

2017



North East Scotland Equalities Directory

**A DIRECTORY OF ORGANISATIONS WORKING FOR
EQUALITY & HUMAN RIGHTS IN NORTH EAST SCOTLAND**

NESEN is a user-led Grampian wide Equality Network.

The network brings people and organisations together to help achieve equality in race, faith and belief, sexual orientation, sex and gender reassignment, disability, marriage and civil partnership, pregnancy, maternity and age, through an interactive network membership of voluntary sector, public bodies, Individuals, groups and organisations from across the Grampian region.

The main aims of NESEN are:

- Partnership working, networking and promotion of member organisations' services
- Build understanding of common issues shared by communities and protected groups,
- and act as a joint consultation and involvement group for these issues
- Share and develop good practice in equality matters
- Work together to promote equality for all
- Be a positive voice for Grampian's diverse communities

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If you would like your organisation to be added to this directory, please contact nesen@grec.co.uk.



Aberdeen Action on Disability (AAD)

Aberdeen Action on Disability was founded in 1992 as a user-led organisation to give a helping hand to people with physical and sensory disabilities in the city of Aberdeen. Since then, they've been staffed and managed by people who have disabilities of their own, giving us a level of expertise that you just can't get in any other way.

They can offer you information on all aspects of physical and sensory disability, representation on local and national bodies and help raise awareness of any issues you might have.

Their first, and by far most popular, project is help with applying for benefits. They currently offer help to fill in Personal Independence Payment (PIP) and all other relevant benefit forms including; Disability Living Allowance (DLA), Employment Support Allowance (ESA) and Attendance Allowance. They will also help should you need to appeal a decision.

Secondly, they run a social drop in session every Wednesday in the office. They often have guest speakers who will talk about anything and everything. When they don't have a guest speaker, they run craft sessions where they make cards and jewellery which they sell to raise funds at the various events they attend.

The music group offers a creative outlet to people who might not have had much chance otherwise. They have a very talented musician who runs this group in their office every Wednesday evening.

They have been training up some volunteers in blog writing, podcasting and all things media related. While this project is still in its infancy, they've already produced some great work!

They also offer occasional "one off" activities and events, often as fund raisers. These vary from the traditional bake and jumble sales, to extravagant evenings with food, wine and entertainment. They've even risked their necks abseiling from the Forth Road Bridge to raise some cash.

While they only have four permanent projects, they are always looking for more activities and services to offer. To get involved with their projects, or to suggest a new one, please don't hesitate to get in touch.

Contact: Unit G and H, Kettocks Lodge, Campus 2
2 Balgownie Drive
Bridge of Don
Aberdeen AB22 8GW

Telephone: 01224 641355

Email: office@aad-online.com



Aberdeen for a Fairer World

Their Aim is to educate and enable people in the North East of Scotland to take action to create a fairer world. For more than 30 years they have been raising awareness, promoting understanding of global concerns and supporting active global citizenship. Located at the foot of Queen Street, next to the Lemon Tree, their office offers advice, training facilities and an extensive resource library which is free to teachers, schools and the wider community.

Currently they are:

- A leading member of the Aberdeen Steering Group raising awareness of fair trade and initiating linked activities
- Working with NE local authorities, schools, teachers and pupils, through their education section, the Montgomery DEC, to develop global learning / learning for sustainability / citizenship activities across the curriculum
- Facilitating initiatives such as One World Week and One World Day through their local partner networks
- Focusing on the recently-launched Global Goals for Sustainable Development, which aim to end extreme poverty, fight inequality & injustice and fix climate change between 2015 and 2030.

History

Founded over 30 years ago as the Third World Centre, running the first solely Fair Trade retail outlet in the Kirk of St Nicholas, their activities grew as they led the Aberdeen Fairtrade City campaign, achieving Fair Trade status for the city in 2004, and also developed the Montgomery Development Education Centre (MDEC).

Funders

Currently AFW's education work is funded by the Scottish Government, the Department for International Development (as facilitators of the Global Learning Programme Scotland in the North East of Scotland), Oxfam and The Wood Foundation.

Membership is free to anyone interested in global concerns and keen to support our aims.

Contact: **Email:** afairerworld@btconnect.com
Telephone: 01224 620111



Aberdeen Hindu Association

The Aberdeen Hindu Association is a trust set up by a group of dedicated volunteers in the North East of Scotland. Hinduism is followed not only as religion but as a "Dharma" or way of life. Their aim is to promote the rich values of the Hindu culture and its diverse traditions. They strongly believe in the Hindu values that encompass respect for beings and faiths and a cultural heritage that promotes community cohesion and harmony. Spiritual well-being contributes to happiness, increased productivity, communal harmony and integration; in pursuance of this they will conduct regular poojas, celebrate Hindu religious festivals and organise cultural and educational activities.

