

# Aberdeen City - Central Locality

## Annual Outcome Improvement Report 2024-25



### Central Locality Neighbourhoods:

Ashgrove, City Centre, Froghall, George St, Hanover, Hilton, Midstocket, Old Aberdeen, Powis, Rosemount, Tillydrone, Seaton, Stockethill, Sunnybank, West End and Woodside



**Community  
Planning  
Aberdeen**



## Welcome

Welcome to the third annual report against the Central Locality Plan first published in 2021, and the first report since our Locality Plan was refreshed in April 2024. The Central Locality plan sets out how Community Planning Aberdeen and its member organisations will work together with communities to deliver improved outcomes for the sixteen neighbourhoods in the locality and for the locality as a whole. The Locality Plan was prepared by the Locality Planning Team following engagement activity between March-April 2025 and with oversight and support from our Central Locality Empowerment Group and Central Priority Neighbourhood Partnership.

The report provides an update on progress made against the six priorities identified by community members in the Central Locality Plan. It includes information on key activities and the impact these have had across the Central Locality and in our priority neighbourhoods of Ashgrove, George Street, Tillydrone, Seaton, Stockethill, and Woodside. Importantly the report sets out areas for improvement and further attention which the Locality Planning Team will focus on over the next year.

Our focus is always on delivery of outcomes to improve the economy, place, and lives of people across the Central Locality. We have adopted a community led approach and want to take every opportunity to empower and celebrate our communities. This is particularly important as we find ourselves in a very challenging financial environment with public bodies, third sector partners, and community groups all under pressure; it is essential we all work together to deliver the key findings of the Christie Commission (2011) to collaborate more effectively and shift the balance of public services from a demand based model towards prevention. This report provides a baseline for how we are currently performing in the Central Locality, with a commitment to continuous improvement moving forward.



**This report is split into the following sections:**

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# Our Economy



## OUR PRIORITIES

The Central Locality Plan 2021-26 sets out one priority to improve our local economy:

**Priority 1. Reduce the number of people living in poverty**

## PROGRESS MADE DURING 2024/25

### *Supporting our Communities who Experience Poverty*

#### Community food provision and community pantries

**The Seaton Pantry** receive two deliveries per week from CFINE's Fare Share scheme. Most of this food is at the end of its useful life; the principle being to reduce food wastage. Our principal aim however was to reduce hunger in the community. The pantry also provides free period products and sometime toiletries, cleaning product and baby products.

The pantry serves around 60 people a week but we know those community members have families. We estimate that up to **8640 people** were supported through the

Seaton Pantry during 2024-25. Ther Pantry also works closely with the Council's Family Learning Team, Co-Operative Supermarket's Coboodle initiative, the Russell Trust, the Vaccination and Wellbeing Hub, Aberdeen in Recovery (AiR), Family Learning groups, Adult Learning ESOL classes and counselling service, Abernecessities, Community Outreach Group (C.O.G), Citizen Advice Bureau, and the Cash First Project.



The Pantry provides volunteering opportunities, we currently have **eight volunteers** who have been a great asset to the pantry for the past year.

The pantry has had a significant impact on the local community. Local people have reported it has been life change knowing they can access food and other items at the centre without being questioned or judged.



**Seaton Soup and Sannies** is jointly delivered by ACHSCP, Aberdeen City Council, and Seaton Community Hub. It has been running for over three years, initially starting once a month however very quickly moved to twice a month. Up to **30 participants** attend each session from sheltered housing complexes within the Seaton area. Fleet transport provide a bus for those who are unable to attend independently. A small group of dedicated volunteers help ensure this runs every month as it would not be possible without them.

#### Feedback from Attendees:

*"I am very satisfied coming here; I am glad I was introduced to it"*

*"The food is excellent, and the staff are very helpful"*

*"It's lovely enjoying time away from home, meeting other people and not cooking"*



**Cornhill Soup and Sannies** is jointly delivered by ACHSCP, Aberdeen City Council, and Cornhill Association. This was established on 16 January 2025 following a successful application to the Health Improvement Fund. The number of attendees has increased each month, with 23 people attending during May 2025. Due to the awarding of UDecide participatory budgeting, the project team is now able to increase these sessions to twice a month which started in May 2025. This will give more local people the ability to attend. The kitchen is currently run by a dedicated volunteer, and a new volunteer joined the team in April. As part of the dedicated Stay Well Stay Connected LOIP project, Sport Aberdeen will periodically deliver chair based exercises at these sessions to increase the mobility of attendees



## Cash First Aberdeen

Our **Cash First project** is testing a flexible cash first crisis fund for people facing financial emergencies. Using funding from the Scottish Government Cash First Pilot, ACVO and partners launched the fund on the 4th of

November 2024 for single males, aged 18-45, who are in receipt of Universal credit and are presenting at food banks as food insecure. The fund is co-designed by local third-sector organisations alongside 70 lived experience voices; including those from CFINE's lived experience group. Between January to April 2025, the fund has supported 57 individuals. Of those 57 people, **31 Cash First recipients were from Central Locality**, with 52% of those recipients being from priority neighbourhoods. In the Central Locality, **£16,700.00** of Cash First Funding was distributed.

Distribution of the **Rent Assistance Fund** has been far reaching and utilised by families who need assistance to keep on top of their rent payments. The Pilot Rent Assistance Fund aims to assist Council tenants who may be facing financial hardship and through no fault of their own can't afford an increase in the rent they currently pay. The £500,000 fund is funded through Aberdeen City Council's Housing Revenue Account budget. During 2024-25, **185 people from Central Locality** received support from the Rent Assistance Fund.

**Enhancing Financial Inclusion** To further support families, ABZ Works hosted a secondment of a dedicated financial inclusion officer within the employability team. This role provided invaluable assistance to families in identifying and accessing their full range of benefit entitlements, including childcare support. This proactive measure helps ensure that eligible families have the support needed to access the support they are entitled to. In Central Locality, **44 families** have been supported.

### Fuel Poverty & Affordable Heating

**Scarf** is a social enterprise, based in Aberdeen which delivers free advice to householders and businesses including advice on how to reduce heating costs. In Central Locality **1,032 enquiries** were received, of these 390 households were in fuel poverty. As a result of support received from Scarf, including help to heat their home, general and energy advice, home visits and onwards referrals, **19% of households were removed from fuel poverty.**



**The NESFit project**, funded through Health Improvement fund, "Campaign for Warm Healthy Homes," aims to improve the health and wellbeing of householders by providing health monitoring equipment for their homes. This equipment will be lent out to monitor environmental factors that affect health, helping individuals to better understand and manage their living conditions. The project focuses on creating healthier home environments, which can significantly impact overall physical and mental health. By empowering residents with the tools and knowledge to monitor their home environments, NESFit seeks to foster a proactive approach to health and wellbeing.



**English as a Second Language (ESOL) Support** Adult Learning have delivered 487 ESOL activities to 996 learners a total of 28,739 learner hours. Core ESOL classes follow a communicative approach focusing on developing learners' basic English skills to a level which will allow them to function in society.

Classes start at literacy level, where learners are taught how to read and write the roman alphabet and go up to Pre-Intermediate level (A2, National 3).

Learners are able to prepare for SQA ESOL awards at National 2 and 3 Level. They also have the opportunity to complete SQA Core Skills Numeracy Level 2 awards.

As well as core classes, ESOL learners also have the opportunity to participate in short courses on a range of topics, such as Scottish culture and visit places around Aberdeen, such as the Art Gallery or Old Aberdeen. Weekly board games sessions at the Maritime Museum also provide learners with an opportunity to develop their speaking skills in a different setting.

**The Culture Cafe at Fersands and Fountain** offers a safe place for people to come and practice their English language. Our workers and volunteers organise a programme that encourages discussion about various subjects. Often guest speakers come from agencies with useful information about their services. **Twenty four people** attended one of the meetings which usually ends up with a meal being served. Its nice to see people making new friends and the mix of nationalities is great too. Several of the attendees have started volunteering and many others now use other community services.

**Sport Aberdeen** provided football sessions for asylum seekers and refugees housed in Aberdeen. The football sessions have provided participants with access to high-quality facilities and kit, helping them stay active and integrate into the community. The project has been successful in promoting physical fitness and social inclusion. The project supported **100 people with 6 volunteers contributing 80 hours**. Several participants have been scouted by local football clubs and are now playing in local leagues.

## *Strengthen Opportunities for Business Growth*

**Business Gateway's business start-up project** has supported 45 individuals across Aberdeen City to start their own businesses during 2024-25. This initiative has enabled participants to either come off universal credits or significantly reduce their reliance on them.

**28 new businesses** were set up in Central Locality through deployment of dedicated community business advisors; targeted funding from ABZWorks' seed funding to remove financial barriers; and a partnership referral pathway. The transition from benefit dependency to business ownership has been life-changing for many participants, who have gained financial independence and confidence, underscoring the importance of dedicated and localised support.



### **Selkies Wonders: Case Study**

Michelle Grey founded Selkies Wonders, a business specializing in handcrafted potion bottles and "nerdy" cross-stitch art inspired by fictional literature. She first engaged with Business Gateway in 2023 at the Tillydrone Community Campus, seeking support to launch her creative enterprise.

