book 10.30am - 12pm	Golden Zumba 1.15pm - 2pm	Junior Kids Group Baby - p7 6pm - 7.15pm	
Saturday		Children's Party 1pm - 3pm	Children's Party 3.30pm - 5.30pm	
Sunday		Children's Party 1pm - 3pm	Children's Party 3.30pm - 5.30pm	

Crèche for under 3s, places must be pre-booked by calling Louise on 07542 742068. Playgroup is for pre-school children and their carer's.

Junior Clubs: **Mon/Tues/Thurs/Fri** Under 8s must be taken to and from club by a responsible adult. Under 5s must be accompanied by a responsible adult. No adults to stay with children from p1 - p7

Over 50s keep fit, from 10am coffee and a chat, 10.30 - 11.30 keep fit, 11.30 - Noon Relaxation. Phone 871206 for more information



\*Yvonne Allan Surgery. Every 2<sup>nd</sup> Wednesday each month. Constituents must be in before 6.30pm or can't be seen that evening

Children's Birthday Parties, please Tel 871206 to book and for more information. We also run holiday play schemes and family events. Call 871206 for more information. Other one off events shall be advertised at our centre and locally.



# Old Torry

## Community Centre

### **Mondays**

**T'ai Chi** 10:00am—11am, £2 per person

Our T'ai Chi lessons will teach you how to improve your balance and general psychological health. All abilities welcome, including complete beginners.

**Torry Toddlers** 12pm—2:15pm, £1 per child.

Come and have fun with your kids! Lots of games to play and toys to play with. A really great way to meet new people and make new friends!

**Walking Group** 2:30pm—3:30pm, Free!

Explore Torry with a small, friendly group of walkers. Led by a knowledgeable local, this gentle paced activity is great for socializing and general well-being.

**Bingo** 7pm—9pm, 50p entry charge per person.

A small group that meet for a social evening of bingo, tea, and chat. Newcomers are always welcome.

### **Tuesdays**

**Yoga Group** 6pm—7pm, £6 per person

Yoga is a system of physical exercise and a calming means of escapism from the chaotic world, but it can be so much more. Whatever your ability or

experience, enhance your life by coming along to our Adult yoga class taught by the very experienced [Louisa Craig](#).

**Granite City Kensei Kai** 7:30pm—8:30pm, £5 per person

“We are a small martial arts group founded as part of the Kensei Kai group and Granite City Ju Jitsu, training in [Musō Jikiden Eishin-ryū](#) Iaidō as taught by Fujii Okimitsu Sensei. Beginners are always welcome to come along and have a go and need nothing but some loose clothing and a willingness to try. First session free!”

### Wednesdays

**Art Group** 10am—12pm, £2.50 per person, includes materials.

This long-running art group is open to all abilities. Entrance charge includes tea and materials. No need to book.

**Fitness Frolics** 1pm—2:30pm, Free!

Chair-based exercises in comfortable surroundings. All ages and fitness levels welcome. Classes re-start October 2016

**Yak'n'Mak** 7pm—9pm, £2 per person

“We are a group of friendly people who enjoy knitting and sewing. Come and join us for a cuppie and friendly chat.”

### Thursdays

**Boccia**



*11am—12:30pm, Free!*

Boccia is a ball sport related to bowls. It was originally designed to be played by people with reduced motor skills. In 1984, it became a Paralympic sport, and in 2008 was being practised in over fifty countries worldwide. It is a fun game that involves gentle exercise.

**Pathways** *10am—1pm, Free, no need to book!*

Looking for work? [Pathways](#) has a team of key-workers covering Aberdeen city, so there is someone to help you. Support given is one-to-one, private, and completely confidential.

They can help you with: identifying the job you want; developing a plan to reach your job goal; developing or updating your CV; completing application forms, including on-line applications; preparing for interviews; accessing funds to remove barriers to work (e.g. training or equipment); looking for job or training opportunities.

Also, [iConnect North East](#) will be available here between 10am and 1pm, and direct and advise you on any services that you might need. The advice, information and support is free, and computers are available to help with your inquiries.

**Line Dancing** *6pm—7:15pm, £2 per person*

Long-running group of enthusiastic dancers. New recruits always welcome!

**Granite City Photography Group** *Alternate Thursdays 7:30pm—9:30pm*

The Granite City Photography Group is an active, established, and friendly group of amateurs and professionals. Whatever your level of experience is, you are welcome to come along and learn more. It is a private club, so contact the group leader via [their website](#). You can view their current programme [here](#).



## **Fridays**

**Torry Heritage** *Alternate Fridays 1pm—3pm\*, Free tea and coffee, but donations welcome*

The Torry Heritage group provides everyone with an interest in Torry a place to share their memories, stories, and photos in a friendly atmosphere. We have a very active [Facebook group](#), and are working to build a community contributed encyclopaedia to preserve the history of the area for future generations.