Contact: **Email:** contactus@aberdeentemple.org.uk



Aberdeen Interfaith Group

Aberdeen Interfaith Group provides a positive and safe space to meet and accept our common humanity, respect our differences and share our wish for a more peaceful, harmonious world.

Purpose:

- To gain more knowledge about those people we live alongside in our modern, global world, thus leading to a more peaceful, cohesive community.
- To encourage and enable open minded dialogue and co-operation between faith/belief groups.
- To reflect and enhance the friendship and support that exists between most people, counteracting the inter-religious conflict often shown in our media.

We meet every 6 weeks or so, usually at 7pm at the Multi-Faith Chaplaincy at the University of Aberdeen on a Tuesday or Thursday evening.

Contact: **Email:** p.a.findlay@btopenworld.com / cormackofcults@hotmail.co.uk
Website: www.interfaithscotland.org

Aberdeenshire North Access Panel

Aberdeenshire north Access Panel assist in and advice in the creation and maintenance of access provision for people with a disability throughout the north of Aberdeenshire. They offer Access Auditing, Disability Awareness Training, Disability Discrimination Act (DDA) Presentations, Disability information in relation to DDA, Access to information.

Contact: **Telephone:** 01779 474323
Email: accessnorthabz@hotmail.com



ACVO

ACVO is the Third Sector Interface for Aberdeen City. ACVO is part of Voluntary Action Scotland. They exist to develop, involve, represent and support the voluntary, charity and social enterprise organisations in Aberdeen. They are one of 32 Voluntary Interfaces (TSI's) created throughout Scotland and represent what is often called the 'Third Sector'.

Contact: **Telephone:** 01224 686058 / 686058
Email: mike.melvin@acvo.org.uk



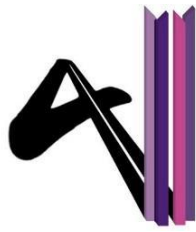
Disabled Persons Housing Service (DPHS) Aberdeen

DPHS Aberdeen offers housing advice, information and advocacy to disabled people, their families and carers. We offer home and hospital visiting to clients if necessary and will assist in completing housing application forms and give advice on all housing options including social and private sector housing such as shared ownership and shared equity options as well as advice on adaptations and telecare. We will work with staff within housing, health and social care to provide a solution to our clients housing needs.

Our 2 new projects are No Place Like Home – housing advice for over 65's with disabilities or age related illnesses and Veterans Voice – housing advice to disabled ex-service men and woman from the Armed Forces, Police, Fire Service and Merchant Navy (the disability need not have happened in service).

Trained staff will be happy to help and clients can make self – referrals or through their family, OT or social worker etc.

Contact: **Telephone:** 01224 810222
Email: info@dphsaberdeen.org



Four Pillars

Four Pillars stands for four vital aspects of people's well-being to keep them happy and healthy in respect to their: **Mental Health, Emotional Health, Physical Health and Sexual Health.**

Four Pillars will work remotely most of the time with "live" events at community centres and education facilities to raise awareness and give a personal, friendly touch to the organisation. A minimum expenditure approach will be undertaken with all activities purely voluntary with no staff or facilities to pay for. Their supplies for activities will be agreed with by NHS Grampian. Supplies will be used almost exclusively for the sexual health work such as information packs, condoms, lube and other service reference material. Four Pillars will strive to work closely with other agencies such as public and charitable establishments to provide ongoing support for individuals across Grampian.

Mission

The supply & provision of barrier contraception, peer education & information to support the LGBT+ community in manners of Mental, Emotional, Physical & Sexual Health, thereby promoting informed choices and reducing the prevalence of HIV and other STIs.

Aims & Values

In order to look after a person's sexual health they must also look after their mental, emotional and physical health simultaneously. For example; they understand that if a person is not in the right frame of mind to look after their basic needs (health & safety) they are less likely to look after their sexual health, increasing their chance of HIV & STI transmissions.

- Work closely with the community to better educate individuals to look after their needs in relation to Emotional & Mental health by attending colleges, universities and other venues with information and educational material.
- Improve the physical health of individuals across Grampian by supplying educational material and paramount information on related topics.
- Work with each person on an individual basis, refraining from judgement of personal circumstances, age, sexual orientation, race, religion or gender.
- Work closely with the community and encourage networking between individuals and organisations to improve the health of all.
- Encourage and provide opportunities for service users & volunteers to develop & grow.
- Work closely with other organisations including public and third sector agencies to signpost individuals based on personal requirements.