Facing her own health challenges, Michelle saw starting her own business as a path to recovery and self-reliance. With the help of Business Gateway and ABZWorks, she developed her business plan and financial forecasts, and secured startup funding for materials.

Michelle's participation in ABZWorks workshops and mentoring sessions boosted her confidence and capability. Encouraged to reach out to author Sarah J. Maas, Michelle became an official merchandiser for the author—a significant milestone for her business.

Additionally, she secured a £450 "Give It a Go" grant from The King's Trust, aiding her early growth. Michelle now regularly attends craft fairs and has a stockist in Banff, where she also hosts successful "make your own potion" workshops. Michelle's story highlights the importance of accessible, community-based business support services in turning visions into reality.

Support for entrepreneurial initiatives which recognises the importance of flexible working arrangements to balance family and career, ABZ Works has allocated Seed Fund grants of up to £5,000 per person which supported 19 parents in 2024-25. This support has enabled them to launch their own business, promoting self-employment and offering new pathways for income generation that can accommodate their childcare needs. In Central Locality, **seven parents** have benefited from this initiative.

## *Support Development of Employment Opportunities*



**Paid Work Experience Placements** in Early Learning and Childcare (ELC) Settings ABZ Works' initiative to support career pathways in the ELC sector has seen the successful placement of 10 paid work experience opportunities which

have supported parents. These placements not only provide practical, on-the-job experience for parents but also contribute to building a robust workforce in the ELC sector. The placements have been flexible to work around existing childcare arrangements. In Central Locality, **four placements** have been provided.

**Sunnybank Community Centre** provided affordable yoga, employability skills for non-native English speakers, and a book challenge for primary age children. The yoga classes and employability skills workshops have been well-attended, helping participants improve their physical health and job prospects. The book challenge has incentivized children to read at home, promoting literacy and learning. The project supported **28 people with 1 volunteer contributing 16 hours**. The yoga classes have helped participants manage stress and improve their overall wellbeing.

St Machar Academy pupils participated in the Careers in Health event, a collaborative effort between Nescol and RGU, held over two days (29-30 October 2024). This event aimed to raise awareness of career pathways in the health sector. The S4 pupils, along with students from 11 other schools, visited both Nescol's City Campus and RGU's campus at Garthdee. They engaged in various activities related to careers in Health, exploring pathways in Healthcare, Fitness Health and Exercise, and Life Sciences.

On Tuesday, 8 October 2024, Nescol's City Campus hosted the **Promoting Positive Pathways event**, organised in partnership with Robert Gordon University, the University of Aberdeen, Scotland's Rural College, Skills Development Scotland, Developing the Young Workforce North East, and Aberdeen City and Aberdeenshire Councils. The event aimed to upskill around 100 teachers from Aberdeen and Aberdeenshire by improving their knowledge of regional education pathways



through workshops and a lunchtime learning marketplace. Workshops focused on pathways from school to further and higher education, employment, and apprenticeships, based on teacher feedback. The learning marketplace provided an opportunity for attendees to interact with stallholders from educational institutions and organisations, enhancing their understanding. Following the event, teachers shared their newly acquired knowledge with colleagues in their respective schools, contributing to a better understanding of educational and career pathways for students in the region.

**The Digital Skills Project** led by **ABZ Works** aimed to upskill people who needed both basic and sector specific digital skills to enhance their employment opportunities. As at 31 March 2025, **58** people have accessed digital support, with **20 now in positive destinations** (6 in employment, 4 in education, 8 in further training and 2 volunteering). In addition, **27** people have received a laptop to apply for jobs, with **11 from Central Locality**. These laptops were issued by ABZWorks and funded via **No One Left Behind**. The laptops have provided participants with the suitable resources to help apply and interview for jobs from home, participate and complete online employability courses and support them to complete home tasks set out by employability training providers to help move them towards gaining employment.

**ABZ Works** also funded a programme in January 2024, where **seven** participants engaged in digital and employability activities, resulting in **four** participants moving into positive destinations. Based on this success, two new programmes were funded by ABZ Works, a digital and media skills, delivered by **SHMU in Woodside**, and a specific IT training programme, delivered by **Aberdeen Foyer** have been delivered during 2024 to offer an enhanced range of digital activities. **Seven people** from the Central Locality completed sector specific training and one person gained employment. This programme has also just received a 12 month extension that offers **40 more places** for 2025-26.



The **Saltire Awards** continue to recognise and enhance volunteering by young people aged between 12-25 in Aberdeen City. The awards are co-ordinated by Aberdeen Council of Voluntary Organisations (ACVO) and contribute positively to development of employability skills. During 2024, 3623 young people across the city registered with the Saltire Awards, including **878 young people from Central Locality**.

### **Affordable and Accessible Childcare**

**Financial Support for Childcare Costs** ABZ Works has continued its commitment to helping parents remain or enter the workforce by providing targeted financial support towards childcare costs. This initiative is designed to alleviate one of the largest barriers to parental employment, ensuring that families can pursue or sustain meaningful work without the overwhelming weight of unaffordable childcare expenses. In the Central Locality, **six families** have benefited from this support.

**Printfield Community Project** have been making childcare more affordable and accessible to increase parental employment. **27 children** have registered with Woodside Partnership After School Club. Parents and Carers are charged £8 and £7 per session respectively.



**Sector-Based Training for Expanded Childcare Access** To address long-term capacity issues in the childcare sector, ABZ Works has commissioned training activities targeted at enhancing skills and broadening access. This programme has reached **29 individuals, including 10 parents**, providing them with specialised sector-based training. The goal is to empower participants with the skills needed to support and expand high-quality childcare services in our communities. In Central Locality, **14 individuals** have received training.

**Fersands and Fountain's Afterschool Club** provide a nurturing environment and pick children up from Kittybrewster and Woodside Primary Schools ensuring they arrive at our centre where qualified staff are ready to care for them and offer healthy snacks. Our programme is designed to be fun and engaging, involving a variety of activities that include cooking, dancing, arts and crafts, team games, board games, quizzes, and sports games in our gym hall. Children love joining in Zumba and fitness sessions, participating in musical games, facing exciting challenges, and enjoying movie nights. This is a Joint Partnership with Printfield Community Project.



### **Supporting priority families via Fit Like hubs**







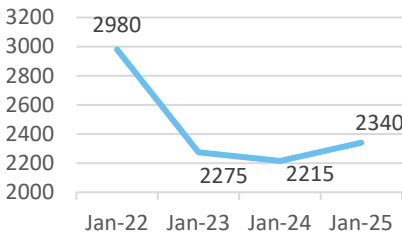
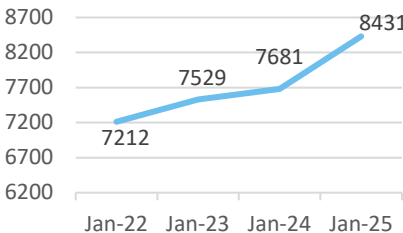

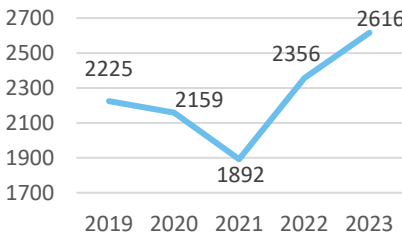


[Fit like? Family Wellbeing Hubs](#) are a group of services working together to support children and young people's mental wellbeing. The Hubs help with:

- Finance and benefits
- Family relationships and communication
- Coping with daily pressures
- Promoting positive emotional and mental wellbeing
- Talking about traumatic things that have happened

The **Family Learning Team** have delivered four courses with a focus on readiness to work, incorporating key employability skills such as confidence building and working with others. Learners has completed approx. **10 SQA Awards** in session 2024-25 across the Central Locality. The team are developing SQA accreditation for all of their universal courses



## WHAT IMPACT HAVE WE HAD DURING 2024/25?

<div>Food Insecurity</div> <div><div></div><div><p>7.3% of people in the Central Locality worried they would not have enough to eat compared to 8.1% of people living in priority neighbourhoods (City Voice 50, 2024)</p></div></div>	<div>Food Poverty</div> <div><div></div><div><p>4.1% of households in the Central Locality went without food for a day compared to 8.1% of households in priority neighbourhoods (City Voice 50, 2024)</p></div></div>	<div>Rent Assistance</div> <div><div></div><div><p>185 people from Central Locality received support from the Rent Assistance Fund</p></div></div>																				
<div>Fuel Insecurity</div> <div><div></div><div><p>21.8% of people in Central Locality worried they would not be able to heat their home compared to 26.3% of people living in priority neighbourhoods (City Voice 50, 2024)</p></div></div>	<div>Fuel Poverty</div> <div><div></div><div><p>5.7% of households in Central Locality had to seek support to pay for heating, compared to 8.1% of households in priority neighbourhoods (City Voice 50, 2024)</p></div></div>	<div>Digital Employability Support</div> <div><div></div><div><p>11 people in Central Locality received a laptop to support them to apply for jobs</p></div></div>																				
<div>Claimant Count</div> <div><table><tr><th>Period</th><th>Claimant Count</th></tr><tr><td>Jan-22</td><td>2980</td></tr><tr><td>Jan-23</td><td>2275</td></tr><tr><td>Jan-24</td><td>2215</td></tr><tr><td>Jan-25</td><td>2340</td></tr></table></div>	Period	Claimant Count	Jan-22	2980	Jan-23	2275	Jan-24	2215	Jan-25	2340	<div>People on Universal Credit</div> <div><table><tr><th>Period</th><th>People on Universal Credit</th></tr><tr><td>Jan-22</td><td>7212</td></tr><tr><td>Jan-23</td><td>7529</td></tr><tr><td>Jan-24</td><td>7681</td></tr><tr><td>Jan-25</td><td>8431</td></tr></table></div>	Period	People on Universal Credit	Jan-22	7212	Jan-23	7529	Jan-24	7681	Jan-25	8431	<div>Fuel Poverty</div> <div><div></div><div><p>74 households in Central Locality were supported out of fuel poverty by Scarf</p></div></div>
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## AREAS FOR IMPROVEMENT IN 2025-26