\*Check [torryheritage.org.uk](http://torryheritage.org.uk) for the next meeting date.

**Granite City Ju Jitsu** *7pm-8:00pm, £5 per person*

“We are a local martial arts club training in a traditional Japanese style of Jiu Jitsu (Hontai Yoshin Ryu), which is ideal for self-defence, fitness, self-confidence and self-discipline. Nothing is required except some loose clothing and a willingness to have a go. We are fully supported by the Scottish Fighting Arts Society and linked to various groups throughout the north of Scotland.”



## Altens Community Centre

### Hall Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b> (09:00 - 12:00)	<u>Footstars Kids Football (2-5 Yrs)</u> <sup>3</sup> (09:00 - 12:00)	<u>Badminton</u> (10:00 - 12:00)	<u>Mother and Toddler Group</u> (09:30 - 11:00)	-	<u>Zumba</u> (09:30 - 10:30)	<u>Maitland School of Dance</u> (09:30 - 14:15)	(10:00 - 13:30)
<b>Afternoon</b> (12:00 - 17:00)	<u>Indoor Bowling</u> (13:00 - 16:00)  <u>Footstars Kids Football (5-7 Yrs)</u> <sup>4</sup> (16:00 - 17:45)	<u>Total E&amp;P Pilate Session</u> (12:15 - 13:15)  <u>Zumba Gold</u> (13:30 - 14:15)  <u>Craft/Drama Group</u> (15:45 - 16:45)	<u>Basketball</u> (16:00 - 17:00)	<u>Over 50s Bingo</u> (13:00 - 15:00)	<u>Miss Forest School of Dance</u> (15:10 - 20:00)	-	<u>Cheerleaders</u> (13:30 - 17:30)
<b>Evening</b> (17:00 - 22:00)	<u>Metafit</u> (18:00 - 18:30)  <u>Wing Tsjun Martial Arts</u> (18:30 - 20:00)  <u>Burzercise Fitness Class</u> (20:00 - 21:00)	<u>Maitland School of Dance</u> (18:00 - 21:00)	<u>Cheerleaders</u> (17:30 - 19:00)  <u>Wing Tsjun Martial Arts</u> (19:00 - 20:00)  <u>Boxing Fitness Class</u> (20:00 - 21:00)	<u>Maitland School of Dance</u> (17:15 - 21:00)	<u>Youth Club</u> (20:00 - 22:00)	-	-

### Community Room Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<u>Little Fishies</u> <sup>2</sup> (09:20 - 11:15)	<u>Little Fishies</u> <sup>2</sup> (09:20 - 11:15)	<u>Little Fishies</u> <sup>2</sup> (09:20 - 11:15)	<u>Little Fishies</u> <sup>2</sup> (09:20 - 11:15)	<u>Little Fishies</u> <sup>2</sup> (09:20 - 11:15)



<b>Afternoon</b>	-	<u>Weightwatchers</u> (12:00 - 13:30) <u>Tuesday Club</u> (14:00 - 16:00)	<u>Open Craft Class</u> (13:00 - 15:00)	<u>Over 50's Bingo</u> (13:00 - 15:00)	-
<b>Evening</b>	<u>Highland Dance Class</u> (18:30 - 21:00)	<u>Wing Tsjun Martial Arts</u> (18:30 - 19:30)	<u>Awesome Paws</u> (18:00 - 20:00)	<u>Weightwatchers</u> (18:00 - 20:00)	<u>Youth Club</u> (20:00- 22:00)

\*\*First Friday of every month

### **Other Activities within Centre:**

Big Fishies <sup>1</sup> Monday to Friday 09:20 - 11:15 (Nursery Room)

Lego Club Tuesday 18:30 - 19:30 (Coffee Shop)

Family History Wednesday 14:00 - 16:00 (Music Room)

Altens Health Walk Thursday 10:30 - 11:30 (Meet in Coffee Shop)

Evening Bingo Thursday 19:30 - 21:30 (Coffee Shop)

Youth Club Friday 20:00 - 22:00 (Coffee Shop)

Guitar Class Sunday 18:30 - 19:30 (Coffee Shop)



