



# Garioch Community Planning E-Bulletin

## March 2024

**If you have information which you would like to contribute, please e-mail or forward it to [garioch@aberdeenshire.gov.uk](mailto:garioch@aberdeenshire.gov.uk)** *If you would like to know more about Community Planning and the identified priorities in Garioch, or you would like to share information about your organisations or group, please contact: [caroline.smith@aberdeenshire.gov.uk](mailto:caroline.smith@aberdeenshire.gov.uk) [paige.donovan@aberdeenshire.gov.uk](mailto:paige.donovan@aberdeenshire.gov.uk)*

### Helpful Links

Aberdeenshire Council<sup>1</sup> Aberdeenshire Council (Have your say)<sup>2</sup> Aberdeenshire Council (Employment Opportunities)<sup>3</sup> Aberdeenshire Council (Statistics and place-based information)<sup>4</sup> Parents Portal<sup>5</sup> Aberdeenshire Voluntary Action (AVA)<sup>6</sup> Citizens Advice Scotland<sup>7</sup>

### What's New!



**Martyns Law** More info can be found under Support & Advice

**Community Transport Association** More info can be found under Support & Advice

**Community Ownership Support Service Training** More info can be found under Support & Advice

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<sup>1</sup><https://www.aberdeenshire.gov.uk/>

<sup>2</sup><https://www.aberdeenshire.gov.uk/contact-us/have-your-say/>

<sup>3</sup><https://www.myjobscotland.gov.uk/councils/aberdeenshire-council/jobs>

<sup>4</sup><https://www.aberdeenshire.gov.uk/council-and-democracy/statistics/>

<sup>5</sup><https://parentsportal.scot/pportal/>

<sup>6</sup><https://www.avashire.org.uk/>

<sup>7</sup><https://www.cas.org.uk/>

Are you interested in...?



**The Aberdeenshire Warm Spaces Map?**

More info can be found under Support & Advice

**Helping in a Crisis?** More info can be found under Support and Advice

**Volunteering? Have a look at AVA** More info under helpful links

## Garioch Community Plan

***What is Community Planning?***

Community planning is about how public bodies work together, and with local communities, to design and deliver better services that make a real difference to people's lives.

It drives public service reform by bringing together local public services with the communities they serve, and provides a focus for partnership working that targets specific local circumstances. Partners work together to improve local services and to ensure that they meet the needs of local people, especially those who need the services most.

The Garioch Community Plan in 2022-25 brings together priorities that have been identified from a wide range of engagement, held with our Community Planning partners, third sector groups and organisations and our local community as well as data and evidence gathered by our Partnership Analysts. The aim of this action plan is to work collaboratively together with our partners and agencies to help progress the actions in the plan, the plan is a live document and is updated each year.

## Action Plan

### Priority 1 Stronger and Empowered Communities

#### Key Outcomes:

*Successful, inclusive, resilient communities with the confidence, capability, and capacity to tackle the things that matter to them.*

1. Communities are empowered and supported to develop and deliver a vision for their local area, by delivering Place-Based Community Plans.
2. Communities are well informed, involved in decision-making and take a responsibility in delivery of local actions and priorities.
3. Stronger local resilient communities through the contribution of volunteers.
4. Our communities feel empowered and enabled.

How?	When?	Who?	Intended Outcome	Progress
1.1 We will support the development of Community Action and Resilience and Place Plans; help support building capacity and confidence within our communities as we move into the recovery phase.	Ongoing	<ul style="list-style-type: none"> <li>• Garioch Area Office</li> <li>• Garioch Community Planning Partners</li> <li>• Aberdeenshire Voluntary Action and Third Sector</li> <li>• Local community groups</li> <li>• Garioch Community Councils</li> </ul>	1, 2, 3, 4	<ul style="list-style-type: none"> <li>• Development of Community Action Plans (CAPs) has commenced in ECH, Kirkton of Skene, Dyer and Westhill. Engagement is on-going with these communities; it is anticipated the first CAP will be published later in 2022.</li> <li>• Work is on-going with Community Councils across Garioch to support the development and implementation of Local Community Resilience</li> </ul>

12

How?	When?	Who?	Intended Outcome	Progress
1.2 Continue to collaborate with our community and voluntary sector partners to assist in coordinating activities and support residents.	Ongoing	<ul style="list-style-type: none"> <li>• Aberdeenshire Voluntary Action (AVA)</li> <li>• Garioch Health Improvement Network (GHIN)</li> <li>• Third Sector Partners</li> <li>• Community Groups</li> </ul>	1, 2, 3, 4	<ul style="list-style-type: none"> <li>• Plans which will be a first response plan in the event of an emergency.</li> <li>• Community Food Larder - Granplan Opportunities Larder opened to public in February 2021, to date issued over 250 supporter cards, which represents over 416 adults, 161 children and 196 pets that receive support from the larder, twenty-five volunteers work together in a shift system to support the operation of the larder.</li> <li>• Westhill Community Resilience Group, formed in July 2020 in response to the pandemic and lockdown, group of 6 community organisations all volunteering time and resources in Westhill who have given support to the community by the donation of small gifts to those isolating or living alone, door stop visits, organised small social events with the aim to tackle social isolation and loneliness.</li> </ul>
1.3 Ensure communication and information is always available, clear, and accessible in whatever language and format is required.	Ongoing	<ul style="list-style-type: none"> <li>• Garioch Community Planning Group</li> <li>• Garioch Area Office</li> <li>• Garioch Health Improvement Network (GHIN)</li> </ul>	2, 4	<ul style="list-style-type: none"> <li>• Know Who to Turn to Leaflet, Garioch Health Improvement Network (GHIN) identified a need for better information and signpost sharing for local communities and residents, leaflet helps connect to services, organisations and community groups who can help address needs of their local area.</li> <li>• Worried about Money Leaflet - Tackling Poverty and inequalities which is a multi-agency</li> </ul>

13

How?	When?	Who?	Intended Outcome	Progress
				<ul style="list-style-type: none"> <li>• partnership have developed a leaflet to increase knowledge on the value of a cash-first response to income crisis. Raise awareness of techniques on how leaflet can be used as a tool to guide conversations and help people access support when they need.</li> <li>• Garioch Food Map - This was developed by GCK with support from partners and provides a comprehensive list detailing where and when people can access emergency food provision. It is regularly updated and disseminated around communities. One of the tasks I was going to talk to Sarah about though was to look at the dissemination of the food map and ensure it is getting to the people who need the info.</li> </ul>

14

### Priority 2 Healthier Communities

#### Key Outcomes:

*Aberdeenshire will be recognised as a great place to live and work - fairness and equality of opportunity for all.*

1. Reductions in inequalities in health outcomes between communities and across Aberdeenshire
2. To protect and support public health, community mental health and physical wellbeing and build community resilience as we adapt to live with the impacts of COVID-19
3. Greater community partnership working, increasing the ability of individuals and groups to influence matters affecting them and their communities
4. Increased participation in quality wellbeing activity.

How?	When?	Who?	Intended Outcome	Progress
2.1 Support vulnerable members of our community to stay safe, support health and wellbeing and work with partners to help ensure services meet the needs of diverse local communities.	Ongoing	<ul style="list-style-type: none"> <li>• Garioch Health Improvement Network (GHIN)</li> <li>• Health and Social Care Partnership</li> </ul>	1, 2, 3, 4	<ul style="list-style-type: none"> <li>• Port Elphinstone Community House (PECH) - Currently looking at how we can provide support with the Food Larder based in the Community House, to help promote the larder in the local community, opening hours, what can be provided. A neighbourhood profiling exercise is being conducted in June, involving Public Health, C.D, Tackling Poverty and inequalities to do engagement with the residents in the area, the feedback will be shared with partners.</li> </ul>

15

How?	When?	Who?	Intended Outcome	Progress
				<ul style="list-style-type: none"> <li>Infant Milk Formula Pilot: Public Health with support from the GPHN is involved with the development of a pilot pathway for provision of emergency infant formula in Garioch. This pathway aims to ensure that anyone in need of an emergency supply of infant formula will also receive the correct support and health advice and onward referral for wider financial advice.</li> <li>Health Issues in the Community (HIC) training - The public health team will work with identified groups, beginning in Westhill and Inverurie by July 2022 to deliver taster sessions of the Health Issues in the Community training course. This course is designed to be used with communities to help them broaden their understanding of health and wellbeing and how it is experienced individually and within their community and to help them identify their needs and actions they could take. Following the taster sessions, the Public Health team will offer a full accredited HIC course with an identified community group.</li> </ul>
2.2	The mental and physical wellbeing of the residents of Garioch is improved.	Ongoing	<ul style="list-style-type: none"> <li>Garioch Community Planning Group</li> <li>Aberdeenshire Alcohol &amp; Drug Partnership</li> <li>Garioch Health Improvement Network</li> </ul>	1,2,4 <ul style="list-style-type: none"> <li>Mind yer Mind - Mind yer Mind is a new campaign, organised by Aberdeenshire Community Planning Partnership (ACPP), to remind us of the importance of looking after your mental wellbeing, and to give you some ideas for looking after yours. Research shows that there are five steps you can take to improve your mental health and wellbeing, and you will be finding out more about these as you work your way through this book. For now, we have listed</li> </ul>

How?	When?	Who?	Intended Outcome	Progress
				<ul style="list-style-type: none"> <li>them below: Connections, Learning, Taking Notice, Giving and Being Active.</li> <li>School Cluster wellbeing information sharing - gap identified to share Aberdeenshire Council regular mental health and wellbeing updates with our primary, secondary, and further education colleagues to cascade through to the families and extended families of those in our learning community in Garioch.</li> </ul>

How?	When?	Who?	Intended Outcome	Progress
2.3	Continue to support opportunities for accessible, physical, and active exercise, support and promote healthy eating and healthier lifestyles, with the aim of reducing inequalities in health in Garioch.	Ongoing	<ul style="list-style-type: none"> <li>HIS Public Health Coordinator</li> <li>Active Schools Coordinator</li> <li>Garioch Community Planning Group</li> </ul>	1, 2,3,4 <ul style="list-style-type: none"> <li>Accredited Teen Cookery Course - The Garioch Community Kitchen identified a need for an accredited course for students aged 15-18, to equip young people with lifelong food skills, increasing confidence, budgeting skills and encourage a healthy lifestyle and reduce dependency on other services later in life. The course to date has been well attended with future courses planned throughout 2021-22.</li> <li>PH with support from the GPHN has delivered training in the HENRY (Health Eating and Nutrition for the Really Young) technique to a wide group of professionals including Comm Nursery Nurses, Dieticians and Community Health Improvement.</li> </ul>

How?	When?	Who?	Intended Outcome	Progress
				<ul style="list-style-type: none"> <li>Officers. This training will enable HENRY courses to be offered to targeted families across Garioch.</li> <li>The GPHN supports the establishment and promotion of Community Health Walks across Aberdeenshire to improve health and reduce social isolation.</li> <li>The GPHN supports the HEAL agenda across Garioch and has been involved in community consultation exercises to inform the development of HEAL activity.</li> <li>Community Sports Hubs - Community led and driven approach to sports and physical activity, three principles, meeting community need, fostering community collaboration and empowering community leaders. <ul style="list-style-type: none"> <li>Discretionary Street Sports &amp; Outreach Work 4 Week Pilots -</li> <li>Sessions will be run on consecutive Tuesday nights at Kelland's Park, a variety of sporting activities are to be offered.</li> <li>Steering group to be formed to look at how to make pilot work sustainable for the long term.</li> </ul> </li> <li>Multi-agency approach</li> <li>Garioch Sports Centre Youth Club</li> <li>Proposal for a 12-week pilot</li> <li>Mixture of sporting activities to be offered</li> </ul>

How?	When?	Who?	Intended Outcome	Progress
				<ul style="list-style-type: none"> <li>Inputs from Aberdeenshire Council for climbing wall etc.</li> <li>Work with Inverurie Academy to get out information on social media.</li> </ul>

#### Priority 3 Connected Communities

##### Key Outcomes:

*Aberdeenshire will be recognised as a great place to live, work, visit and invest with effective transport and connectivity links.*

1. Reduce loneliness and social isolation
2. It is easy and safe to move around local areas using good-quality active travel route
3. An improved transport provision to access healthcare and wellbeing activities to address challenges of inequality, social exclusion, rural isolation, and vulnerability.
4. Greater opportunity to connect digitally to reduce commuting, access services and encourage commercial and social enterprise.

How?	When?	Who?	Intended Outcome	Progress
3.1	Support service providers and communities to explore possible	Ongoing	<ul style="list-style-type: none"> <li>Aberdeenshire Community Transport Forum</li> </ul>	1,2,3 <ul style="list-style-type: none"> <li>Westhill Community Transport - Initially 15 volunteer drivers recruited in response for need identified to transport vulnerable and elderly</li> </ul>

community-based transport initiatives to improve access to services and better access to hospital and health appointments for rural communities in Gairloch.		<ul style="list-style-type: none"> <li>Health and Social Care Partnership</li> <li>NHS Public Health</li> </ul>		residents to vaccine centres, February - August 50 trips were requested. Initiative continues to operate providing community led transport to residents attending appointments at ABI and Woodend Hospitals.
3.2 Work with our partners to support our communities to stay better connected with each other and explore and develop initiatives to reduce social isolation.	Ongoing	<ul style="list-style-type: none"> <li>Gairloch Community Planning Group</li> <li>Gairloch Area Office</li> <li>Aberdeenshire Voluntary Action</li> </ul>	1, 2	<ul style="list-style-type: none"> <li>Happy to Chat Benches - Kintore [ Inverurie -The benches that will be placed in strategic spots within the community which provide a safe place for people to sit and have a socially distanced chat or just simply to encourage those who have been shielding and living alone to start building confidence to come out into the wider community. The emphasis on this project is to help those who have been feeling vulnerable, lacking in confidence and social contact by providing a safe space in a nice quiet environment. The construction of the happy to chat benches is being done at Westhill Men's Shed who working with our Landscape Services, will ensure the benches are made according to any regulatory specifications.</li> <li>Wellbeing Week - The Gairloch has supported the 2022 Aberdeenshire Wellbeing Festival. This year's theme was loneliness. Over one hundred activities were held in Gairloch and across Aberdeenshire to promote activities which reduce isolation and support people's mental wellbeing.</li> </ul>
3.3 Work with communities to ensure digital solutions support all activities and	Ongoing	<ul style="list-style-type: none"> <li>Gairloch Area Team</li> <li>Local Community Groups</li> </ul>	4	<ul style="list-style-type: none"> <li>Funding for iPad for Community Councils - Aberdeenshire was provided with an opportunity to undertake a pilot project using ICT to develop the</li> </ul>

is available everywhere. Support communities to ensure rural digital connectivity is expanded.		<ul style="list-style-type: none"> <li>Elected members</li> </ul>		<p>engagement and connectivity of rural Community Councils and has been successful in getting around £7k for equipment and training resources for the 16 Community Councils that expressed an interest. We are currently waiting for the equipment to arrive and once it does, we will provide training on use of social media audio and video clips to promote the work of the Community Council along with the opportunity to use the equipment to improve the hybrid meeting experience. It is hoped that this will provide useful information for other Community Councils to use in moving forward with technology and how it can assist them in their roles as Community Councilors</p> <ul style="list-style-type: none"> <li>Support Communities with virtual meetings - Ongoing support has been provided to Community Councils and Associations to ensure the continuation of meetings during COVID-19 restrictions, this has been by proposing to funding for resources, step by step guides on how to join skype and Teams meetings facilitated by the council. This support will continue to ensure our community groups and organisations can operate safely and confidently.</li> </ul>
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## Local News and Events





**COMMUNITY WALKING RUGBY**

**#RISEWITHGARIOCH**

**FREE DAYTIME SESSION**

**What's on offer?**

- ✓ Sessions led by Qualified Coach
- ✓ Gentle Exercise
- ✓ Fun and Laughter
- ✓ Great for Your Mental Health
- ✓ Socialising and Mixing
- ✓ Simple Rules
- ✓ Injury Rehab Benefits
- ✓ Stay Active
- ✓ Meet New People






**GARIOCH SPORTS CENTRE**

**TUESDAYS 11 AM- 1 PM**

**GARIOCH RUGBY**

**Volunteers Needed**

**Litter Picking Event**

**#SpringCleanScotland 2024**



**Saturday, 23rd March 2024**

Ury Riverside Park, Inverurie

For more information and to register see Eventbrite at <https://urp-volunteer-litter-pick.eventbrite.co.uk/> or scan the QR code below



**Keep Scotland Beautiful**




Ury Riverside Park SCIO is a registered charity SC548919

# Mind Yer Heid

## Kintore

The Bothie

Tuesday

5.30pm-6.45pm

## Huntly

Basement-Linden

Center

Wednesdays

Fortnightly- 14th Feb

1pm-3pm

## Peterhead

The Space

Drummers Corner

Thursday

11am-1pm

**Improve mental and physical health**

**Employability skills**

**Socializing**

**Life Skills**

**Aged 16+**

**Free**

**For more information or to get involved, contact our**

**Youth Engagement worker, Rachel**

**[Rachel.lewis@aberdeenshire.gov.uk](mailto:Rachel.lewis@aberdeenshire.gov.uk)**



## Kitchen Equipment Larder

Pop along to collect or donate kitchen equipment and help yourself to a coffee.

We have a large selection of kitchen equipment available for anyone who requires something, whether it be a replacement, starting up home, going to Uni or leaving home! \*

**OPEN First Friday of every month**

**From 10am – 11.30am**

**Friday 2<sup>nd</sup> February**

**Friday 1<sup>st</sup> March**

**Friday 5<sup>th</sup> April**

**Friday 3<sup>rd</sup> May**

**\*Please note items collected are restricted to 4 per person**

**FUNDED BY**



Communities Mental Health & Wellbeing Fund For Adults Round 3

Wyness Hall, Jackson Street, Inverurie, AB51 3QB

Registered Scottish Charity no. SCO46110

Tel. 07729297892

Email. [gariochcommunitykitchen@hotmail.co.uk](mailto:gariochcommunitykitchen@hotmail.co.uk)





Inverurie Community Partnership

## **STOCKS LOW! DONATIONS NEEDED URGENTLY!**

Our food pantry provides an important lifeline for those struggling with rising food prices, but our **stocks are running low.**

Help us continue to support those in need in our community by donating today!

**All donations greatly recieved at:**

No. 3 High Street  
Inverurie  
AB51 3QA

**Mondays, Tuesdays and Fridays, between 10am and 3pm  
Saturdays, between 10am and 12noon**

**For more information, or if you have any questions,  
please email: [inveruriecommunitypartnership@gmail.com](mailto:inveruriecommunitypartnership@gmail.com)**



Inverurie Community Partnership is a Scottish Charity, SC052759, regulated by the Scottish Charity Regulator (OSCR)

HEART OF THE PARK



**RELAX  
A  
CHAT**



FRIDAYS  
12 PM - 2 PM  
**EVERYONE'S  
WELCOME**  
DOG & CHILD  
FRIENDLY



KELLANDS PARK



Inverurie Scout Group



# SPRING FUN RUNS

Sunday  
**21 APRIL**

09:30AM - 13:00PM

Register at  
ENTRY CENTRAL

We are raising funds for Inverurie Scout Group and Ury Riverside Park  
PROUDLY SPONSORED BY JIM REID  
VEHICLE SALES AND SERVICE

Location: Ury riverside Park



1KM KIDS RACE      3KM RACE      5KM RACE

STARTS AT £5.50      INCLUDE MEDAL

 <https://www.entrycentral.com/ISGspringhop>  

# International Women's Day

DRINK & DRUG FREE

CELEBRATING WOMEN IN RECOVERY

**Friday 8<sup>th</sup> March**  
**10.00 – 2.00pm**

Fun activities, chat, try something new!

Please book your space:  
[apss@turningpointscotland.com](mailto:apss@turningpointscotland.com)

Fly Cup Enterprises  
Blackhall Industrial Estate, Unit 2  
Burghmuir Circle  
Inverurie, AB51 4FS

# Emergency First Aid at Work Certified Course at SCQF Level 6

Friday 26<sup>th</sup> April 2024

From 9am – 4pm

Held at the Garioch Community Kitchen

Cost £50 per person

The course will provide participants with the knowledge, Skills and confidence to administer emergency first aid and seek professional help, this course involves an assessment which must be passed to provide a valid certificate.

- Role and responsibilities of the First Aider
- First Aid Legislation
- Assess an incident
- Provide First aid to an unresponsive casualty, includes primary and secondary survey, Resuscitation and when and how to use an AED.
- Disorders of respiration including Choking
- Disorders of circulation including loss of blood, shock and fainting
- Wounds and bleeding
- Seizures
- Minor burns and scalds
- Foreign objects

EMAIL: [gariochcommunitykitchen@gmail.com](mailto:gariochcommunitykitchen@gmail.com)  
Or PHONE: 07729297892



Garioch Community Kitchen  
Wyness Hall,  
Jackson Street,  
Inverurie AB51 3QB  
Scottish Charity No. SCO46110



1 - Following the success of our photo competition last year we are running a similar photo competition this year and are inviting entrants to upload photos taken in Ury Riverside Park of the park or its wildlife. Photos chosen by the committee will be used to produce a fundraising calendar for the park. Please fill out the form at <https://bit.ly/URP-Calendar-2025><sup>8</sup> to enter the Ury Riverside Park Calendar Competition 2025. The closing date for entries is 28th June 2024. If you can't upload your photo to this Google Form please email it with your name and title of the photo to [ury.riverside@gmail.com](mailto:ury.riverside@gmail.com). The photo should be in JPEG format, between 1MB and 5MB and in landscape format. Good luck!

## ALISS (A Local Information System for Scotland)

ALISS (A Local Information System for Scotland) is a national digital programme enabling people and professionals to find and share information on resources, services, groups, and support in their local communities and online.

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<sup>8</sup><https://bit.ly/URP-Calendar-2025?fbclid=IwAR07RSgBk1CnRIMeXiiMOAWiBOWh4hNUMkfgZ-xUGCNmvGhdOHftCjwegEg>

ALISS can help you find information about resources like:

- services that provide support for managing long term conditions
- groups that support social and community connection (e.g., local choirs, book groups, befriending)
- activities that offer opportunities for getting more active and for getting outdoors (e.g., badminton clubs, community gardens)
- practical, legal, and financial support (e.g., money advice, advocacy services)
- digital technology that can support health and social care (e.g., online forums, health related mobile apps).

ALISS aims to ensure that everyone in Scotland has the right information, at the right time, about resources that are available to help them live well and stay connected to their community. Click here<sup>9</sup> to access the webpage.

**Scotland Loves Local Gift Card** Click here<sup>10</sup> to purchase a Scotland Loves Local Gift Card to support local businesses in your area.

## Health & Wellbeing



**#MINDYERMIND** Do you look after your own mental wellbeing? Do you know there are simple things you can do to look after yours? Mind yer mind is a new campaign to remind us of the importance of looking after your mental wellbeing, and to give some ideas for looking after yours. 5 steps you can take to look after your mental wellbeing are 1. Connections - good relationships help to build a sense of belonging, allowing you to share experiences, and support each other. 2. Learning - acquiring new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others 3. Taking notice - Paying more attention to the present moment can improve your mental wellbeing. It can help you understand yourself and the world better. 4. Giving - creates positive feelings, giving you a feeling of purpose and self-worth, and helps you connect with others 5. Being Active - this can help to raise your self-esteem by setting and achieving goals, and by causing chemical changes in your brain that have a positive impact on mood Click here<sup>11</sup> to find out more

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<sup>9</sup><https://www.ouraberdeenshire.org.uk/services-and-support/>

<sup>10</sup><https://scotlandgiftslocal.com/inverurie/>

<sup>11</sup><https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

about each of the 5 steps, and how you can start to improve your mental wellbeing today. **Advocacy North East (ANE)** Advocacy North East (ANE) works with people aged 16 years and over who are experiencing mental illness or disorder. ANE also provides an independent advocacy service for carers. The service supports and enables clients to access information, express their wishes, make their own decisions and represent them if required to do so. Our advocacy services are free and confidential. Advocacy North East (ANE) is promoted and supported by Health and Social Work Services. Advocacy NE are now rolling out a new service within the charity. The new advocacy service is for anyone who is suffering from substance misuse. This service is available for any person that has substance misuse issues and may require assistance with Housing, Health or Social care. Substances can be any form of legal or illegal drugs and/or alcohol. Email: [admin@advocacyne.org.uk](mailto:admin@advocacyne.org.uk) or visit [here](https://advocacyne.org.uk/about-us/)<sup>12</sup>



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<sup>12</sup><https://advocacyne.org.uk/about-us/>

# Get support for your mental health at work

If you are experiencing issues that are affecting your mental health at work, Able Futures can help.

Able Futures could give you nine months' advice and guidance from a mental health professional who can help you learn coping mechanisms, build self-care routines, access therapy or work with your employer to make adjustments to help your mental health at work.



Nine months' personalised support from a mental health professional



Build a mental health support plan and get guidance and signposting that could help you feel better



There is no cost to use this service, no waiting list and it's completely confidential

## Contact Able Futures

Freephone 0800 321 3137 | [www.able-futures.co.uk](http://www.able-futures.co.uk)

**able futures**

Able Futures delivers the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions and is led by Ingenix UK

Department for Work & Pensions

### HELP IN A CRISIS?

ARE YOU LOOKING FOR HELP IN A CRISIS?

If you need an ambulance call 999

The Samaritans helpline is 116 123 and is open 24 hours, 7 days a week. Calls can be made anytime, from any phone. All calls are confidential.

The Breathing Space helpline is open Weekdays: Monday Thursday 6pm to 2am and Weekends: Friday 6pm-Monday 6am. All calls are confidential. 0800 83 86 87

If your GP is not available, you can call NHS 24 by dialling 111

### DON'T LIKE TALKING ON THE PHONE?

**THE MIX**  
The Mix offers 24/7 Emotional Well-being and Mental health support for young people age 13-20. Text: 144MIX to 80050 10-11 or use the Chat Messenger 4pm-11pm at [www.themix.org.uk](http://www.themix.org.uk)

**CHILDLINE**  
Get help and advice about a wide range of issues! Talk to a counsellor online, or send Childline an email or post on their message boards. Chat online 12-3. Counsellor Chat [www.childline.org.uk](http://www.childline.org.uk)

**SHOUT**  
24 hour crisis helpline - Anxious? Worried? Stressed? Get 24/7 help from Shout's team of Crisis Volunteers. Text: 85259 [www.giveusashout.org](http://www.giveusashout.org)

### HELPFUL WEBSITES

**PAPYRUS**  
For practical advice on suicide prevention <http://www.papyrus.org.uk/>

**YOUNG MINDS**  
For mental health and wellbeing support for parents and young people

**CAMHS RESOURCES**  
For a large collection of helpful resources on a range of topics <https://www.camhs-resources.co.uk/>



### APPS



### TIPS FOR RIGHT NOW

Try not to think about the future – just focus on getting through today

Stay away from drugs and alcohol

Get yourself to a safe place, like a friend's house

Be around other people

Do something you usually enjoy, such as spending time with a pet or remembering a fun memory with a friend

### WORRIED ABOUT SOMEONE ELSE?

#### OPEN QUESTIONS

If you're worried about someone, try to get them to talk to you. Ask open-ended questions like "How do you feel about...?" If they are struggling to talk about it, try a different way of communicating like a note or a text message.

#### LISTEN

Do not worry about having the answers. Just listening to what someone has to say and taking it seriously can be more helpful.

→ **Althouanewells Nursery School** – FoodShare food collection point, & Co-rop Foodshare Scheme. Residents of Kemnay & Althouanewells areas. 9am-3pm. No referral required.  
**Contact –** [althouanewells.sch@shirdenshire.gov.uk](mailto:althouanewells.sch@shirdenshire.gov.uk)

→ **Kemnay Family Resource Centre** – FoodShare food hub, dry goods & sanitary products – taken by Social Workers for families in need & Kemnay residents. General public Monday to Friday, 9am-3pm. No referral required.  
**Contact – Duty Line 01467 532888**

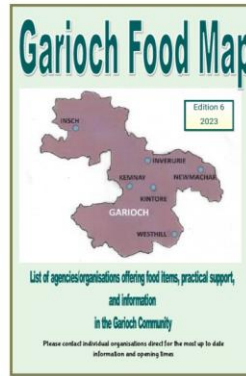
→ **Kemnay Parish Church** – FoodShare food distributed from the church centre. All Kemnay residents, Tuesday, Wednesday & Thursday 10am-4pm & Friday 10-2pm. No referral required.  
**Contact –** [www.kemnaykirk.org](http://www.kemnaykirk.org)


→ **Littlewood Court** – FoodShare Food Hub for residents at sheltered housing complex only. Station Road, Kemnay.  
 → **Kemnay FoodShare Flexible Children's Services** – Dry goods, food bank & sanitary products. Monday to Friday, 8.00am-4pm. 2 High Street, Kemnay.

**WESTHILL**  
 → **Foodbank Team Westhill Community Church** – We provide non-perishable food, some frozen and fresh food, toiletries and cleaning materials. Please phone or email to make an appointment Monday to Friday. We serve the Westhill area. No referral required.  
**Contact – 07378036380 or email [foodbank@westhillcommunitychurch.org](mailto:foodbank@westhillcommunitychurch.org)**

**Useful Websites**  
<https://www.wormentonline.uk>  
<https://thamesregionfoodbank.org>  
 Check organisations direct for up to date information

Valid as of June 2023 [gariochcommunitykitchen@hotmail.co.uk](mailto:gariochcommunitykitchen@hotmail.co.uk)





**INVERURIE COMMUNITY RECOVERY  
INVERURIE TOWNHALL**

THE GROUP WILL FOCUS ON FRIENDSHIP,  
SUPPORT, POSITIVE RECOVERY, PURPOSEFUL ACTIVITY, THE  
ABILITY TO GIVE BACK AND HOPE.

HELD AT 7.30PM EVERY TUESDAY EVENING. BASED IN THE  
UPPER SMALL HALL IN INVERURIE TOWNHALL, AT MARKET  
PLACE, AB51 3SN.

Purpose of the meeting:

1. For people who have not joined an association such as A/A or NA
2. Strict anonymity assured at all times
3. Experienced and trained members will facilitate the meeting
4. Facilitate discussion by other members, providing guidance and solutions
5. It is hoped that participants will engage with A/A N/A meetings and/or continue with the community group in their recovery.

E-mail address – [icr2021@yahoo.com](mailto:icr2021@yahoo.com)  
 Mobile – 07918655157  
 Facebook - <https://www.facebook.com/profile.php?id=100079821975528>  
 Registered Scottish charity No: SC050103



**CATALYST**  
VINEYARD CHURCH

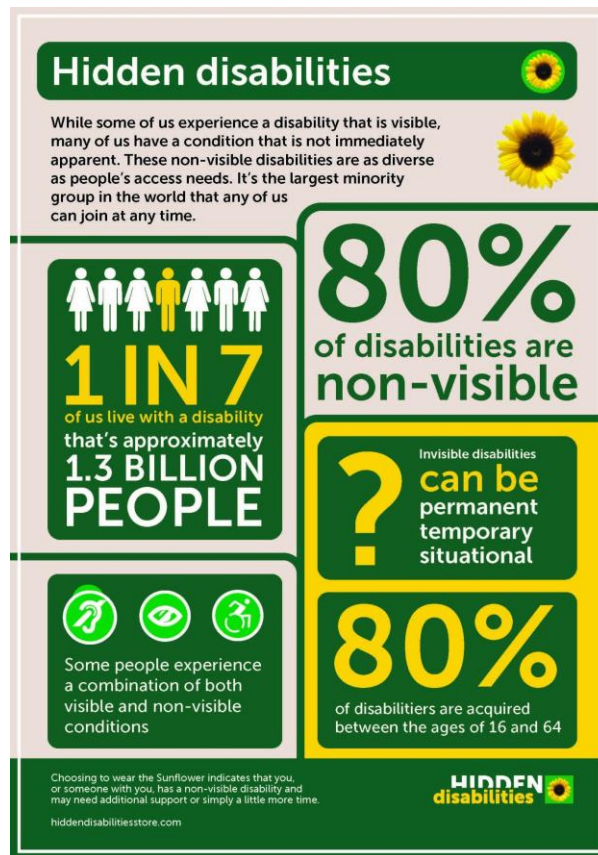


## OPEN DOORS

Tuesdays  
10:30am - 12pm  
The Chapel  
The West Church  
(Inverurie)

Open Doors is a place where you will be warmly welcomed with a hot drink, a fine piece and a listening ear. You will be introduced to a range of support services provided by our church and other organisations, targeting food poverty, debt, distributing clothes and much more.





## Support and Advice



**Trading Standards Scotland** Stay Scam Aware and please share information about scams with vulnerable relatives or friends. Report all scams to Advice Direct Scotland on **0808 164 6000** or via their Scam Watch Tool<sup>13</sup>. You can also forward suspicious emails to the National Cyber Security Centre<sup>14</sup>.

<sup>13</sup><https://scamwatch.consumeradvice.scot/>

<sup>14</sup><https://www.ncsc.gov.uk/collection/phishing-scams>

Report suspicious behaviour in your community to **Police Scotland** on **101** or **999** in an emergency.

Find out more about specific types of scams, such as doorstep scams, energy scams or the sale of counterfeit goods online through our Priority Area Pages<sup>15</sup> <sup>16</sup>

**Cost of Living Support** Please click here <sup>17</sup>to access a report that explores the impact of the rising cost of living .

**Energy Bill Scheme** Click here<sup>18</sup> to access the UK Governments Energy Bill Scheme. **Scottish Government - Best Start Grant Early Learning Payment** Kids aged between 2 and 3.5 years old? If you get tax credits or certain benefits you could be eligible for Best Start Grant Early Learning Payment. It's £252.50 to help balance the costs of having a young child. You can spend it on anything you need for your child, including toys to help them learn or trips to new places. Find out more here

<sup>19</sup>



The poster is purple with white and yellow text. It features a large white circle on the right with the text 'LIVE LIFE essentials' and a small logo below it. To the left of the circle, it says 'Sign up to our Free Membership' and 'Here for you Here for everyone'. Below this, it says 'live life with us' with a logo. At the bottom right, there is a QR code. Below the main text, it lists various benefits: 'WIFI Access', 'Mobile Device Charging', 'Showers', 'Access to public computers', 'Special Events at Macduff Marine Aquarium', 'Days out at our Farming Museum', 'e-books and audio books', and 'Access to PressReader'. It also says '... more to come - We are just getting started.' At the bottom, it says 'Sign up to our FREE membership by scanning the QR Code visiting [livelifearberdeenshire.org.uk](https://www.livelifearberdeenshire.org.uk) and or by calling 01467 532929.' There is another QR code on the bottom right. Logos for 'Aberdeenshire Council' and 'LIVE LIFE ABERDEENSHIRE' are at the bottom.

**Sign up to our Free Membership**  
Here for you  
Here for everyone

**LIVE LIFE essentials**

live life with us

Aberdeenshire Council LIVE LIFE ABERDEENSHIRE

**Sign up to Live Life Essentials and get FREE access to...**

- WIFI Access
- Mobile Device Charging
- Showers
- Access to public computers
- Special Events at Macduff Marine Aquarium
- Days out at our Farming Museum
- e-books and audio books
- Access to PressReader

... more to come - We are just getting started.

Sign up to our FREE membership by scanning the QR Code visiting [livelifearberdeenshire.org.uk](https://www.livelifearberdeenshire.org.uk) and or by calling 01467 532929.

**LIVE LIFE essentials**

live life with us

MACDUFF MARINE AQUARIUM Aberdeenshire Council LIVE LIFE ABERDEENSHIRE

<sup>15</sup><https://www.tsscot.co.uk/priority-areas/>

<sup>16</sup><https://www.tsscot.co.uk/priority-areas/>

<sup>17</sup>[https://www.povertyalliance.org/wp-content/uploads/2022/11/SWBG\\_PA\\_Cost\\_of\\_Living\\_Report\\_Final.pdf](https://www.povertyalliance.org/wp-content/uploads/2022/11/SWBG_PA_Cost_of_Living_Report_Final.pdf)

<sup>18</sup><https://www.gov.uk/government/news/vital-help-with-energy-bills-on-the-way-for-millions-more-homes-across-great-britain-and-northern-ireland><https://www.gov.uk/government/news/vital-help-with-energy-bills-on-the-way-for-millions-more-homes-across-great-britain-and-northern-ireland>

<sup>19</sup><https://www.mygov.scot/best-start-grant-best-start-foods>

**Step 3: Where can I get help?**

**Scottish Welfare Fund**  
Crisis grants to cover the cost of an emergency  
01467 537 400  
www.aberdeenshire.gov.uk/benefits-and-grants/  
welfare-reform/scottish-welfare-fund

**Social Security Scotland**  
You may be eligible for support from Social Security Scotland. For example, **Scottish Child Payment**, **Best Start Grant** and **Best Start Foods** can help with the costs of having a child.  
mygov.scot/benefits | 0800 182 2222 (freephone)  
www.mygov.scot

Each of these services offer free and confidential advice

**Citizens Advice Bureau**  
Advice on issues such as benefits, debt, money, housing and employment and more  
North West Aberdeenshire  
01988 562 495 | adviser@nwacab.org.uk  
www.nwacab.org.uk  
South West Aberdeenshire  
01224 747 714 | enquires@swacab.org.uk  
www.swacab.org.uk

**Banff and Buchan**  
01779 471 515 | www.banffandbuchan.org.uk  
bureau@banffandbuchan.org.uk  
www.banffandbuchan.org.uk

**Kincardine and Mearns**  
01569 765 573 | www.kamcab.org.uk  
bureau@kamcab.org.uk  
www.kamcab.org.uk

Help with options: 000000

**Aberdeenshire Council**  
Support and Advice Team  
Help with Housing Benefit, Council Tax Reduction, Blue Badges, Free School Meals, School Clothing Grants and Scottish Welfare Fund enquiries  
03456 581 200 | support@aberdeenshire.gov.uk  
www.aberdeenshire.gov.uk

Help with options: 000000

**Other Support**

**PAGE**  
Help for those feeling redundancy  
0800 917 800  
www.redundancy Scotland.co.uk

**SCARF**  
Advice and support for energy and fuel issues  
01294 213306  
www.scarf.org.uk

**Home Energy Scotland**  
Free, impartial energy efficiency advice to help save on bills and stay warm at home  
0800 608 2282  
www.homeenergyscotland.org

**Turn2Us**  
Information and financial support  
0800 802 2000 (Freephone)  
www.turn2us.org.uk  
benefits-calculator.turn2us.org.uk

**Step Change**  
Free debt advice and money management  
0800 138 1111  
www.stepchange.org

**Shelter**  
Free housing advice  
0800 800 4444 (Freephone)  
scotland@shelter.org.uk

**Breathing Space**  
Confidential phone line for anyone feeling low, anxious or depressed  
0800 83 83 87  
www.breathingspace.scot

©2020-2021 101101  
Share your experience of using this guide:  
www.ab.gov.uk/moneyadvicefeedback

**Worrying About Money?**

Financial advice and support is available if you're struggling to make ends meet

Follow these steps to find out where to get help in Aberdeenshire

Supported by

the food bank network

**Step 1: What's the problem?**

**I suddenly have no money**

- Lost job/reduced hours
- Lost money/irresponsible expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Money stopped (e.g. failed a medical)
- Sanctioned - see option 5

See options 1 2 5 6

**I am waiting on a benefit payment/decision**

- Made a new claim for benefit
- Benefit payment is delayed
- Waiting for a benefit decision

See options 1 4

**My money doesn't stretch far enough**

- Deciding between local authority credit
- Low income or zero hours contract
- Statutory Sick Pay too low to cover costs
- Not sure if eligible for support
- Change of circumstances (e.g. new baby/bereavement/stress/left partner)

See option 2

**I have debt**

- Rent or Council Tax arrears
- Gas or electricity
- Credit or store cards
- Personal loans and overdrafts
- Owe friends and family
- Benefit repayments

See option 3

**Step 2: What are some options?**

**1 Scottish Welfare Fund**  
People on low incomes may be able to get a crisis grant from the Council.  
This is a payment to help you cope during an emergency or disaster, or due to unexpected expenses. Crisis grants do not have to be paid back (not a loan).

**2 Maximise Your Income**  
Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice.  
A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you find cheaper deals on things like gas and electricity and make sure you're not missing out on things like school clothing grants or free school meals.

**3 Debt Advice**  
Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

**4 Benefit Advance**  
If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

**5 Hardship Payment**  
If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

**6 Challenge a Decision**  
You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

**Step 3: Where can I get help with these options?**



Our Warm Spaces Map is back for 2023/2024

If you provide a cosy haven in your community and would like it added, please fill out our form

<https://forms.office.com/r/BPQTSaiqhG>



2 - Click here <sup>20</sup>to access the Warm Spaces map.

<sup>20</sup><https://www.avashire.org.uk/warm-spaces-aberdeenshire>

## PARENT CONNECT



Support for working and unemployed parents in Aberdeenshire.

### Why Choose Us?

We are the biggest specialist employability service in Scotland and we believe that having access to the right skills and training is essential for people who want to find meaningful employment.



**Steven M.**

★★★★★

*"Thanks to the programme, I found stable employment, regained confidence, and took my family on our first ever holiday! The support transformed our lives."*



### What do we do?

- Employability training
- Support to access funding
- Help with CV's, job applications, interviews
- Employer engagement to provide suitable opportunities
- Mentoring to help develop personally and professionally



### Who can we support?

- Parents who are unemployed
- Parents who are currently employed but looking to increase their household income
- Anyone with parental responsibilities

### TO FIND OUT MORE, CONTACT:



07596337086  
07889456252



parentconnect@enable.org.uk

## ARE YOU STRUGGLING TO COPE WITH A LOVED ONE WHO HAS A DRUG OR ALCOHOL PROBLEM?

The Family Support Group can help by offering the chance to share your problems and get advice in a friendly, safe environment.

This small, informal group meets fortnightly on Wednesday evenings in Inverurie, and is open to anyone living in and around Aberdeenshire.



For more information on the venue and dates, please call **07902 283177**, or email [gariochfsg@yahoo.com](mailto:gariochfsg@yahoo.com)

**Martyn's Law** Do you know about Martyn's Law? It is the name for the Terrorism (Protection of Premises) Bill Read all about it here [Martyn's Law | ProtectUK](#)<sup>21</sup>

Will it affect your premises? As well as business premises our community managed halls and buildings will be subject to the new legislation. There is a further consultation on premises with a capacity up to 799, this is known as the Standard Tier. The consultation will run for 6 weeks and can be found here [Martyn's Law: standard tier consultation - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/martyns-law-standard-tier-consultation). It will close on Monday 18 March 2024. Have your Say!

Numerous seminars have been run – the last one is 7 March 2024 between 2 & 3pm.

Click [here](#) to join the meeting<sup>22</sup>

Meeting ID: 338 064 951 804

Passcode: iraBbR

**Community Transport Association** The Community Transport Association is a UK member-based charity providing leadership, training, advice, and operational support to transport related charities, community groups and social enterprises in England, Scotland, Wales, and Northern Ireland. We support and advocate on behalf of our members so they can deliver innovative and flexible transport solutions to achieve social change and remove transport barriers facing their communities. Click <sup>23</sup>here to access the website for more information.

## Community Ownership Support Service Training

Please find the link below for communities to sign up for COSS' Assets for People and Place training programmes. This programme which is exclusive for communities will run throughout 2024 and will provide sessions on asset acquisition right through to asset management. If you could share this with any community organisations that this may be suitable for that would be greatly appreciated. All training sessions will be held online and are completely free to attend. Assets for People and Place - Assets for People and Place | Eventbrite<sup>24</sup>

<sup>21</sup><https://www.protectuk.police.uk/martyns-law>

<sup>22</sup>[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_OWQzZWJmMjltZjFmNC00NmU0LWE0YTgtYzQ3M2UwOWU2N2U4%40thread.v2/0?context={%27Tid%27%3a%27f24d93ec-b291-4192-a08a-f182245945c2%27%2c%27Oid%27%3a%27bc9d0d0f-c424-4849-9516-511e647540e0%27%27}](https://teams.microsoft.com/l/meetup-join/19%3ameeting_OWQzZWJmMjltZjFmNC00NmU0LWE0YTgtYzQ3M2UwOWU2N2U4%40thread.v2/0?context={%27Tid%27%3a%27f24d93ec-b291-4192-a08a-f182245945c2%27%2c%27Oid%27%3a%27bc9d0d0f-c424-4849-9516-511e647540e0%27%27})

<sup>23</sup><https://ctauk.org/>

<sup>24</sup><https://www.eventbrite.com/cc/assets-for-people-and-place-2983909>

## Community Resilience



**Community Councils** There are 9 Community Councils which cover the Garioch Area of Aberdeenshire. Click here<sup>25</sup> for contact details and info. **Elections** Click here<sup>26</sup> to access the results of the most recent Community Council Elections in Garioch. **Democracy Matters**

This consultation provides another opportunity for as many voices as possible to be heard to help shape future local democratic systems and processes.

You can respond as an individual, an organisation or you can hold a conversation and respond as a community. You can send your response by clicking the link at the bottom of this page under have your say. Alternatively, you can send us your views by email to [democracymatters@gov.scot](mailto:democracymatters@gov.scot) or by post to **Area 3F, Victoria Quay, Edinburgh EH6 6QQ**. Please ensure that you send a completed Respondent Information Form<sup>27</sup> with any email or postal response. Click here<sup>28</sup> to access the website for more information.

**LOCAL POLICE PLAN 2023-26** The planning cycle for the development of the Local Police Plans 2023-26 has commenced. The majority of the work is required to be completed by Local Policing Divisions with assistance and support from staff within Police Scotland's Strategy, Insight and Engagement Team. Priorities have been established through the Your Police survey mechanism, which has allowed members of the public, private and third sector organisations to tell us what is important to them, and what they want officers and staff to prioritise during the lifespan of the Local Police Plan. Please click here<sup>29</sup> to provide your feedback.

### Public Access Defibrillators

*Does your community group manage a public access defibrillator? You may have one inside or on the outside of your building, or have an agreement to locate one on the outside of a building owned by others. You might manage one or more public access defibrillators in different locations. But is your public access defibrillator findable? Remember to be findable for the Scottish Ambulance Service your defib needs to be registered with [www.thecircuit.uk](http://www.thecircuit.uk)<sup>30</sup> the national network for public access*

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<sup>25</sup><https://www.aberdeenshire.gov.uk/communities-and-events/community-councils/community-council-contacts/#garioch>

<sup>26</sup><https://aberdeenshire.gov.uk/communities-and-events/community-councils/cc-election/garioch-elections/>

<sup>27</sup><https://www.gov.scot/binaries/content/documents/govscot/publications/consultation-paper/2023/08/democracy-matters-phase-2-consultation-local-governance-review/documents/respondent-information-form/respondent-information-form/govscot%3Adocument/respondent-information-form.docx>

<sup>28</sup><https://consult.gov.scot/local-government-and-communities/democracy-matters/>

<sup>29</sup><https://consult.scotland.police.uk/strategy-insight-and-innovation/lpp2023/>

<sup>30</sup><http://www.thecircuit.uk/>

defibrillators run by the British Heart Foundation. You can check whether your defibrillator is registered by looking up your location on [www.defibfinder.uk](http://www.defibfinder.uk)<sup>31</sup> Check out the guide to The Circuit: [www.bhf.org.uk/circuitguide](http://www.bhf.org.uk/circuitguide)<sup>32</sup> which will help your community group with registering and managing your defibrillator on The Circuit. **Severe Weather** As we are approaching the colder months it is important for Communities to stay resilient and keep themselves and their loved ones safe during extreme weather. There are links below for assistance in keeping you and your Communities Resilient. Click here <sup>33</sup>for Severe Weather Emergency Contacts Click here <sup>34</sup>for Winter Maintenance Resources Click here <sup>35</sup>to access the Met Office website for live updates in your area

## Funding



**Garioch Available Funding** Click here <sup>36</sup>to access information on available funding in Garioch.

**Investing in Communities Fund 1 April 2023–31 March 2026** If you are a Community Council or a Registered Charity you may be eligible for Scottish Government Funding, check out the PowerPoint Presentation here<sup>37</sup>.

**Aberdeenshire Council - Aberdeenshire Community Resilience Grant Funding No closing date - click here**<sup>38</sup> The Aberdeenshire Community Resilience Fund is for community or resilience groups seeking funding to support people in the community who are staying at home, self-isolating, vulnerable and unable to access basic necessities such as food and medicines, as a result of the restrictions due to COVID-19. If the group applying is not constituted, they should affiliate with an existing constituted group, for example, a community council. The fund is not designed to support

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<sup>31</sup><http://www.defibfinder.uk/>

<sup>32</sup><http://www.bhf.org.uk/circuitguide>

<sup>33</sup><https://www.aberdeenshire.gov.uk/communities-and-events/safety-and-emergencies/weather-emergencies/>

<sup>34</sup><https://www.aberdeenshire.gov.uk/roads-and-travel/roads/winter-maintenance/resources-and-limitations/>

<sup>35</sup><https://www.metoffice.gov.uk/>

<sup>36</sup><https://www.aberdeenshire.gov.uk/communities-and-events/funding/garioch/#tree>

<sup>37</sup><https://www.gov.scot/publications/investing-in-communities-fund-round-two-draft-guidance-note/documents/>

<sup>38</sup><https://www.aberdeenshire.gov.uk/communities-and-events/funding/community-resilience/>

other community groups who may be affected because they cannot raise funds or income as a result of COVID-19 restrictions. Groups in this situation should visit the SCVO website here<sup>39</sup>.

## Employment Opportunities



3 - My Job Scotland<sup>40</sup>

### Public Convenience Cleaner

We require a Public Convenience Cleaner at the Station Road Public Convenience, Inverurie, It will be 7 days on 7 days off, two hours per day, Monday to Sunday. Aberdeenshire Council currently applies a Living Wage Supplement to all Council employees earning less than £12.00 per hour.

Click here <sup>41</sup>for more information and to apply.

### Waste Operative - HWRC

Responsible for the safety, security, maintenance and proper use of the public utility waste disposal and recycling facilities in accordance with the waste management licence and health and safety regulations.

Click here <sup>42</sup>for more information and to apply.

**Care Assistant - Days** We are looking for 4 Care Assistants to support the provision of care by attending to the needs and rights of older individuals within a caring environment. This role will require flexible, evening and weekend working. This post will require you to have obtained the SSSC registration within 6 months of employment.

Click here <sup>43</sup>for more information and to apply.

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<sup>39</sup><https://scvo.scot/support/coronavirus/funding/scottish-government/third-sector-resilience-fund>

<sup>40</sup><https://www.myjobscotland.gov.uk/councils/aberdeenshire-council/jobs>

<sup>41</sup><https://www.myjobscotland.gov.uk/councils/aberdeenshire-council/jobs/public-convenience-cleaner-370318>

<sup>42</sup><https://www.myjobscotland.gov.uk/councils/aberdeenshire-council/jobs/waste-operative-hwrc-369240>

<sup>43</sup><https://www.myjobscotland.gov.uk/councils/aberdeenshire-council/jobs/care-assistant-days-369077>