



**Woodside Network  
Health Group**

# *Woodside Well*

**FUN ACTIVITIES,  
ATTENDING CLASSES  
AND VOLUNTEERING  
ARE GOOD FOR YOUR HEALTH  
AND WELLBEING!**

**Check out what's on offer for adults in and around  
Woodside.**

This booklet was created by the **Woodside Network Health Group** in response to **Woodside Well** – a local study. This was part of a Health Issues in the Community course run by Pathways and funded by the NHS Grampian Health Improvement Fund. **Here's what the participants had to say:**

“For our group project, we had to identify a health issue that affected our health and the health of our community. Anxiety, stress and depression topped the list for both. Instead of looking at the downside, we wanted to look at positive ways of boosting our happiness and wellbeing and that of our community. We decided to study the impact of a variety of recreational and complementary activities and educational courses in our area.

Our results showed that participating in local groups can make a huge difference. Nearing the end of our study we found **5 ways to wellbeing; new applications, new ways of thinking** – a study commissioned by the UK government and this supports our findings.”

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

**Woodside Well – a local study** can be read in full at

[www.woodsidenetwork.wordpress.com](http://www.woodsidenetwork.wordpress.com)

## CONTENTS

- 3-9**     **Activities/classes/volunteering**
- 10-11**   **Groups addressing specific health issues**
- 11-12**   **Health support services**
- 12-15**   **Local agencies providing general support services**
- 16**      **The 5 ways to wellbeing message**

Collated February 2013

Go to [www.woodsidenetwork.wordpress.com](http://www.woodsidenetwork.wordpress.com) for latest information.

To add, update or amend information please contact

[louisa.brown@talktalk.net](mailto:louisa.brown@talktalk.net) 01224 489832

New/ updated information in purple!

## ACTIVITIES/CLASSES/VOLUNTEERING

### Woodside Network (FREE)

**The voice of our Community – come and make it LOUDER!**

Woodside Fountain Centre

The Network is a group of people who live or work in Woodside. We work with Councillors and various agencies to address local issues and find ways of improving community and local services. All our meetings are open so please come along and find out more.

Timetable at Woodside Fountain Centre or online.

Facebook Woodside Network

[www.woodsidenetwork.wordpress.com](http://www.woodsidenetwork.wordpress.com)

Margaret Aisbitt Chair 01224 911337 [margaretaisbitt@yahoo.co.uk](mailto:margaretaisbitt@yahoo.co.uk)

Louisa Brown Vice Chair 01224 489832 [louisa.brown@talktalk.net](mailto:louisa.brown@talktalk.net)

### Fersands Community Project

Woodside Fountain Centre

A varied programme of activities and classes for adults.

These are open to all Woodside residents. Please contact number below to register for classes/check details and find out if new activities are available.

Woodside Writers Group (Creative Writing) Tues 6.30-8pm (FREE)

Tai Chi Thurs 12-1pm (DONATION - £3 suggested)

WORDS and NUMBERS (Adult education) (FREE)

ESOL English for speakers of other languages (beginners) (FREE)

ESOL (intermediate) (costs involved)

Computer Class (FREE)

Relaxation Monday 11-12noon (FREE for trial period)

Zumba Thursday 10.30-1130am (BY DONATION))

Easy Dance (gentle exercise) to be arranged.

If you have any ideas for a new adult group please get in touch!

A varied programme of activities for children/youths also available.  
(Many are open to all Woodside children/youth.)

[mark@fersands.org](mailto:mark@fersands.org)

01224 524926

### **Fersands Family Centre (FREE)**

*(open to residents of Fersands and Fountain only, due to funding criteria)*

The services on offer include:

Nursery provision (3-5 years)

Twos group (2-3 years), crèche (under 2s)

Drop-in facility (coffee, advice, chat)

Workshops, parenting programmes and fun activities.

[mark@fersands.org](mailto:mark@fersands.org)

01224 524950

### **Reiki in the Community** (by DONATION - £2 suggested)

Fountain Grange Common Room

Community Group offering Reiki Healing sessions to residents of Woodside, Tillydrone, Hilton and their families. Come along as a volunteer client in the first instance. Later you may wish to train as a volunteer Reiki Practitioner. Alternate Wed am and alternate Thurs pm.

To book a session or for more information: [louisa.brown@talktalk.net](mailto:louisa.brown@talktalk.net)

01224 489832

### **Woodside Community Centre**

Mothers and Toddlers – Tuesdays 11.30-1.30pm (FREE) Low cost snacks available) All welcome

Adults Lunch Club/Social Club Thurs 11.30 – 1.30pm Low cost lunches and refreshments. Games. All Welcome

Zumba – Tues. 7.15-8.15

Bingo – Wed/Fri/Sun evenings

Box fit – Thurs 6.30-7.30pm

Pigeon Fanciers

Lunches Mon 12-2pm

Breakfasts Wed and Fri 9.30-11.30am

01224 485983

### **After School Club**

Woodside Community Centre

(Woodside and Kittybrewster Primary School children)

Mark 01224 524926 Kit 01224 276788

## **Card Making Class**

Fountain Grange Common Room

Mondays 1 – 4pm

Open to all

£1 donation (incl tea/coffee/bisc)

Elaine 01224 486567

## **Assorted Adult Classes**

To be arranged (mid 2013 onwards)

Subject to funding

Joint venture by Pathways/ WEA/ ACC

Look out for posters!

[m.pritchard@pathways-online.org](mailto:m.pritchard@pathways-online.org),

01224 682939

## **Hilton Outdoor Sport Centre**

Off Hilton Road (adjacent to Stewart Park)

Range of facilities to be decided.

Volunteering opportunity - get involved in updating this potentially fantastic resource. If you have ideas or would like to get involved please contact Nigel Spencer (Sport Aberdeen)

[NSpencer@sportaberdeen.co.uk](mailto:NSpencer@sportaberdeen.co.uk) 01224 578708

## **Woodside Library (FREE)**

356 Clifton Road

Mon/Wed 2-7pm Tues/Wed/Fri 10am-1pm & 2-5pm Sat 10am-1pm

Wide variety of activities/services including:

Bookbug Sessions for babies, toddlers and families

Free computer and internet access and introductory sessions

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

01224 484534

## **Home Library Service**

This service is available to citizens of Aberdeen who are unable to leave their homes to access library facilities.

After an initial interview to assess requirements the Home Library staff

visit on a monthly basis with a selection from books, talking books, videos, DVDs and CDs.

[HomeLibrary@aberdeencity.gov.uk](mailto:HomeLibrary@aberdeencity.gov.uk) 01224 498930

### **Online learning (FREE)**

Wide range of courses. Home or public computer access.

[www.aberdeencity.gov.uk/education\\_learning/training\\_development/lifelong\\_learning/trn\\_abdn\\_learn\\_online.asp](http://www.aberdeencity.gov.uk/education_learning/training_development/lifelong_learning/trn_abdn_learn_online.asp)

### **Confidence to Cook (FREE)**

Cooking, chatting, making friends, sharing a meal and choosing the next tasty recipe to try out.

This course is suitable for anyone over 18 who would like to find out about cooking easy, healthy and tasty meals on a budget. The classes, ingredients and transport to Sunnybank Community Kitchen are free. (Small exclusive groups of up to six for the 6-8 week course)

The classes are led by local volunteers who have been trained by NHS Grampian.

Louisa 01224 489832 [louisa.brown@talktalk.net](mailto:louisa.brown@talktalk.net)

## **Hilton Community Centre**

Parent and Toddler

Drop in computing

Bingo

Friskis & Svettis (Swedish exercise)

Over 55s group

Indoor bowling/Line dancing (intermediate)

Surfing the net

Photography group

Zumba /Youth clubs

<http://www.hilton-community-centre.org> 01224 277025

## **Printfield Community Project (FREE)**

11a/b Printfield Walk

Open to all Woodside residents.

Please contact number below to register for classes/check details

Drugs Action Drop-in sessions

ESOL English for speakers of other languages

IT classes

Baby massage/First Aid for parents of under 5s

(Youth clubs - open to all Woodside children/youth)

[printfield@printfieldproject.co.uk](mailto:printfield@printfieldproject.co.uk)

01224 276788

## **Tillydrone Community Flat (FREE)**

3B Alexander Terrace

(Priority for places given to Tillydrone residents)

Please contact number below to register for classes/check details

Healthy cooking/Scrabble

PEEP/Stay and Play

(ESOL) English for speakers of other languages

Computing Class

Numbers, Reading and Writing

Pathways Job Skills Support

History and Creative Writing

Crèche

01224 486641

## **Aberdeen University (FREE)**

Regular family fun events/ summer school

[www.specialcollectionslearning.wordpress.com](http://www.specialcollectionslearning.wordpress.com)

Community group visits for exhibitions/ collections 01224 273047

(Individual visitors need photographic proof of identity)

Volunteering: [www.abdn.ac.uk/library/about/special/volunteering/](http://www.abdn.ac.uk/library/about/special/volunteering/)

Regular events/talks/music open to the public (many free)

[www.abdn.ac.uk/events](http://www.abdn.ac.uk/events) [www.abdn.ac.uk/library/news-events](http://www.abdn.ac.uk/library/news-events)

Zoology Museum (Tillydrone Avenue) M-F 9am-5pm

## **Community Transport**

For those who cannot use conventional bus services due to age/disability.

Five Community Transport services will operate between 10am and 2.30pm, Mon to Fri. The service will provide door-to-door transport within a particular area and into the City Centre. For more details about the scheme please pick up a leaflet or phone:

01224 523765

## **Woodside Pensioners (50+)**

Woodside Parish Church Hall

Tuesdays 1.45-3.30pm

£1.50 weekly for membership fee

01224 482107

## **Woodside Activity Centre**

Clifton Road

Daytime activities for over 50s:

Art Class

Games morning

Tai Chi

Indoor Bowling

Sequence Dancing

Zumba

Intermediate Line-dancing

Whist Club

01224 486425



## **Woodside Parish Church**

Church Street

All welcome to join in any of the following:

Sunday Services with crèche

Granite City Chorus – men's barbershop choir 01224 322336

Church Choir/Praise Band - singers and musicians

The Guild 01224 482107

Indoor/outdoor bowling (all ages) 01224 484360

Walking group 01224 315103

Start U up - (support for families and young people who move from homelessness to accommodation) Volunteers needed to drive/pack/shop for this project. 01224 491116

Varied programme of child and youth activities.

[www.woodsidechurch.co.uk](http://www.woodsidechurch.co.uk)

Church office 01224 277249

## **Home-Start Aberdeen**

Volunteering Opportunities

Are you a parent? Could you offer 2-3 hours per week to help a family, offering a listening ear and practical help? All families have at least one child under the age of 5 and are coping with stress and challenges and really benefit from the support of someone who has parenting experience (someone who has "been there" themselves) Volunteers are given training and support.

[admin@homestartaberdeen.org.uk](mailto:admin@homestartaberdeen.org.uk) [www.homestartaberdeen.org.uk](http://www.homestartaberdeen.org.uk)

01224 693545

## **Shmu (Station House Media Unit) (FREE)**

Station Road

Facilitators for **Woodside Freepress** - your local community magazine. Lots of ways to get involved. Support and training provided. Community Radio - training in production/presenting local programmes.

A varied programme for youth activities and training opportunities also available.

[www.shmu.org.uk](http://www.shmu.org.uk) [info@shmu.org.uk](mailto:info@shmu.org.uk)

01224 515013

## **St Joseph's Catholic Church**

2 Tanfield Walk

We are a diverse group of many nationalities and all age groups.

All welcome. Tea and coffee are served in our church hall after Mass and we have a chance to enjoy each other's company.

stjoseph.abd@btinternet.com

[www.stjoseph.net46.net](http://www.stjoseph.net46.net) 01224 484226

## **Family Learning (FREE)**

Kittybrewster School

*St Machar Academy catchment area*

Parenting

Confidence/assertiveness classes

Maths and language classes for parents

Whose money is it anyway?

Challenge Mum / Dad activities

ESOL English for speakers of other languages (adults/families)

Crèche often available

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

[www.familylearningaberdeen.com](http://www.familylearningaberdeen.com) 01224 260028

## **St Machar Parent Support (FREE)**

*St Machar Academy catchment area*

Crèche often available

One to one family support

Coping with Kids Programme

If we can't help we can find someone who can.

[stmacharparent@parentsupport.co.uk](mailto:stmacharparent@parentsupport.co.uk)

[www.parentsupport.co.uk](http://www.parentsupport.co.uk)

01224 487813

## **Food Co-op**

Woodside Fountain Centre

M/T/W/F 10am-1pm

Fresh fish, fruit and vegetables at reasonable prices

Volunteering opportunities

01224 524926

*The Woodside Network Health Group liaised with various agencies to bring services to Woodside. Most recently we liaised with NHS Grampian to train volunteers to present the Confidence to Cook Course to local people. We are keen to extend the range of activities available in the area. What would you like to try? Drama Group? Choir? Line dancing?  
Please contact 01224 489832 [louisa.brown@talktalk.net](mailto:louisa.brown@talktalk.net)*

## **GROUPS ADDRESSING SPECIFIC HEALTH ISSUES**

### **Pulmonary Rehabilitation Classes (FREE)**

Woodside Community Centre Gym - all year round.

This exercise and information 8 week programme is for those with chronic lung conditions with a view to enhancing quality of life. Ask your doctor or practice nurse to refer you to these classes or contact Catriona Cameron (Community Therapy Services) on 01224 558399 for more information.

### **Smoking Cessation Support Group (FREE)**

Fountain Grange Common Room

Following the 8 week course run by the Smoking Advice Service the group continues to meet informally to provide ongoing support and encouragement for each other. Come along for a chat.

SMOKERS WELCOME! Contact Margaret 01224 911337.

Depending on numbers, another 8 week SAS class may be arranged.

Community Pharmacies Baird's and Lloyds offer NHS 1-1 programmes.

General advice/classes: Smoking Advice Service [grampiansas@nhs.net](mailto:grampiansas@nhs.net)  
[www.nhsgrampian.org.uk](http://www.nhsgrampian.org.uk) 05000600332

### **Healthy Helpings (FREE)**

Fountain Grange Common Room

This 8 week course offered an interactive way of finding out more about healthy eating and a healthy lifestyle (and lose weight!)

Participants continue to meet informally to continue the good work. If you would like to join them please contact Moira 07715382512

A new course could be arranged if there is enough interest. Contact Healthy Helpings on 01224 555522.

### **Health Walks (FREE)**

Meeting point Woodside Fountain Centre

Tuesdays 11-12noon

Short, local, low level and social. Get off that couch and enjoy all the benefits of walking with a group! Led by trained volunteers. Walks can be tailored to suit - 10 minutes to 1 hour max. 01224 524926

### **Confidence to Cook (FREE)**

Cooking, chatting, making friends, sharing a meal and choosing the next tasty recipe to try out.

This course is suitable for anyone over 18 who would like to find out about cooking easy, healthy and tasty meals on a budget. The classes, ingredients and transport to Sunnybank Community Kitchen are free.

(Small exclusive groups of up to six for the 6-8 week course)

The classes are led by local volunteers who have been trained by NHS Grampian.

Louisa 01224 489832 [louisa.brown@talktalk.net](mailto:louisa.brown@talktalk.net)

### **Dental Care in the Community (FREE)**

Help and advice from dental nurses on dental and oral health for adults and children including registration with an NHS dentist.

Dates to be arranged. for drop-in sessions.

Contact Mark 01224 524926

### **Chair-based Exercise Class**

Fountain Grange Common Room

Fridays 1-3pm (fortnightly)

£3 incl. Tea/coffee

Elaine 01224 486567

## ***LOCAL HEALTH SUPPORT SERVICES***

### **Woodside Medical Practice**

80 western Road

[www.nhsgrampian.org/woodside](http://www.nhsgrampian.org/woodside) 01224 492828/492631

## **Pathways (FREE)**

Local venues

One-to-one Counselling Services (you can self-refer) – Talking can really help.

[info@pathways-online.org](mailto:info@pathways-online.org)    [www.pathways-online.org](http://www.pathways-online.org)

01224 682939

## **Baird's Community Pharmacy (FREE)**

302-304 Clifton Road

NHS Smoking Cessation Programme (one-to-one support)

Prescriptions delivery service

Compliance aids (pills boxes) service

Travel medication advice

Minor Ailments Service - pharmacists can prescribe treatments for some common ailments for eligible patients (eg over 60, under 16, on benefits )

Chronic Medication Service - pharmacists can be more involved in direct care and monitoring of patients. You can register now.

(Private consultation area)    01224 484688

## **Lloyds Community Pharmacy (FREE)**

453 - 455 Great Northern Road

NHS Smoking Cessation Programme (one-to-one support)

Blood Pressure checks

BMI assessment    Diabetes risk assessment

Professional advice on diet, exercise and weight management

(Private consultation area)

01224 484554

## **Drugs Action (FREE)**

Woodside Fountain Centre

Printfield Community Project Flat

Drop-in service

Information, advice and support on any aspect for drug users, families, friends, community groups and professionals.

Appointments can be made at other venues.

[www.drugsaction.co.uk](http://www.drugsaction.co.uk)

[simon@drugsaction.co.uk](mailto:simon@drugsaction.co.uk)

01224 577125

07872376378

## **LOCAL AGENCIES PROVIDING GENERAL SUPPORT SERVICES**

*Stressful situations can affect our health and wellbeing. The following offer advice, information and support on all kinds of issues.*

### **Aberdeen and Aberdeenshire Community Mediation Services (FREE)**

The mediation service is free, voluntary and confidential. The mediators are fully trained and impartial. Mediators can help with disagreements about things like noise, pets, children and parking. If you feel your situation could benefit from mediation, please get in touch.

[www.sacro.org.uk/html/aberdeen\\_and\\_aberdeenshire.html](http://www.sacro.org.uk/html/aberdeen_and_aberdeenshire.html)

01224 560570

### **City Wardens**

The Wardens duties cover a wide range of issues including: anti-social behaviour, litter, graffiti, nuisance parking, and dog fouling.

[citywardens@aberdeencity.gov.uk](mailto:citywardens@aberdeencity.gov.uk) 01224 627800

## **Pathways (FREE)**

Local venues

One-to-one Counselling Services (you can self-refer) - Talking can really help.

Jobsearch

Help to find volunteering/training with a view to return to work

[info@pathways-online.org](mailto:info@pathways-online.org)

[www.pathways-online.org](http://www.pathways-online.org) 01224 682939

## **Woodside Fountain Housing Office (FREE)**

Woodside Fountain Centre

Advice, help and support on any issue related to your housing needs including anti-social behaviour, rent arrears and under-occupancy issues (bedroom tax) 01224 524940

## **Instant Neighbours (FREE)**

5 St Machar Drive

Advice and information on all issues of poverty

Practical help and emotional support.

Food parcels/Low cost furniture

Volunteering opportunities – learn new skills

Help with CVs etc

[www.instantneighbour.co.uk](http://www.instantneighbour.co.uk)

[ian.armstrong@instantneighbour.co.uk](mailto:ian.armstrong@instantneighbour.co.uk)

01224 489955

## **Benefits Advice (FREE)**

Woodside Fountain Centre

Every second Monday 10am-4pm

Drop in or make an appointment 01224 522709

## **Citizen's Advice Bureau (FREE)**

Woodside Fountain Centre

Advice on: benefits, employment, tax, health, housing, education, discrimination, civil rights, immigration, legal system.

Weds 10am-3pm

For telephone advice 0808 8000 9060

**The Aberdeen Law Project (FREE)**

Woodside Fountain Centre  
Legal Advice and Representation  
Thursdays 5.30-7.30pm  
[abdnlawproject@gmail.com](mailto:abdnlawproject@gmail.com)  
01224 272434

**SCARF home energy advice team (FREE)**

Woodside Fountain Centre  
Free impartial energy efficiency advice.  
Understand fuel bills/ change provider/ insulation/ grants and more  
First Monday of the month 10-12noon  
Telephone advice/appointments/home visits also available.  
Energy Performance Certificates also available (costs involved)  
[www.scarf.org.uk](http://www.scarf.org.uk)  
01224 213005

**St Machar Credit Union**

Woodside Fountain Centre  
To help with your future financial security.  
For savings and loans  
Monday - Friday 9.30am-4.30pm  
[www.stmacharcredit.co.uk](http://www.stmacharcredit.co.uk)  
01224 524935

**Cash In Your Pocket Partnership (FREE)**

Don't know where to turn for help? CIYPP can put you in touch with the right organisation to help you.  
[www.ciypp.co.uk](http://www.ciypp.co.uk)  
[Info@ciypp.co.uk](mailto:Info@ciypp.co.uk)  
01224 200221



### **Woodside Customer Access Point (FREE)**

Woodside Fountain Centre

Public access to computers

Information leaflets on local services

Huge range of Council services including rent payments, reporting housing repairs/road and street light faults, council tax benefit forms,

Education Maintenance forms

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

01224 524921

### **Aberdeen Care and Repair**

11 Waverley Place

This service is for owner-occupiers and tenants of private landlords living in Aberdeen who are older, disabled or suffering from long-term illness.

Tenants of social landlords can also receive assistance for repairs that are not covered by their tenancy agreement. Advice service is FREE.

Grants may be available for the work.

Affordable Warmth Project/Handyman Services/Repairs/Improvements /Adaptations to property/Trusted Traders list

[gencareandrepair@castlehillha.co.uk](mailto:gencareandrepair@castlehillha.co.uk)

[www.aberdeencareandrepair.co.uk](http://www.aberdeencareandrepair.co.uk)

01224 251133

### **Energy Saving Scotland (FREE)**

Information and advice on heating your home and free cavity wall and loft insulation.

Home Energy Check/benefits and tax credit checks.

You may be eligible for a FREE new heating system or boiler.

0800 512 012

## *Messages from Five Ways to Wellbeing*

### **Connect...**

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

### **Be active...**

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

### **Take notice...**

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

### **Keep learning...**

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

### **Give...**

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

**5 ways to wellbeing** – a study commissioned by the UK government.

These messages were developed to reflect kinds of *behaviour* that people can undertake, and which academic evidence suggests may lead to improvements in their mental health and wellbeing. (HAPPINESS!)