## What's On at Tullos Learning Centre

Community Wing, Tullos Primary School,  
Girdleness Road, Aberdeen AB11 8FJ

### Current Programme

Day	Groups /Activities	Times	Start Date
<b>Monday</b>	<b>Crèche ACC</b>	<b>09.15am – 11.15am</b>	<b>Term Time</b>
	<b>Computing</b>	<b>10.00am – 12.00pm</b>	<b>Term Time</b>
	<b>Little Noise 0-3 yrs</b>	<b>10.15am – 11.00am</b>	<b>Term Time</b>
	<b>ESOL Class – English</b>	<b>12.30pm – 14.30pm</b>	<b>Term Time</b>
<b>Tuesday</b>	<b>Family Learning Class</b>	<b>09.30am – 11.30am</b>	<b>Term Time</b>
	<b>Family Learning Crèche</b>	<b>09.30am – 11.30am</b>	<b>Term Time</b>
	<b>AiR – Self Help Group</b>	<b>10.30am - 13.30pm</b>	<b>Runs All Year</b>
	<b>Crèche ACC</b>	<b>12.45pm – 14.45pm</b>	<b>Term Time</b>
	<b>30<sup>th</sup>Aberdeen Brownies 7-10yrs</b>	<b>18.00pm – 19.45pm</b>	<b>Term Time</b>
<b>Wednesday New class</b>	<b>Multi-Cultural Families 0-3yrs</b>	<b>10.00am – 11.30am</b>	<b>Term Time</b>
	<b>Torry Art group</b>	<b>10.00am – 12.00noon</b>	<b>Run All Year</b>
	<b>Crèche ACC</b>	<b>12.45pm – 14.45pm</b>	<b>Term Time</b>
	<b>Rainbow Meetings 5-7 yrs.</b>	<b>18.00pm – 19.30pm</b>	<b>Term Time</b>
	<b>Kings Church</b>	<b>19.30pm –</b>	<b>Term Time</b>



	<b>Drop-in Group</b>	<b>21.30pm</b>	
<b>Thursday</b>	<b>Cooker – Youth S1-S4</b>	<b>09.30am – 10.30am</b>	<b>Closed Class</b>
	<b>PEEP Baby Group 0-12 mths</b>	<b>10.00am – 11.00pm</b>	<b>Term Time</b>
	<b>Big Noise Instrumental Group</b>	<b>10.30am – 12.30pm</b>	<b>Term Time</b>
	<b>Crèche ACC</b>	<b>12.45pm – 14.45pm</b>	<b>Term Time</b>
	<b>Torry Guides 10-14 yrs.</b>	<b>19.00pm – 21.00pm</b>	<b>Term Time</b>
	<b>Cookery –Youth S1-S4</b>	<b>13.30pm – 15.00pm</b>	<b>Closed Class</b>
	<b>ESOL College Class – English</b>	<b>18.30pm – 20.30pm</b>	<b>Term Time</b>
<b>Friday</b>	<b>Crèche ACC</b>	<b>09.15am – 11.15am</b>	<b>Term Time</b>
	<b>Torry Youth Club</b>	<b>18.00pm – 20.30pm</b>	<b>Term Time</b>

**For further information or to book a place please contact by**

**E-mail: [TullosLearningCentre@aberdeencity.gov.uk](mailto:TullosLearningCentre@aberdeencity.gov.uk)**

**Phone: 01224 291882**

**Or drop in to Tullos Learning Centre**

**Monday, Tuesday 9.00am – 12.45pm**

**Wednesday, Thursday 9.00am – 12.45pm or 13.15pm – 16.45pm**

**Friday 9.00am – 12.30pm**

[Facebook.com/CommunitiesAberdeen](https://www.facebook.com/CommunitiesAberdeen)

[Facebook.com/CommunitiesTorry](https://www.facebook.com/CommunitiesTorry)



run by the community for the community

Loirston Annexe  
Cove Road  
Cove Bay  
Aberdeen  
AB12 3NX

T 01224 897235  
E loirstonannexe@yahoo.co.uk



### Monday

Clicc Breakfast Club 7.30-9.00am  
Kindergym (Parent and Toddler) 9.30-11.00am  
Playgroup (term time) 1.00-3.00pm  
Clicc Afterschool Club 3.00-6.00pm  
Brownies (term time) 6.15pm-7.30pm  
Guides (term time) 7.30-9.00pm

### Tuesday

Clicc Breakfast Club 7.30-9.00am  
Playgroup (term time) 9.15-11.15am  
Abricabeats 10.15am-11.00am  
Abricabeats 11.15-12.00pm  
Clicc Afterschool Club 3.00-6.00pm  
Yoga 6.00-7.00pm  
Zumba 6.30-7.30pm

### Wednesday

Metafit 6.45-7.15am  
Clicc Breakfast Club 7.30-9.00am  
Playgroup (term time) 9.15-11.15am  
Loirston Artists 9.30am-12.00pm  
Jo Jingles (Walkers and upwards) 9.30-10.15am  
Jo Jingles (Babies to Walking) 10.20-11.05am  
Ian Wilson Football Coaching (3-5 years) 1.30-2.15pm  
Clicc Afterschool Club 3.00-6.00pm  
Rainbow Guides (term time) 6.00-7.00pm  
SWRI every third Wednesday 7.30-9.30pm