- Utilise more empty buildings and visually improve local areas
- Strengthen relationships with local businesses
- Visually improve the area to encourage use/business
- Encourage more employers to sign up to the real living wage



## OUR PRIORITIES

Central Locality Plan 2021-26 sets out three priorities to improve outcomes for our people

**Priority 2. Improve mental wellbeing of the population**

**Priority 3. Ensure people can access services timely through a person-centred approach**

**Priority 4. Create safe and resilient communities**

## PROGRESS MADE DURING 2024/25

### *Improve Mental Wellbeing of Population*

The Community Learning and Development **Youth Work Team** has been in the St Machar and Aberdeen Grammar Associated School Group (ASG) Primary and Secondary schools since 2021. The team offers a range of informal learning activities such as 1-2-1 support, Youth Awards and drop-in sessions to support and improve young people's emotional and mental wellbeing.

**246 youth work activities** were delivered in the Central ASG during 2024. **165 participants** gained a Hi5/Dynamic Youth Award.



**Cairncry Community Centre** hosted a number of festive celebrations during December 2024 to support those who may not otherwise be able to join in with Christmas meals and parties, due to financial or personal constraints. The main event included a 3-course Christmas Day lunch which



was open to local residents who could not access food or were lonely or isolated. A free meal was provided, along with entertainment and a gift. The celebrations reduced social isolation, improved mental health and aimed to reduce the stigma around food access.

***"The day really emphasised community spirit and the importance of coming together."***

**Fersands and Fountain SCIO** supported adults in the Woodside community to reduce isolation, anxiety, and stress through positive activities. The project has successfully kick-started a range of adult services, helping participants make new friends, enjoy positive activities, and reduce fear, anxiety, and stress. Community spirit has increased, and participants have access to more information and advice. The project supported **72 people with 7 volunteers contributing 800 hours.**



A participant who was previously isolated now actively participates in community events and activities.

**Grampian Society for the Blind**, operating as **North East Sensory Services (NESS)**, delivered yoga classes for adults with serious sight and/or hearing loss to improve physical and emotional wellbeing. The yoga classes have been highly beneficial, helping participants manage the impacts of their sensory loss and improve their physical and emotional wellbeing. The project provided accessible exercise opportunities for those with serious sight and hearing loss. The project supported **nine people with two volunteers contributing 52 hours**. A participant reported improved balance and reduced anxiety after attending the classes.



**S.T.A.R. - Seaton Taking Action For Regeneration** runs a community hub offering various services including food bank vouchers, work support, and general help and advice. The community hub has become a vital resource for the local community offering a range of services and support. The Chill Out Room has provided a safe space for all ages and abilities, helping reduce stress and improve mental health. The project supported **70 people** during 2024-25.



In 2024 Betty Simpson, a tenant who now lives in Sheltered Housing, **won a National award from Tenant Information Service (TIS)**. She was the first winner of the Lifetime Achievement award. This award recognises an extraordinary individual tenant who has demonstrated an exceptional commitment to effecting positive change across the Scottish social housing sector, during their lifetime. Betty is a real ambassador for building strong and resilient communities, she has championed tenant participation for over 25

years, she has had a profound impact on the lives of many tenants as a tenant living in Greig Court and now Loch Court Sheltered Housing.

Lewis McGill, one of the City's Council's tenants from Seaton has won two National awards during 2024. The first award was from the Tenant Participation Advisory Service (TPAS) – the Alan Ferguson Tenant of the year; and Lewis was also runner up for the Frances Nelson MBE Award for outstanding contribution to Tenant Participation. Lewis has developed the Facebook pages for the Seaton Multi story housing units and has set up Citywide Sheltered & Amenity Housing



and Tenants & Resident Partnership pages in various communities across the City. There are now over **4,000 members**. Lewis encourages engagement and participation wherever he goes and is a true Tenant Participation Champion.

**Music 4 U** based at **Ivories Coffee Shop** provided music-based social activity for those with additional support needs, health conditions, and the wider community. The Music Café has provided a welcoming environment for participants to enjoy music and social interaction. The project has helped improve mental health and build friendships among those with additional support needs. The project supported **35 people with two volunteers contributing 20 hours**. A participant performed their first solo at the Music Café, boosting their confidence and self-esteem.

**The Dee Swimming Club Boogie in the Bar** is a daytime disco for older adults and people with learning disabilities who are at risk of loneliness and social isolation. Boogies facilitate social interaction, friendships, and physical and cognitive exercise. The Boogie at Dee Swimming Club was set up in 2023 and has only grown in popularity. The ladies on the Dee Swimming Club Committee have been amazing as they do all the catering, pre-disco set up, and serving every month. This Boogie has wonderful DJs that volunteer their time to make it a real afternoon disco. This boogie is extremely busy, each month with around **70-80 people attending**. Boogie in the Bar also received National Lottery community funding in 2024 which will ensure Boogies can continue to be delivered into 2026 and hopefully beyond.

#### Feedback from participants:

*"Thank you for giving your time to this"*

*"I will definitely be back"*

*"Please keep the boogie going"*



**Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's Aberdeen)** ran free exercise groups including Qigong and yoga for people with cancer and their families. The exercise groups have been well-attended, providing participants with a chance to build confidence, energy, and enjoy activities they may not otherwise have had access to. The project has made a positive impact on the physical and mental health of people with cancer and their families. The project supported **120 people**. A participant shared that the Qigong classes helped them cope better with their cancer treatment.

## Suicide Prevention

During 2024-25, SAMH's Community Engagement Officer specialising on suicide prevention **delivered 50 training sessions** across Aberdeen City which were **attended by 663 people**. This included to groups that have reach into all our localities such as DWP work coaches, Aberdeen Vaccination and Wellbeing Hub staff, various NHS Grampian teams, Council Housing Officers, Aberdeen in Recovery and Alcohol and Drugs Action staff, and other third sector organisations. There were four Introduction to Suicide Prevention training sessions delivered within Central Locality. This included the Lighthouse Women's group and community based sessions in Seaton, Woodside and Tillydrone. A total of **27 people attended these sessions**.



SAMH's Community Engagement Officers across the North East Suicide Prevention Team also delivered 32 online sessions reaching another 450 people. Evaluation data has shown **80%** of people attending the training feel more confident to ask about suicide. **90%** reported the training has been useful in both their personal and professional lives.

### A sample of attendee feedback is noted below:

*"Great training, really enjoyed this refresher of information. Trainer was interesting to listen to and engaged well with the group."*

*"Powerful piece of training that resonated at so many different levels and with so many different people on the call. Thank you"*

*"Thank you for a thought provoking session. I am telling anyone who will listen about it."*



The Council's Community Learning and Development **Healthy Minds Team** works with adults in recovery of an enduring, diagnosed mental illness to access learning opportunities within their community to promote their recovery. They work on a 1:1 basis to offer guidance, develop a learning plan and support the learner to participate in learning opportunities. They also offer short engagement courses to meet our learners needs as and when required. In 2024-25, Healthy Minds supported **49 participants** in Central Locality with a total of **664 learner hours**. One local person from Central Locality had an art installation displayed in Edinburgh as part of the Scottish Mental Health Arts and Film Festival and went on to run art workshops for other Healthy Minds users.



## *Increase knowledge and Understanding of Health Provision in Central Locality*

### **Women's Health and Wellbeing Fair:**

The annual women's health and wellbeing fair took place on Tuesday 26th November 2024 with **61 people in attendance**, with an additional 32 stall holders from a very diverse set of organisations across the public and third sectors. As part of our Women cycling programme, Sport Aberdeen fitted up a bike in the anti-room of the Towns House for women to try. This was well received with eight women expressing an interest in cycling more after testing out the bike.



### **Community Feedback**

*"I have found quite a few services I didn't know about. Thank you for organising"*

*"Lot's of time to speak to the people on the stalls, didn't feel rushed"*

## Grampian Gathering (Living Well, Ageing Well, Dying Well)

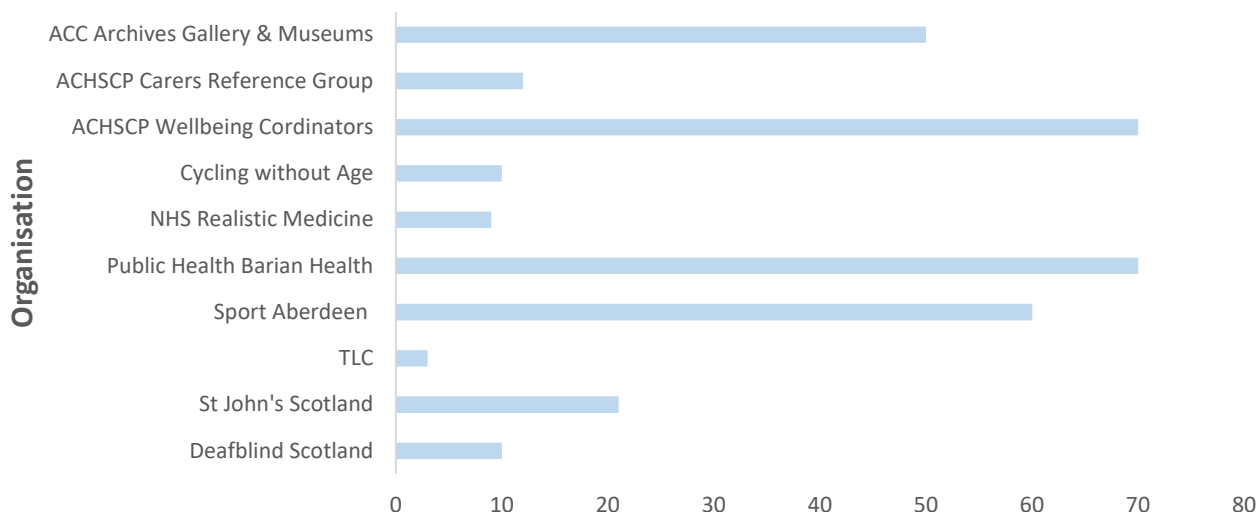


The second annual **Grampian Gathering** event was held at the Beach Ballroom on Saturday 12 October 2024. The event promoted active ageing and aimed to improve population health and wellbeing, with a view to reduce demand and pressures on the wider health and social care system through preventative approaches, whilst encouraging community empowerment and greater self-management of health and wellbeing. The Gathering also provided an opportunity to have open conversations on planning for end of life, and having a good death – topics which are often uncomfortable and sometimes stigmatised. The event programme included five celebrated speakers, taster sessions, live musical performances, and community information stalls. Evaluation data from the event is outlined below:

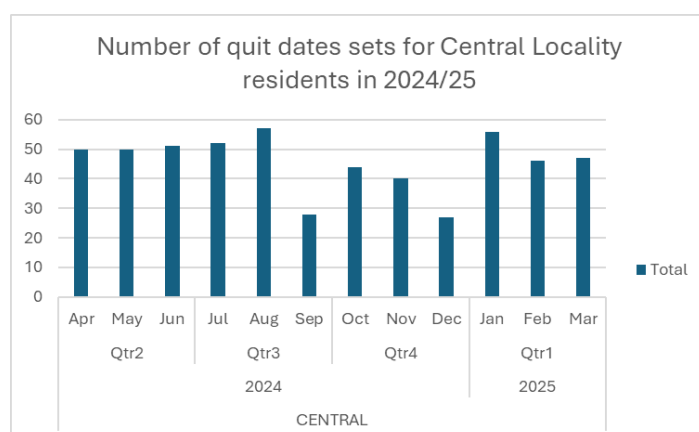
- 369 people attended the Gathering, including 60 community delegates from the Central Locality
- 8 speakers
- 61 stall holders from across private, public, third, independent, and community sectors
- 84% of community delegates who took part in the evaluation graded their experience at the Gathering to be 8/10 or greater
- The number of community delegates who signed up for activities, groups, or training at the Gathering is recorded below



### STALL HOLDERS SIGN UP / TRAINED/ REFERRAL



## Smoking Cessation



There are three Gold Standard pharmacies in Central Locality providing advanced public health services and have in-house public health champions who can help with all aspects of health and social care using referral pathways. **548 people** from Central Locality accessed smoking cessation support during 2024-25. A breakdown on the number of quit days they set during the year is shown in the chart opposite.

## Healthy Weight Aberdeen and Whole Systems Approach

Over 20% of Primary 1 children in Aberdeen are at risk of being overweight, with higher rates in more deprived areas. Half of pregnant women in Aberdeen were overweight in 2022, and continues to rise year-on-year. Deprivation plays a significant role with those in the most deprived areas nearly twice as likely to be at risk of being an unhealthy weight. Trends also show inequalities based on gender, age, and ethnicity, with men and boys showing higher obesity rates compared to women and girls. Poor diets, low physical activity, and the severe health and economic consequences of obesity highlight the need for urgent, comprehensive public health interventions.

In response to this position, on 30th August 2024, the Healthy Weight Aberdeen approach event held. **111 people** from a range of sectors attended. The event provided a shared understanding of the reality of the challenge to address healthy weight consider how the local system is operating and where there are the greatest opportunities for change. The event report is available at [Healthy Weight Aberdeen Report-30 Aug 2024](#) and visit [Aberdeen City HSCP](#) for event highlights. Following the event we have now established a healthy Weight Aberdeen Systems Network Group to take the approach forward.

Through **our Healthy Life Choices project** we supported 59 adults, **23** from low income families in Central Locality to improve healthy eating behaviours and adopt good life choices to support healthy weight during 2024-25. During this period, 170 young people from priority neighbourhoods were also supported to improve healthy eating behaviours and adopt good life choices.





## *Innovative approaches to addressing health issues*

**What Moves You CIG** ran dance sessions to improve physical and mental health for people with Cancer, and their families. The dance sessions have been well-received, with participants reporting improved physical fitness and mental wellbeing. The project has provided a fun and engaging way for people to stay active and connected. The project supported **30 people** with **three volunteers contributing 90 hours**. A participant with mobility issues showed significant improvement in their movement and confidence.

**ACHSCP's Wellbeing Team and Aberdeen Football Club Community Trust (AFCCT)** delivered the Scottish Football Association's Power of Football training programme at Pittodrie Stadium between September-November 2024. The eight week programme uses football to enhance participants' knowledge about menopause and their personal journeys, helping them comprehend the impact on their well-being, relationships, and professional lives. **Seven women completed the training** programme in November 2024, and a further 24 women have signed up to the programme waiting list for 2025. Two co-ordinators from ACHSCP & AFCCT are currently undergoing training to become accredited facilitators and are on track to be ready by June 2025. Feedback from women who completed the programme has been very positive, **a small sample of participant feedback is outlined below:**



*"Definitely feel more educated and equipped with techniques."*

*"Keep doing what you're doing. You're all doing a fantastic job. You all made me feel very welcome and comfortable."*

*"I've enjoyed each week because I've learned something new each time and spent time with a lovely bunch of ladies."*



**The Stay Well Stay Connected show on SHMU radio** first broadcast in 2024 with co-hosts Carol Baig and Hayley Ross from ACHSCP's Wellbeing Team. It is a monthly radio show which goes live on the second Monday of every month from 1pm-2pm. The radio show contains information on wellbeing

opportunities within the local area, as well as having guest speakers talking about a variety of different health and wellbeing topics.

## Fersands and Fountain After School Club



At our Afterschool Club, we prioritize the safety and happiness of children by providing a nurturing environment. We pick children up from Kittybrewster and Woodside Primary Schools, ensuring they arrive safely at our centre where qualified staff are ready to care for them and offer healthy snacks. Our programme is designed to be fun and engaging, involving a variety of activities that include cooking, dancing, arts and crafts, team games, board games, quizzes, sports games in our gym hall and more. Children love joining in Zumba and fitness sessions, participating in musical games, facing exciting challenges, and enjoying movie nights. This is a Joint Partnership with Printfield Community Project.

## Community Appointment Day – Aberdeen Vaccination and Wellbeing Hub – 5 February 2025

Community Appointment Days (CADs) are an innovative way of improving population health, social care, wellbeing by focusing on prevention and early intervention. CADs are centred around the simple concept of understanding what matters to someone, then working alongside them to make that happen. CADs promote patient empowerment and encourages them to learn more so they can more effectively self-manage chronic conditions, the idea is that this improves patient outcomes and overall population health, and helps to protect primary and secondary care services which are under severe pressure from growing waiting lists. CADs bring together a range of health, social care, and wellbeing services across private, public, and third sectors all under one roof in a community venue and allows attendees to have personalised conversations on what matters most to them. This recognises that the current system is set up to manage one condition at a time, whereas CADs take a more person-centred and holistic approach to treat such as complex issue. Chronic pain was assessed as being appropriate to trial a CAD in Aberdeen City as local waiting lists and times have increased in recent years and patients on the chronic pain waiting list, are also likely to be on other waiting lists for services such as podiatry or mental health. The 2023 Scottish Health Survey found that 38% of Scottish adults experienced chronic pain, this highlighted

**Chronic Pain Support**

Just Walk In

**5th February 2025  
10.00am - 4.00pm  
Vaccination & Wellbeing  
Hub, Bon Accord Centre**

**Chronic Pain Community  
Appointment Day - Free to Attend**

Come along to our Chronic Pain Community Appointment Day - Everyone welcome. Have a chat with our team about "What Matters to You" and take part in an Information and Q&A session delivered by NHS Grampian Chronic Pain Management Team. Gain some peer support in our Pain Cafe, speak to Allied Health Professionals (i.e. Physiotherapy, Dietitian, Occupational Therapists etc) and visit our community partner stalls which will include the following:

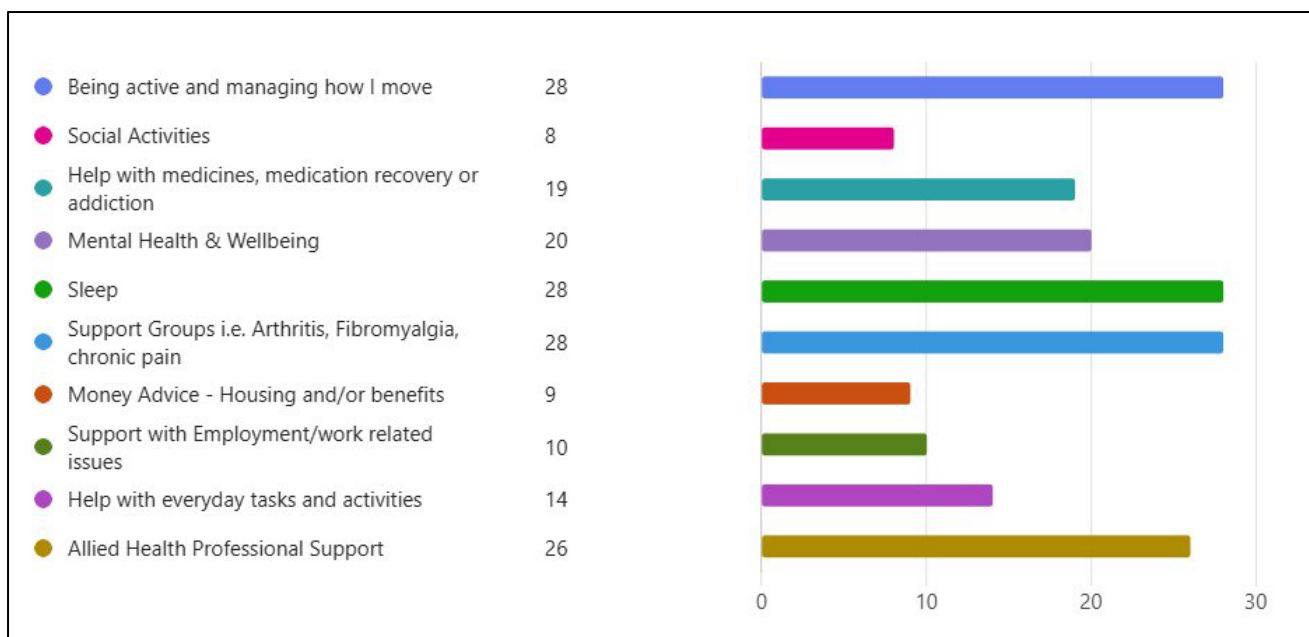
NHS Grampian Chronic Pain Team	Sport Aberdeen
Aberdeen Fibromyalgia Support Group	Versus Arthritis
University of Aberdeen Pain Research Team	Pain Concern
Aberdeen Action on Disability	Employability Support
Nuffield Sport Pain Programme	Aberdeen in Recovery
Department of Work & Pensions	Alcohol & Drugs Action
Mental Health & Wellbeing Support	Financial Support
Carers Support	Wellbeing Co-ordinators
Allied Health Professionals	Housing Support

Information available in other languages and formats by contacting Equality and Diversity on 01224 551116 or emailing [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot)

the importance of focussing not just on current waiting lists, but taking a more population level approach to prevent people from experiencing so much pain that they need referred to the hospital's Chronic Pain Team. There is a widespread recognition across all sectors supporting the Chronic Pain CAD that chronic pain cannot be resolved in hospitals, instead the most appropriate interventions need to be made in our communities.

The second Community Appointment Day in Aberdeen was held at the Aberdeen Vaccination and Wellbeing Hub on 5 February 2025, following the first CAD in Northfield on 27 November 2024. Evaluation data compiled by NHS Grampian Public Health and patient feedback is outlined below:

- **127 people attended** the CAD, with 61 people pre-booking their place, and 66 walk ins
- 77% of pre-booked attendees were female, which is largely reflective of the chronic pain waiting list
- The median age of pre-booked attendees was 64 years, although attendees ranged between 24-83 years
- **86% of pre-booked attendees had no previous contact with the Chronic Pain team**, highlighting the importance of taking an a preventative, population level approach
- 37% of pre-booked attendees learned about the CAD via social media and 23% via their GP
- The chart below shows which support pre-booked attendees received at the CAD



*"It's been a relief to talk to people who understand and can offer help and support. Chronic pain has affected my confidence, as I don't go out and I'm unable to work, so to speak with people who are empathetic has been amazing."*

*"Well worthwhile. Hope there are more of these types of programmes."*

*"Grateful to attend this much needed event and for giving some fresh knowledge and contacts. A morale booster as well!"*



## Volunteering in the Community

### Supporting Young Carers

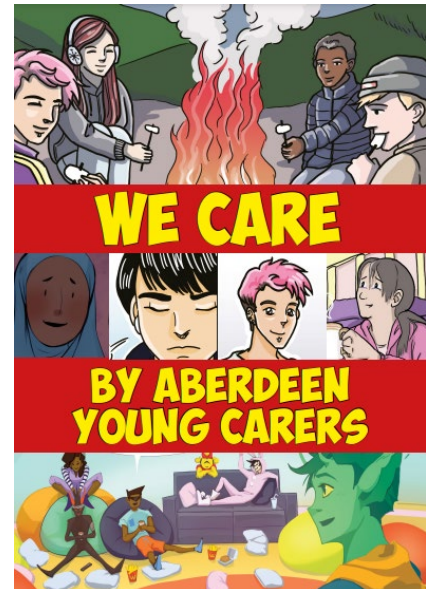
Despite the substantial support available for **young carers** in Aberdeen, identifying and referring them to this support can be challenging, as many do not recognise themselves as carers. The Young Carers project has aimed to increase the identification and support of young carers throughout the city. Since early last year, the city wide project has seen continued success, with a 20% increase in the number of young carers accessing support, rising from 126 in June 2023 to 151 in December 2024. As of March 2025 there were **60 young carers** supported in Central Locality.

### Young Carer Case Study

A 12-year-old student at St Machar Academy, was referred to Barnardos Young Carer service in July 2021 through self-referral. The young carer (YC) cares for their brother with Autistic Spectrum Disorder (ASD), providing emotional, practical, and personal support. While the family had support for the parents and brother, YC lacked support. To address this, YC was registered for group activities and engaged well with others. YC was also assigned a volunteer befriender to provide social opportunities beyond their brother's interests.

The volunteer befriender noted that YC enjoys their outings, expresses opinions, and shows increased confidence. YC also participated in residential opportunities, including the Outward Bounds residential in April 2023 and the Scottish Young Carers Festival in August 2023, demonstrating teamwork, motivation, and resilience. YC's favourite activities were the crate climb and leap of faith.

Regular contact is maintained with YC's family to monitor the impact of the brother's ASD on YC and ensure YC receives adequate support. The family is also directed to additional support organisations like Quarriers Adult Carers Service and receives regular financial support opportunities.



## Create local safe spaces to support outside activities

### Activities for Children and Young People



**PEEP** is a programme delivered by Aberdeen City Council, in partnership with ACHSCP which offers early intervention to families who may require some additional support for a short period of time to prevent escalation to more intensive support. Peep can also support families back into their community as part of, or following social work intervention. In 2024, ACHSCP and the Council set

up a **PEEP Group at Lord Hay's Court**, which is a sheltered housing complex in Seaton. The sessions involve fun activities with the children, parents and older adults that attend. The group generally

has 3-4 parents and children, and a small group of residents from Lord Hay's Court. The group has been part of the Creating Intergenerational Communities pilot toolkit this year, with planning in place to extend these sessions into the South Locality.

### **Fersands Summer Holidays**

A youth work summer programme was organised for and by 12-18 year olds. **Thirty two young**



**people signed up** to 13 activities and outings including Balmedie , Dundee Swimming, Paddleboarding ,Go Karting, Bowling, Hill Walking and Mountain Biking, as well as a Wellbeing week of relaxing and stress free activities including a Fishing Trip and Yoga. The kids had great new experiences diving off high boards and sand dunes, learning about coping strategies such as Yoga and conversations for good mental health.

### ***Raise awareness of substance use service and provision***

**Healthy Beginnings** is a resource that was created to highlight the effects of alcohol and smoking in pregnancy and was adapted from #Drymester and ASH Scotland resources. Three sessions have been delivered to ascertain how the resource was received, and its potential use. The sessions reinforced information on alcohol in pregnancy but highlighted the higher prevalence of those with Foetal Alcohol Spectrum Disorder (FASD) than attendees initially thought. Inclusion of short videos on the effect of alcohol on an egg, and the effects of smoke on an unborn child, were perceived as being impactful and useful in conjunction with other resources such as posters, leaflets, peer support and social media posts.

Attendees reported having more confidence in advising a pregnant mother to stop drinking alcohol than smoking, as smoking was seen as an addiction and more stressful to quit than alcohol. The effects of smoking on the mother-to-be and the growing foetus were understood but less was known of the effects of second-hand and third-hand smoke.

The resource provided information of support services for both alcohol and smoking during pregnancy, and the free Nicotine Replacement Treatment with behavioural support available from HealthPoint and Quit Your Way programme from community pharmacies across Grampian.

The Community Planning Partnership through our **fatal drug overdose projects** are focused on reducing drug related deaths (DRDs) through innovative developments and by increasing the distribution of naloxone. Naloxone is an emergency medication that can reverse the effects of an overdose of opioids like heroin or methadone and can save someone's life. During 2024-25, the project has focused on interventions in our priority neighbourhoods to increase public awareness and access to the life saving drug to people at risk of overdose, as well as to family members/friends of those in need.

**The Aberdeen Protects app** launched in December 2024 promotes the uptake and use of naloxone. The app is for anyone - whether parents, staff or people using substances. Whether its young people at a party, people out at the weekend or people who have used substances for a long time, we can all reduce harm by understanding the risks and how to respond. It enables people to:

- find nearest stockists of naloxone
- videos on how to use naloxone and respond to an overdose
- understand signs and symptoms of overdose
- harm reduction advice
- order postal naloxone kit online
- links to support services
- links to national drug alerts
- local push notifications of drug alerts, harms and local support



We're also getting out in the community and running community learning and development event to raise awareness of naloxone and support available. It is important that training on naloxone is available for everyone. Our young people are a key part of this. We are delighted to report that all secondary schools in Central Locality have staff members trained to administer naloxone and that from 2024-25, all S4 pupils had been trained in administering naloxone; in addition to the Level 6 first aid course. This provides them with a qualification, as well as the ability to save someone's life. Overall **276 naloxone kits** were supplied across Central Locality during 2024-25












**Recovery from drug and alcohol-related harm** is crucial for creating healthier communities. We know that each person's recovery journey is unique, and that providing a range of supportive opportunities helps sustain their recovery, reduce stigma, and increase resilience. Through our recovery project we are committed to building on the treatment, support and community peer led initiatives available and providing recovery support for individual, family, and community levels to help people live free from the potential harm of alcohol and drugs.




We have also increased support available over the weekend, with Aberdeen In Recovery (AiR) now running sessions on Sundays and Alcohol & Drugs Action open on Saturdays and Sundays, to ensure that when people need support they can access it. There were 126 members of Aberdeen In Recovery during Q1-2 of 2024-25. Of which **45%** were from Central Locality. On average AiR are running 14 different groups per week with the aim of providing a variety of options to meet the individuals interest and needs. Through Aberdeen In Recovery activities, between 4 April and 22 November, there were 9326 SAFE (Stable Addiction-Free Engagement) hours which equates to 1243.5 days.





## WHAT IMPACT HAVE WE HAD IN 2024/25?

Youth Anti-Social Behaviour	Positive destinations	Mental Health
 <p>There were <b>1396</b> reported youth anti-social behaviour incidents across Central Locality during 2024. This is a <b>8.6% improvement</b> on the 1527 incidents reported during 2023. Central Locality recorded the highest number of a youth anti-social behaviour incidents across Aberdeen City.</p> <p><b>679</b> incidents took place in the city centre which was the highest per area across the Central Locality</p>	 <p><b>94.3%</b> of Central Locality school leavers achieved an initial positive destination, this is the highest in Aberdeen City. With <b>92.05%</b> of St Machar Academy leavers achieving a positive destination</p>	 <p><b>15.9%</b> of people who live in Central Locality have been prescribed drugs for anxiety, depression, or psychosis. This is below the Aberdeen City figure of <b>17.4%</b></p>
Teenage Pregnancies	Counselling for Young People	Working Together with Parents
<p>In Central Locality, <b>21.90 per 1000</b> girls and young women recorded pregnancies. This is just above the Aberdeen City average rate of <b>19.8 per 1000</b> girls and young women.</p>	 <p><b>100%</b> of schools in Central Locality offer counselling and Active School activities</p>	 <p><b>27</b> new PEEP practitioners trained during 2024-25 to support parents with young children</p>
Young People Volunteering	Healthy Eating	Community Empowerment
 <p><b>878</b> young people from Central Locality received a Saltire Award. <b>3623</b> young people received a Saltire Award across Aberdeen City</p>	 <p><b>8.9%</b> of people in the Central Locality said they were unable to eat healthy and nutritious food due to poverty. This compares to <b>10.5%</b> of people in priority neighbourhoods (City Voice 50, 2024)</p>	 <p><b>369 people</b> attended the Stay Well Stay Connected – Grampian Gathering, held at the Beach Ballroom on 12 October 2024 which celebrated active ageing. <b>60</b> attendees were from Central Locality.</p>
Alcohol Awareness	Drug Related Deaths	Drug Related Hospital Stays
 <p><b>49.1%</b> of people in the Central Locality said they didn't know the maximum number of alcohol units recommended per week. <b>28.7%</b> of people who live in Central Locality do not drink alcohol. This figure is <b>29.1%</b> across Aberdeen City</p>	 <p><b>276</b> naloxone kits supplied in Central Locality during 2024-25</p>	 <p>The rate of drug related hospital stays for the Central Locality was <b>248.5 per 100,000</b> population. This is a slight improvement from <b>250 per 100,000</b> in 2022. The Central Locality continues to have the</p>

(City Voice 49, 2024)		highest rate of drug related hospital stays across Aberdeen City
<b>Alcohol Related Mortality Rates</b>	<b>Deaths from Suicide</b>	<b>Life Expectancy</b>
 <p>Alcohol related mortality rates in Central Locality are now <b>34.1 people per 100,000</b>. This is significantly higher than the Aberdeen City rate of <b>19.9 people per 100,000</b>. Central Locality has the highest proportion of alcohol related mortality rates across Aberdeen City</p>	 <p>The rate of death from suicide in the Central Locality is <b>10.5 per 100,000</b>, this is below the citywide average of <b>11.1 per 100,000</b> of the population.</p>	 <p>Men who live in West End North can expect to live <b>83.2 years</b>, whereas men in Old Aberdeen can expect to live <b>68.1 years</b> – This is the area with the lowest life expectancy for men in Aberdeen City. The average life expectancy for a man in Aberdeen City is <b>76.9 years</b>.</p> <p>Women who live in West End North can expect to live <b>88.1 years</b>, whereas women in Woodside can expect to live <b>74.4 years</b>. The average life expectancy for a woman in Aberdeen City is <b>80.9 years</b>.</p>

## AREAS FOR IMPROVEMENT IN 2025/26

- Work with Community Safety Partnership to expand the no. of community safety initiatives
- Promote road safety
- Increase the number of people who have access to nutritious food



## OUR PRIORITIES

The Central Locality Plan 2021-26 sets out one priority to improve our local place:

**Priority 5. Maximise the spaces in communities to create opportunities for people to connect and increase physical activity.**

## WHAT PROGRESS HAVE WE MADE DURING 2024/25?

### *Supporting greenspace development*

#### Encourage community growing spaces

##### **Mounthooly Roundabout**

The idea for the Mounthooly Garden was born out of the George Street Masterplan, which highlighted a lack of developed green spaces in the area. In response, we engaged with the community to identify their aspirations and needs, leading to the concept of a Forest Garden - a sustainable, edible ecosystem that serves both environmental and social purposes.



Aberdeen Community Planning, CFine Community Growing team, students from NESCOL and residents of George St and surrounding area held meetings over a year which culminated in a planting day. Mounthooly will be used as a community space, a location for learning, socialising and gardening. **22 participants** came to the planting day which saw 12 sapling apple and pear trees planted and there are plans to plant a further 8 more mature apple trees. These trees will form the basis of the Forest Garden. This project will contribute to improved access to healthy food in this area which has a lack of accessible green spaces.



The phased approach to planting allows project participants to dip their toes in, and find their way as they go along. As the project develops, we hope participants - particularly local residents will be eager and excited to take the lead in developing the garden further, choosing whether to incorporate more complex elements or components that may require additional maintenance. This approach aims to ensure the garden project is sustainable, genuinely community-informed and led, and a healthy, welcoming, safe space for everyone.



### Rosemount Community Garden

A group of volunteers have come together to transform a previously unused area of greenspace within the Rosemount Community Centre grounds into a community garden. The group meets weekly to design and develop the garden into an attractive and educational space. Over the course of the



project Skene Square Primary School and Midstocket Play Group have used the area and supported the creation of the



community garden. The volunteers also collaborated with the Rosemount Community Centre Association for support with storage and access to the garden-site, and local Men's Sheds to borrow and share tools. The project aims to increase physical activity, improve mental health and wellbeing and reduce social isolation, as well as providing education around gardening and growing.

**Mile End Primary School** created a sensory garden in the school grounds to support learning and engagement. The sensory garden has been completed, providing a safe and inclusive outdoor environment for children. The garden has supported learning and engagement, helping children with additional needs feel more regulated and connected. The project supported **600+ people** with **20 volunteers contributing 45 hours**. The garden has become a favourite spot for children to explore and learn about nature.

## Encouraging the Use of Greenspaces for Healthy Benefits

**Mighty Oaks Menopause Health Walks** began in 2023 in Powis, and is a group which empowers women to take control of the menopause through walking, talking, laughing and supporting each other. The walks take place twice a month on Wednesday evenings from Powis Community Centre between 5:30pm-7pm. The first hour is a gentle walk followed by a cup of tea and a natter. The group size varies throughout the year, however there is now a core group that continue to do this walk led by a volunteer from Powis Community Centre. Participants have reported they now walk multiple times a week which is a fantastic outcome.

### Feedback from participants:

*“Love it. Really good just to meet other women going through the same thing to share experiences and have a safe place to talk.”*

*“You are doing great job, keep it up. It is good to come along sharing experiences and coping mechanisms.”*

**Women’s Health Social Bike Rides** began in 2024 with ACHSCP’s Wellbeing Team working in partnership with Sport Aberdeen to set up a social bike ride for women once a week. The group started off small but eventually had **six women attending weekly**, the group can only accommodate eight people, so this was a great achievement, we are hoping it will be as successful in 2025!

Over the last year **Sport Aberdeen** have also developed a cycling hub at the Raymond Kelly Pavilion in Seaton, which currently hosts the Grampian Inclusive Cycle Bothy programme for Aberdeen (twice a week) – designed to provide cycling opportunities which are more accessible to adults and young people with disabilities and additional support needs. Adult & Family Learn to Bike and Cycle confidence sessions have also been based there through our partnership with Scottish Cycling’s Rock Up and Ride programme. Strong partnerships have also been formed with Sustrans, who have used the pavilion as a base for their iBike Schools programme which has focused on the St Machar Associated School Group area over the last two years





## Tackle Waste in our Communities






With the winds that blow from the beach and the through the high rises there is a steady stream of litter being blown in Seaton. This was seen as an opportunity to bring the community together, **Fresh Community Wellness, Seaton management team and the Community Council** came together and organised a litter pick Barbeque day.

In total there were **30 volunteers** from the local community came together to enjoy the barbeque, connect with their community and help in picking litter. In total **25 bags of rubbish** were picked over the course of a few hours. There are plans to make this a regular community event.



**ALC Aberdeen** have received, refurbished and distributed **28 bikes** in Tillydrone over the last twelve months. They are given to children and young people who do not have access to a bike. The bikes are denoted to the ALC as owners think they have come to the end of their usefulness. Young people are supported to learn about bike maintenance to support them to look after the bikes they receive free of charge.

## WHAT IMPACT HAVE WE HAD IN 2024/25?

Satisfaction with Green Space	Community Growing Spaces	Community Managed Green Spaces
 <p><b>87%</b> of Central Locality respondents reported being satisfied or fairly satisfied with the overall quality of green/open spaces. This is significantly higher than the <b>74%</b> of respondents for Aberdeen City collectively (City Voice 51, 2024)</p>	 <p><b>12</b> supported community food growing projects happening across Central Locality</p>	 <p><b>6</b> community groups being supported to look after community green space in priority neighbourhoods</p>
Cycling	Walking	Community Resilience
 <p><b>13.1%</b> of people in the Central cycled in the last year as a sustainable travel choice (City Voice 51, 2024)</p>	 <p><b>74.6%</b> of people in the Central Locality walk as one mode of transport. However this number falls to <b>68.8%</b> in priority neighbourhoods (City Voice 51, 2024)</p>	<p>There are <b>0</b> Community Resilience Groups currently operating within Central Locality</p>

## AREAS FOR IMPROVEMENT IN 2025/26

- Work with community partners to deliver more litter picks
- Establish Community Resilience Groups across the Central Locality
- More initiatives which promote responsible dog owners



# Our Communities



## OUR PRIORITIES

The South Locality Plan 2021-26 sets out one priority to improve our Communities:

**Priority 6. Increase the number of people and groups involved in making improvements and decisions in their communities**

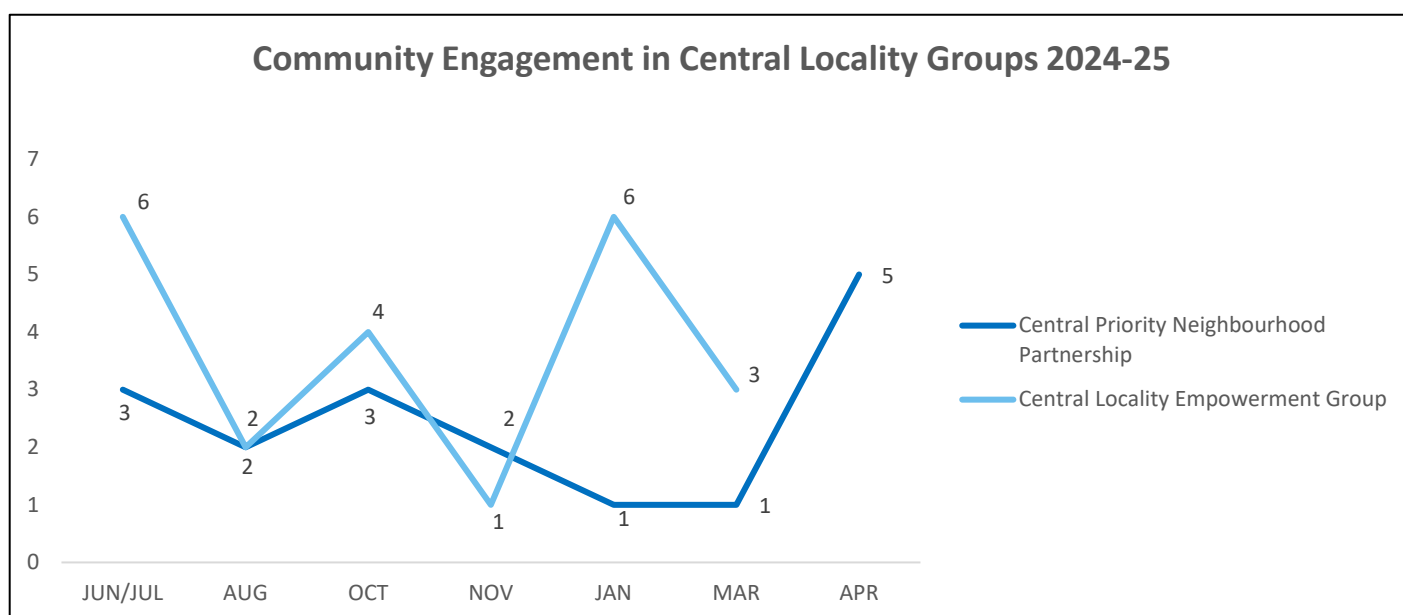
## PROGRESS MADE DURING 2024/25

### Community Participation

There are many ways you can get involved in the work of Community Planning Aberdeen to make things better for our local community and influence how public services are delivered in your area to meet your needs. We are committed to enabling all citizens to participate should they wish to.

Community members in Central Locality can get involved through a range of methods:

- Central Locality Empowerment Group (LEG)
- Central Priority Neighbourhood Partnership (PNP)
- UDecide Participatory Budgeting
- Fairer Aberdeen Board
- Place Standard Community Engagement



*Stay updated*

**Central Locality Empowerment Group** and the **Tillydrone, Woodside and Seaton Priority Neighbourhood Partnership** are two of the main ways we connect with our local communities in the Central Locality. As a member of a LEG and Tillydrone, Woodside and Seaton Priority Neighbourhood Partnership you will be able to provide a voice on behalf of the people and communities across your neighbourhood.

As well as this, we have a number of ways to stay updated on what is going on in your neighbourhood.

Every few months, ACVO pull together a Central funding and events update, so you can find out what's on and have up to date access on locally available funding opportunities. See the latest update [here](#).

As well as this, council tenants can also find out about updates in the Tenant Participation **Newsbite** magazine, hard copies are sent to all council tenancies.

## *Get Involved*

Following a citywide meeting with our existing community representatives, they had the following to say about what they gain from involvement:

**Staying mentally  
and physically  
active**

**Learning new  
skills and gaining  
self-confidence**

**Receiving  
support from  
staff**

**Recognition  
through local and  
national awards**

**Building a  
stronger sense of  
community and  
improving the  
neighbourhood.**

**Making new  
connections with  
like-minded  
people**

**Participating in  
social events and  
local projects**

**Strengthening  
local knowledge  
and sharing  
important  
information**

**increasing trust  
in communities**

If you are interested in getting involved in helping achieve these aims in your local community, follow this link to find out more or contact the Locality Planning Team:

[Our Communities - Community Planning Aberdeen](#)

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

## Community Funding



The Locality Planning team led the delivery of a **UDecide Participatory Budgeting** process. There was £60,000 of funding available to community groups, £40,000 from Community Planning Aberdeen and a further £20,000 from the Fairer Aberdeen Fund. This provided a total of £20,000 available for each of the three localities.

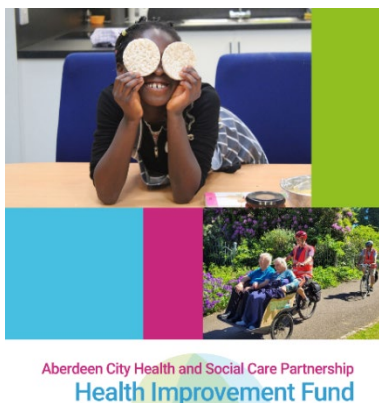
Applications were open to community groups in Tillydrone, Woodside, Seaton, Stockethill, Ashgrove and George Street who were able to demonstrate how their projects and activities related to one or more of the community ideas detailed within the Central Locality Plan.

Funding was awarded to 7 projects across those areas and 1 projects was partially funded. You can read more about the process here: [UDecide Report 2025](#).



Funded UDecide Projects
<b>ALC School Breakfast Club</b> Safe, warm breakfast Club for Academy and younger students. <i>Locality Plan Priority Link: Sustain and develop community food provision including food pantries</i>
<b>Tillydrone Community Flat Foodbank</b> A lifeline for vulnerable residents supplying emergency food <i>Locality Plan Priority Link: Sustain and develop community food provision including food pantries</i>
<b>Soup and sandwich Club</b> Free nutritious meal club reducing social isolation and ensuring people don't go hungry <i>Locality Plan Priority Link: Sustain and develop community food provision including food pantries</i>
<b>The Aberdeen North Foodbank</b> Helping put food on the table and ensuring people do not go hungry, <i>Locality Plan Priority Link: Sustain and develop community food provision including food pantries</i>
<b>U-Band</b> Community band introducing people to Ukrainian culture. <i>Locality Plan Priority Link: Support English as Second Language (ESOL) families to access services</i>
<b>Fun in the Sun!</b> Four weeks of free, welcoming activities for 8-12 year olds in the Summer. <i>Locality Plan Priority Link: Create indoor and outdoor opportunities for activities (young people).</i>
<b>Empowher</b> Providing a safe, supportive space for women to discuss mental health <i>Locality Plan Priority Link: Develop programmes of activities to informally support mental wellbeing</i>
<b>Schools First Aid Training Services CIC</b> First Aid training covering basic and essential skills for P5-7. <i>Locality Plan Priority Link: Upskilling communities and partners' knowledge of health and wellbeing, weight management, services, and training</i>





**The Health Improvement Fund (HIF)** process is designed to enhance health and wellbeing across Aberdeen through community-led projects. It is open to anyone living and/or working in Aberdeen City, offering community grants of up to £5,000. Projects must be innovative, community-led, meet local needs, and demonstrate improvements in health and wellbeing. The decision-making process involves local screening panels composed of community representatives and staff, who allocate funds based on a scoring process aligned with the fund's principles. This ensures that projects are selected fairly and effectively to address the diverse needs of the community.

Funded Health Improvement Fund Projects
<b>SCIO Activities Group - Tillydrone Community Campus</b> Intergenerational Arts & Crafts sessions. Chair based yoga/fitness sessions.
<b>Sports &amp; Exercise at the Breadmaker - The Breadmaker</b> Sporting activities and exercise for Adults with learning disabilities
<b>Developing the Team and Garden of Bonnymuir Green Community Trust.</b> Adding a greenhouse to the Bonnymuir Green garden, & refreshing staff First Aid at Work training.
<b>Food for all - Seaton Community Hub</b> Providing a new approach to providing food for people in Seaton.
<b>Knit and Chatter intergenerational sessions - Your Love Rara</b> Integrated craft and mental health sessions to build bridges between generations.
<b>Soup and Sandwich Club - Aberdeen City Council</b> Soup and Sandwich lunch club once a month at Cornhill community Centre.
<b>Aberdeen Foyer Winter Wellbeing Project - Aberdeen Foyer</b> Provide inclusive space to share food, reduce isolation, increase employability through learning
<b>Initial training for Grampian Birth Buddies - Grampian Birth Buddies</b> Training a group of women to support their peers through the perinatal period.
<b>Cornhill Community Art Space Programme - Cornhill Community Association</b> Develop the community art space programme and add groups and classes to support local people struggling with their Mental Health through creative means.
<b>Time for Me – Building skills and resilience – Quarriers</b> Project will help carers gain skills, build confidence and have a break from caring.
<b>Campaign for warm healthy homes – NESFit</b> Aim to support and empower communities by giving them data to understand how their housing conditions affect their health. We will do this by purchasing health monitoring equipment to lend out to householders to monitor environmental factors that affect health.
<b>Happy Children, Happy Families - Sunnybank Community Centre Association</b> Messy Play and Playgroup sessions for families with young children. Youth Club for Primary age children.

### Health and Diversity Network – GREC

The Grampian Health and Diversity Network (GH & DN) is an initiative by the Grampian Regional Equality Council (GREC) aimed at empowering ethnic minority community members to improve their own health and wellbeing.

**The Fairer Aberdeen Fund** is allocated by Aberdeen City Council to tackle poverty and deprivation. The Fund is allocated by a deliberative participatory budgeting approach, with a Board made up of Elected Members, Community Planning Partners, and community representatives with lived experience. The Fund supports initiatives and services in priority areas, as well as vulnerable groups across the city. In Central Locality, **27 initiatives** were funded to deliver activities with a **value of £520,000**. In addition, the Fairer Aberdeen Fund allocated £25,000 to undertake a PB event in the Rosehill, Stockethill and Cornhill area during October 2024. A steering group made up of partners and community representatives prioritised the funding for initiatives to improve the community, support social inclusion, and tackle isolation and loneliness. Funding was awarded to six initiatives supporting parents and toddlers, youth work, and community activities.

Through the **Woodside Decides** initiative, Shmu and the Woodside Network have been testing how small funding pots can be utilised to encourage local residents to have a greater sense of control and influence within their community, and therefore to become more actively involved in Community Planning activity in their local area. Funding for this test of change was sourced from Community Planning Aberdeen, ACVO, North East Culture Collective and NESCAN Hub.

£18,000 of funds across 4 themes, and a range of community engagement events and activity has taken place over the past year. This has included open events, advertised widely, bringing together people from across the community, as well as more targeted events for women and older people. There have also been outreach activities within sheltered housing complexes, and a youth project at Printfield Community Project. So far around £8,000 has been allocated, whilst other initiatives are under way to allocate the remaining funds and approximately **170 people** have taken part or participated in Woodside Decides.



## Consultation & Engagement



Participation of communities and people's rights lie at the heart of community planning and our communities are key to informing and shaping our plans and strategies. Using the steps within the community empowerment toolkit, and the Participation, Accountability, Non-discrimination and equality, Empowerment and Legality (PANEL) principles, Community

Planning Aberdeen launched its "Your Place, Your Plans, Your Future" engagement in March 2025. This builds on the community engagement which took place in 2023 using the Place Standard tool to inform the refresh of the Local Outcome Improvement Plan in 2024, engaging 465 people. This year the approach has been enhanced and adapted to enable the single engagement to help inform a number of plans and strategies being developed by the Partnership.

We know that different people will have different needs. We wanted to make sure that everyone has the opportunity to share their views, including those that are seldom heard, and those who may be experiencing any form of inequality or disadvantage. As well as an online version, we held six locality events, including one at Aberdeen Sports Village and another at Rosemount Community Centre a children and young people's version, and took the conversation into schools and communities across Aberdeen, capturing thoughts and feelings about life in Aberdeen.

Our [outreach programme](#) details all the groups and locations we attended to help support people have their say.



The engagement closed on 18 May 2025 and analysis of participation and results is underway. The data will be used to inform the multiple plans and strategies, including the Local outcome Improvement Plan 2026-36 and Locality Plans for North, South and Central. Using the results, we will work with communities to co-create solutions through the development of the next Plans, ensuring that local people are at the heart of community planning.

In addition, the Locality Planning Team continues its outreach work, and engages on a regular basis with individual community members, and community groups and organisations such as community councils and the local third sector.

During May 2024, the Council's Community Learning and Development (CLD) service was inspected by His Majesty's Inspectorate of Education (HMIE). HMIE inspectors reviewed the City's locality planning arrangements and interviewed LEG and PNP community members. In their inspection



report, HMIE reported that CLD's **"Successful engagement of community representatives is starting to ensure that their [community member] views are included in locality planning and the refresh of the LOIP"**.

## **AREAS FOR IMPROVEMENT IN 2025/26**

- Host more citywide locality planning engagement sessions
- Add more content to the Locality Planning section of the Community Planning Aberdeen website
- Prepare an induction pack for community members joining a LEG or PNP
- Increase the number and diversity of people engaging in locality planning meetings, activities, and projects. Participation in Priority Neighbourhood Partnerships has declined, particularly in the North and Central Localities. To address this, we are exploring new methods to boost engagement, acknowledging that each neighbourhood has unique needs. Our focus has been on hyper-local engagement. A recent test of change in Seaton tested the idea that holding area focused meetings within neighbourhoods could increase attendance. Additionally, by concentrating on area specific priorities from the Locality Plan, we aimed to encourage those with a particular interest in those issues to participate. You can read more about the test [here](#).

## *Your Locality Planning Team*

We recognise the value of partnering with communities to foster a thriving environment for everyone. By working closely with local communities through our locality planning team, we aim to be more responsive, supportive, and action-focused. Input from the community is essential to this process.

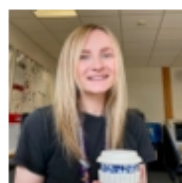
The Locality Planning Team consists of staff from both Aberdeen City Council and the Aberdeen City Health and Social Care Partnership, working together to enhance outcomes across all local areas and neighbourhoods. In the Central Locality, your key locality planning contacts are Iain, Jade, Chris and Graham. Contact the team on [localityplanning@aberdeencity.gov.uk](mailto:localityplanning@aberdeencity.gov.uk)



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