Contact: **Telephone:** 01224 637389
Email: mail@fourpillarsuk.org / deejay.bullock@fourpillarsuk.org

Grampian Senior Citizens' Forum

Grampian Senior Citizens' Forum campaigns for the improvement of quality of life for older people and represents the interests of State Pensioners in Grampian.

Contact: **Telephone:** 01224 780 126
 Mobile: 07557 385500
 Email: angus.simpson@icloud.com



Grampian Women's Aid

Grampian Women's Aid offers a free, confidential and non-judgemental service to women, children and young people, who have experienced domestic abuse.

Services:

- One to one practical and emotional support.
- Somewhere safe to stay either in refuge (if available) or other housing options.
- Outreach support anywhere in Aberdeen or Aberdeenshire.
- Children and young person's support.
- Specialist counselling.
- Employment and training support.
- Safety planning and safety measures for homes.
- Specialist money advice.
- Childcare provision.
- Use of Interpreters.

Contact: 25 Greenfern Road
Mastrick
Aberdeen AB16 6TS

Telephone: 01224 593381

Email: info@grampian-womens-aid.com

Website: www.grampian-womens-aid.com



Grampian Regional Equality Council (GREC)

GREC's mission is to advance equality for all people. To achieve this our objectives are:

- to tackle discrimination - pursuing equality for all;
- to promote community cohesion - supporting strong and stable communities and promoting respect for diversity;
- to manage diversity - working with partners; providing constructive challenge; and helping to address issues, e.g. migration;
- to collect evidence and undertake research - gathering information; informing services and policy.

Services & Projects:

- Engagement on equality and human rights with young people and the delivery of the GREC Anne Frank Awards, recognising the work of young people and schools;
- A Casework service for people who have been targeted by hate crime or prejudice (on the basis of ethnicity/race, disability, religion or belief, sexual orientation, trans status);
- Counselling services for people who have been targeted by hate crime and prejudice, including a specialist "Me-Time" service for children and young people;
- Research and Community Engagement projects, including aspects of our Tackling Economic Barriers Project, the Ethnic Minority Health Link Project, and recently community engagement work delivered in partnership with Aberdeen City Council on "Creating a Fairer and More Equal Aberdeen". We are about to start a partnership research project with the University of Aberdeen to provide a Gypsy/Traveller Accommodation Needs Assessment for the North East of Scotland;
- Developing and sustaining Language Cafés across Aberdeen City, providing the opportunity for people to practise English, create connections and find out about local services;
- Training on equality and diversity, hate crime and prejudice incidents, the Equality Act 2010 and more;
- An interpreting and translation service (In-Trans) used by NHS Grampian, other public bodies, individuals and private businesses.

Contact: 41 Union Street,
Aberdeen AB11 5BN

Telephone: 01224 595505

Email: info@grec.co.uk

Website: www.grec.co.uk



Humanist Society Scotland

Humanist Society Aberdeen seeks to Promote and establish a secular society, promote the provision of secular education, promote, provide and develop Humanist ceremonies, extend the contributions made by Humanists to a wide range of social, civic and health care provision, maintain, develop and empower membership of the Society to carry out these activities and any other activities which promote and support the Objects of the Society and work with other Humanist associations (and like-minded organisations) in the UK, Europe and internationally

Contact: **Telephone:** 01224 739830 / 07742 632627
 Email: aberdeen@humanism.scot



Multiple Sclerosis (MS) Society

Multiple Sclerosis (MS) is a neurological condition affecting the immune system of the body's central nervous system consisting of the brain and spinal cord. Nerve fibres are surrounded and protected by a fatty tissue called myelin which helps nerve fibres conduct electrical impulses around the body. The immune system normally protects individuals by fighting off infections. In MS, the immune system attacks nerves by mistake, damaging the nerve covering and causing the immune system not to work properly. Symptoms vary depending on which part of the central nervous system is affected. MS causes many different symptoms and is not easy to diagnose.

The Aberdeen Local Group of the MS Society operates art, exercise and social groups to keep people with the condition as active as possible for as long as possible and to stop social isolation. Details of these services can be found on the group's Facebook page below.

Contact: **Email:** aberdeen@mssociety.org.uk
 Facebook: www.facebook.com/MS-Society-Aberdeen-118034518782779



North East Sensory Services

"Achieving independence for blind and deaf people"

North East Sensory Services (NESS) delivers joint sensory services, including social work and specialist rehabilitation support on behalf of the Health and Social Care Partnerships in Aberdeen, Moray and Dundee.

As part of the statutory contracts, NESS social workers provide information and advice about living with a sensory loss, an assessment of need including the need for aids and equipment, onward referral to other agencies, advice about maximising income, as well as practical and emotional support. Rehabilitation workers provide specialised information, advice and training to people who are blind or visually impaired in mobility, daily living skills, and aids and equipment.

In Angus, NESS delivers specialist information and advice support about living with a sensory loss, including advice about aids and equipment to enable independence.

NESS also provides a range of Added Value services which aim to increase independence and improve quality of life. These include a Hospital Information officer providing information and advice at the point of diagnosis; audio book library and postal service; social support for older adults who are socially isolated in Aberdeen and Moray; activities for children and young people living in Aberdeen and Moray with a sensory loss to build confidence and self-esteem; an employment service in Aberdeen and Dundee City; ICT service providing information, advice and training to use assistive technology; transcription services that transcribe information into accessible formats; and a British Sign Language interpreting booking service. NESS supports a number of groups and clubs that enable social participation. NESS has Resource Centres in Aberdeen, Elgin and Dundee. For more information about NESS services contact us on:

Contact:
Telephone: 0345 271 2345
SMS: 07593 102004
Fax: 01224 620122
Email: info@nesensoryservices.org
Website: www.nesensoryservices.org



People First (Fraserburgh)

"We are run by and for people with learning difficulties."

People First (Scotland) works to support people with learning difficulties to have more choice and control over our lives.

They have been going since 1989 when members at their first National conference decided that they should have their own organisation.

From the very beginning, they made our own decisions and decided their own policies.

They are a membership organisation open only to people who have a learning difficulty or what services call a learning disability. That means that no-one else has any say at all in what their organisation does.

3 things they try to change:

1. The way people with learning difficulties see themselves – most of us have grown up believing that we are not much use; that we have nothing useful to say and that we can do nothing for ourselves or anyone else.
2. The way the world sees and thinks about people with learning difficulties – most people in our communities believe that, at best, we are "poor souls" and, at worst, that we are a nuisance and a drain on society.
3. The law and policy as it affects people with learning difficulties – our lives are often ruled and directed by laws and policies that we have had no say in. One of our mottos is "nothing about us without us" and we're pleased to say that, these days, Government and local government usually tries hard to listen to our points of view.

Contact: **Telephone:** 01346 518104
Email: stewartpeoplefirst@gmail.com



Rape Crisis Grampian
Rape & Sexual Abuse Support

Rape Crisis Grampian

Rape Crisis Grampian (RCG) provides support and advocacy to survivors of rape and sexual violence and challenges attitudes towards violence against women, men and those belonging to the LGBTI+ community.

Survivors can access information on legal processes. Their work is primarily with Survivors of rape and sexual abuse, however they also provide information and support to families, friends and partners as required.

Contact: 112 Crown Street
Aberdeen, AB11 6HJ

Telephone: 01224 590932

Website: www.rapecrisisgrampian.co.uk

Facebook: www.facebook.com/rapecrisisgrampian

Twitter: [@RCGaberdeen](https://twitter.com/RCGaberdeen)

Rape Crisis Scotland (RCS) National Helpline: 08088 010302



Shopmobility
Aberdeen

Shopmobility

Shopmobility Aberdeen offers increased independence, self-esteem and choice to people with disabilities. They are a service dedicated to helping anyone with a mobility difficulty, be it temporary or permanent, who wishes to visit the city centre of Aberdeen to conduct business, enjoy their many visitor and cultural attractions, or to visit the wide variety of shops, leisure and business services.

Contact: **Telephone:** 01224 254338
 Text: 07436102939
 Email: kam.shopmobility@gmail.com



VSA Carers' Services

Based in Aberdeen, VSA is the city's major social care charity. VSA changes lives for thousands of the most vulnerable people in Aberdeen city, helping them to live the most independent, purposeful and fun-filled lives possible.

VSA provides a wide range of care and support to children, families, carers as young as young as five, older people, and adult and children with complex disabilities like autism or additional support needs.

Contact: **Telephone:** 01224 212021
Email: info@vsa.org.uk
Website: www.vsa.org.uk
Facebook: www.facebook.com/vsaaberdeen
Twitter: [@supportvsa](https://twitter.com/supportvsa)
YouTube: www.youtube.com/user/supportVSA