### Thursday

Clicc Breakfast Club 7.30-9.00am  
Early Learners (term time) 9.15-11.15am  
Club Francais (4-12 years) 4.00-5.00pm  
Clicc Afterschool Club 3.00-6.00pm  
Metafit 6.00-6.30pm  
The Peace House 7.00pm-9.00pm

### Friday

Clicc Breakfast Club 7.30-9.00am  
Kindergym (Parent and Toddler) 9.30-11.00am  
Bonding with Baby Rhythm Kids 9.30-11.00am  
Baby Massage 11.15-12.45pm  
Playgroup (term time) 1.00-3.00pm  
Annette Cameron's School of Dance (term time) 3.30-6.00pm  
Clicc Afterschool Club 3.00-6.00pm  
Boys Brigade (term time) 6.00-8.00pm

### Saturday

Me Too Magazine Club (once monthly) 2.00-4.00pm

### Sunday

The Peace House 9.30-12.00pm

The Annexe is available at weekends for birthday parties, celebrations and local community events (TERMS AND CONDITIONS APPLY).  
See the Loirston Annexe Update for more information, subject to change.



## 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





# City Wide Information



## Evergreens 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



## 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



**LEVEL 1** 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
<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





**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](http://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](mailto: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](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*





## 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)





## 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:**

<b>Day:</b>	<b>Venue:</b>	<b>Time:</b>	<b>Cost:</b>
<b>Monday</b>	Aberdeen Sports Village (Woman's only)	2:30 – 3:30pm	£2.90
<b>Tuesday</b>	Aberdeen Sports Village	12:30 – 1:30pm	£2.90
<b>Wednesday</b>	<a href="#">Garioch Sports Centre</a>	1:00 – 2:00pm	£2.00
<b>Thursday</b>	<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.



# 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](https://www.facebook.com/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](mailto:nicola.graham@afccommunitytrust.org) or call 01224 650449





*Forthcoming Events:*

WEDNESDAY 2ND MAY

*Sing-along and Dance  
with Jim and  
Marsha Addison*

12.30pm - 3.30pm  
Tickets **£7.50**

WEDNESDAY 6TH JUNE

*Tea Dance  
with Garloch 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*



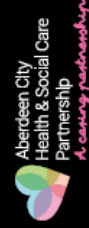
# Young Heart 2018

**WINTER/SPRING  
PROGRAMME  
FOR SPRITELY SENIORS**

Beach Ballroom  
01224 647 647  
[beachballroom.com](http://beachballroom.com)

Tickets available from Aberdeen  
Performing Arts Box Office on  
**01224 641 122**  
or  
[aberdeenperformingarts.com](http://aberdeenperformingarts.com)

Supported by the Common Good Fund





Aberdeen City Health & Social Care Partnership  
*A caring partnership*



## 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





## 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)**



# 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)





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

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



## 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>**





# **Connect** North East Making Connections Finding Solutions

**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](mailto:info@iconnectne.org.uk)**



**[www.iconnectne.org.uk](http://www.iconnectne.org.uk)**



**491 Union Street, Aberdeen, AB11 6DB**

**Registered Scottish Charity SC044328**







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](mailto:info@contact-the-elderly.org.uk)

W: [www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)



Contact the Elderly is a registered charity in England and Wales (1146148) and in Scotland (SC039377).  
Company Number: 07865142 Registered office: 2 Grosvenor Gardens, London SW1W 0DH  
810912



*"... 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



*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 carer's 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)



## 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**  
**13-19 King Street, Aberdeen, AB24 5AA**  
**Phone 01224 644077**  
**Email [aberdeendrc@alzscot.org](mailto:aberdeendrc@alzscot.org)**





[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 577120  
7 Hadden Street, Aberdeen AB11 6NU

Alcohol & Drugs Action is a registered Scottish Charity Number SC09582

**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





**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**

**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.



## CASH IN YOUR POCKET PARTNERSHIP

PENSION/ BENEFITS Budgeting STOP SMOKING FORM FILLING  
Self-Directed Support Reconsiderations & Appeals UNIVERSAL CREDIT  
Attendance Allowance PPF 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](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 VEA 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)

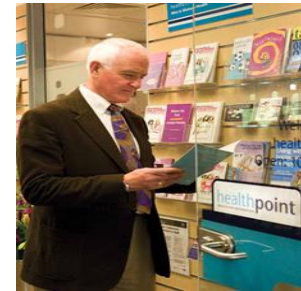




## Looking for help with your health?

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.



**bon accord  
care**

## **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**

# 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](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 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](mailto:emailinfo@bonaccordcare.org) or visit [www.bonaccordcare.org](http://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](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)





### **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)

### **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.** [enquiries@acvo.org.uk](mailto:enquiries@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](mailto:wellbeing@aberdeencity.gov.uk)

Comments: