

# Directory of Community Groups in Aberdeen City

## Overview

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This resource was developed by the Aberdeen Equalities Participation Network (EPN), using publicly-available details to improve engagement with equality-related groups in the City. All groups are listed by characteristic, and may be listed in two or three categories if relevant.

**Please note:** this list focuses on groups that tend to be marginalised. For example, under ‘religion,’ most ‘mainstream’ churches are not included, but those catering to ethnic minority groups are.

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**If you would like details of your group added or changed, please contact [info@grec.co.uk](mailto:info@grec.co.uk).**

*More information about EPN: [grec.co.uk/epn](http://grec.co.uk/epn)*

## Top Tips for Positive Community Engagement

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### First Steps

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**Keep public information up to date**, and provide **multiple formats**. For example, written information can have versions in different languages, large text or easy read, and video should have subtitles, with BSL or other languages if possible.

**Provide different ways to ask questions** – not just email, but a phone number and a location or event where people can ask questions in person.

**Have realistic expectations.** Don’t expect the group to have all the answers or do the work for you – seek ‘partners not donkeys.’

### Reaching Out

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**Think about who** to contact, and **how** to reach out. Is your project relevant for a specific group? **Your approach needs to make sense to the community.**

**Think about why** you’re contacting a group. What’s the objective? Do you want feedback about your services, help developing a new policy, participation in an event? Be clear about what you’re asking for.

**Go to the source, and avoid tokenism.** When making policies or decisions that affect ‘seldom heard’ communities, it’s important to go directly to the people themselves (and sometimes to organisations who work with those people).

**Start early in the process** – not just as a tick-box at the end. Where possible, invite people in the community to be involved at **all stages**.

**Ensure people feel genuinely listened to.** Take a culturally aware approach, try to understand context, and treat people with dignity and respect.

**Build and maintain relationships** – not just when you want something. Make sure to **follow-up** and let the community know what’s happening.

**Ask people how they want to be involved**, and **what they need**. For example, some meeting times, places or formats will work better than others, or interpreters may be required.

**Communicate in appropriate ways** – avoid jargon, use clear language, and talk about things in ways that make sense to people without specialist knowledge.

**Be aware of power dynamics.** Avoid being paternalistic or talking down to people. Make sure people have **real power** in the discussion, take their views **seriously**, and make the process **worthwhile for everyone**.

**Don’t waste people’s time.** Ensure you’re engaging on something that can actually lead to change. If nothing is likely to change, or you’re seeking support for the status quo, reconsider whether community engagement is worthwhile.

# Charities and Community Groups (listed by Characteristic)

*(all groups are locally-based unless otherwise noted)*

## Organisations Serving Multiple Communities

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### **Aberdeen Council for Voluntary Organisations**

[acvo.org.uk](http://acvo.org.uk)

Umbrella body for charities in Aberdeen

### **Advocacy Service Aberdeen:** [advocacy.org.uk](http://advocacy.org.uk)

Free advocacy for people with mental health and learning disabilities, domestic abuse victims, carers, and those receiving social care

### **Grampian Regional Equality Council:** [grec.co.uk](http://grec.co.uk)

Charity tackling discrimination and promoting positive community relations in North East Scotland

### **Mental Health Aberdeen (MHA):** [mha.uk.net](http://mha.uk.net)

Counselling and information on mental health

### **Progress in Dialogue** (Scotland-wide)

[progressindialogue.org.uk](http://progressindialogue.org.uk)

Alliance of marginalised communities

### **Scottish Association for Mental Health** (Scotland-wide): [samh.org.uk](http://samh.org.uk)

Mental health and support services

## ***Public Sector Staff Equalities Networks***

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### **Aberdeen City Council:**

[equality\\_and\\_diversity@aberdeencity.gov.uk](mailto:equality_and_diversity@aberdeencity.gov.uk)

**NHS Grampian:** [gram.staffequalities@nhs.scot](mailto:gram.staffequalities@nhs.scot)

**Aberdeen University:** [abdn.ac.uk/staffnet/working-here/Staff-equality-networks-and-committees.php](http://abdn.ac.uk/staffnet/working-here/Staff-equality-networks-and-committees.php)

### **Robert Gordon University:**

[rgu.ac.uk/about/governance/equality-diversity/staff-student-networks](http://rgu.ac.uk/about/governance/equality-diversity/staff-student-networks)

## ***Students' Associations***

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*Including links to diverse student groups*

**Aberdeen University:** [ausa.org.uk](http://ausa.org.uk)

**Robert Gordon University:** [rguunion.co.uk](http://rguunion.co.uk)

### **North East Scotland College**

[nescol.ac.uk/college-services/students-association](http://nescol.ac.uk/college-services/students-association)

# Charities and Community Groups (listed by Characteristic)

(all groups are locally-based unless otherwise noted)

## Age

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### **Children, Young People and Families**

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**Aberdeen Care Experienced**

[facebook.com/AberdeenACE](https://facebook.com/AberdeenACE)

Support for looked after children and young people

**Aberdeen Youth Movement**

[linktr.ee/aberdeenyouthmovement](https://linktr.ee/aberdeenyouthmovement)

The voice of young people 12-25 in Aberdeen city

**Aberdeen Foyer:** [aberdeenfoyer.com](https://aberdeenfoyer.com)

Housing, training and support for young people

**Aber necessities:** [abernecessities.co.uk](https://abernecessities.co.uk)

Practical support for families with children

**Action for Children** (UK-wide)

[actionforchildren.org.uk](https://actionforchildren.org.uk)

Supporting children and young people

**Afristyle Dance Club:** [afirstyledanceclub.com](https://afirstyledanceclub.com)

African arts and culture group for young people

**Archway :** [www.archway.org.uk](https://www.archway.org.uk)

Parent-led charity for people with learning disabilities and their families

**Befriend a Child** (UK-wide): [befriendachild.org.uk](https://befriendachild.org.uk)

Supporting school-age children

**FACEYOUTH:** [faceyouth.org](https://faceyouth.org)

Youth education and empowerment, with a special focus on Nigerian children and young people

**Fersands and Fountain Centre:** [fersandsscio.co.uk](https://fersandsscio.co.uk)

Support and services for local families in poverty

**Home Start Aberdeen:** [homestartaberdeen.org.uk](https://homestartaberdeen.org.uk)

Support for children and families

**Fersands and Fountain Centre:** [fersandsscio.co.uk](https://fersandsscio.co.uk)

Support and services for local families in poverty

**Home Start Aberdeen:** [homestartaberdeen.org.uk](https://homestartaberdeen.org.uk)

Support for children and families

**Fersands and Fountain Centre:** [fersandsscio.co.uk](https://fersandsscio.co.uk)

Support and services for local families in poverty

**Home Start Aberdeen:** [homestartaberdeen.org.uk](https://homestartaberdeen.org.uk)

Support for children and families

**LGBT+ Youth Scotland** (Scotland-wide)

[lgbtyouth.org.uk](https://lgbtyouth.org.uk)

Supporting LGBT+ young people

**Mermaids** (UK-wide): [mermaidsuk.org.uk](https://mermaidsuk.org.uk)

Supporting gender-diverse children & young people

**The Period Place:** [theperiodplace.co.uk](https://theperiodplace.co.uk)

Promoting positive menstrual health and wellbeing

**Sereniti:** [serenitiaberdeen.com](https://serenitiaberdeen.com)

Faith-based family support organisation

**SHMU Train:** [shmu.org.uk/train](https://shmu.org.uk/train)

Employability programmes for young people, 16-25

**Sunrise Partnership:** [sunrisepartnership.org](https://sunrisepartnership.org)

Supporting bereaved children and young people

**WeToo:** [wetoo.org.uk](https://wetoo.org.uk)

Magazine for children with additional needs

**Zone Youth LGBT+ Group**

*facebook, threads or x: zoneyouthlgbt*

Aberdeen youth group for LGBT+ young people

### **Older People**

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**ACC Sheltered Housing Group**

*email:* [channaford@aberdeencity.gov.uk](mailto:channaford@aberdeencity.gov.uk)

Network of 40 sheltered housing complexes

**Age Scotland** (Scotland-wide)

[ageuk.org.uk/scotland](https://ageuk.org.uk/scotland)

**Care and Repair:** [aberdeencareandrepair.co.uk](https://aberdeencareandrepair.co.uk)

Practical advice and assistance for people 60+

**Silver City Surfers:** [silvercitysurfers@gmail.com](mailto:silvercitysurfers@gmail.com)

Tech support and workshops for older people

# Charities and Community Groups (listed by Characteristic)

(all groups are locally-based unless otherwise noted)

## Disability

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**Aberdeen Action on Disability:** [aad-online.com](http://aad-online.com)

User-led disability charity

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

Parent-led charity for people with learning disabilities and their families

**Aurora Autistic Consulting:** [auroraconsulting.scot](http://auroraconsulting.scot)

Autistic-led training, advice and consultancy

**British Deaf Association** (UK-wide): [bda.org.uk](http://bda.org.uk)

Organisation run by and for deaf people

**Contact Scotland BSL** (Scotland-wide)

[contactscotland-bsl.org](http://contactscotland-bsl.org)

Interpreting video relay service

**Dates and Mates:** [dates-n-mates.co.uk/aberdeen](http://dates-n-mates.co.uk/aberdeen)

User-led group for people with learning difficulties

**Deaf Club Aberdeen:**

[facebook.com/groups/727856080622703](https://facebook.com/groups/727856080622703)

Social club for BSL users

**Deafblind Scotland** (Scotland-wide):

[dbscotland.org.uk](http://dbscotland.org.uk)

Supporting deafblind people

**Disability Equity Partnership (DEP)**

email: [equality\\_and\\_diversity@aberdeencity.gov.uk](mailto:equality_and_diversity@aberdeencity.gov.uk)

Aberdeen City Council partnership promoting inclusion and removing barriers

**Disabled Persons' Housing Service:**

[dphsaberdeen.org](http://dphsaberdeen.org)

Housing advice, support and advocacy

**Fibromyalgia Support Group**

[facebook.com/groups/80670548093](https://facebook.com/groups/80670548093)

Support group for people with fibromyalgia

**Future Choices:** [future-choices.org.uk](http://future-choices.org.uk)

User-led organisation providing social inclusion and recreation opportunities

**Guide Dogs Aberdeen**

[facebook.com/guidedogsaberdeenbranch](https://facebook.com/guidedogsaberdeenbranch)

Support and fundraising for training dogs to assist blind and visually-impaired people

**Inclusion Scotland** (Scotland-wide)

[inclusionsscotland.org](http://inclusionsscotland.org)

**Learning Disability Group of Aberdeen and Shire**

[ldgroupa.wixsite.com/aberdeenandshire](http://ldgroupa.wixsite.com/aberdeenandshire)

User-led group for people with learning disabilities

**ME and You Aberdeen**

[facebook.com/100064281175981](https://facebook.com/100064281175981)

Support group for people with ME

**Mencap** (UK-wide): [mencap.org.uk](http://mencap.org.uk)

Support for people with learning disabilities

**MS Society** (UK-wide)

[mssociety.org.uk/care-and-support/local-support/local-groups/aberdeen-group](http://mssociety.org.uk/care-and-support/local-support/local-groups/aberdeen-group)

Organisation for people with multiple sclerosis

**North East Sensory Services (NESS)**

[nesensoryservices.org](http://nesensoryservices.org)

Support for people with sight and/or hearing loss

**Our Positive Voice:** [ourpositivevoice.org](http://ourpositivevoice.org)

Charity run by and for people living with HIV/AIDS

**Rosie's Social Enterprises**

email: [rosies@turningpointscotland.com](mailto:rosies@turningpointscotland.com)

Vocational training, support and work experience for people with brain and mental health issues

**Scottish Disability Sport** (Scotland-wide)

[scottishdisabilitysport.com](http://scottishdisabilitysport.com)

Developing sport and physical recreation opportunities for disabled people

**Scottish Women's Autism Network** (Scotland-wide)

[swanscotland.org](http://swanscotland.org)

Organisation by and for women with autism

**Shopmobility/AbleDeen:** [abledeen.org.uk](http://abledeen.org.uk)

Mobility support for shopping and getting around

**WeToo:** [wetoo.org.uk](http://wetoo.org.uk)

Magazine for children with additional needs

# Charities and Community Groups (listed by Characteristic)

(all groups are locally-based unless otherwise noted)

## Race/Ethnicity

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**Aberdeen Multicultural Centre:** [abmc.org.uk](http://abmc.org.uk)  
Local charity offering services, activities and events

**Grampian Regional Equality Council:** [grec.co.uk](http://grec.co.uk)  
Promoting equalities, historically with an emphasis on race and ethnicity

**In-Trans:** [in-trans.co.uk](http://in-trans.co.uk)  
Social enterprise providing interpreting and translation services

**MECOPP** (Scotland-wide): [mecopp.org.uk](http://mecopp.org.uk)  
Support for ethnic minority carers

### English for Speakers of Other Languages

**Aberdeen City Council ESOL classes**  
[sites.google.com/ab-ed.org/ealaberdeencity/home](https://sites.google.com/ab-ed.org/ealaberdeencity/home)  
Free ESOL classes for Aberdeen residents

**Cameo International Women's Group**  
[facebook.com/cameoabz](https://facebook.com/cameoabz)  
'Come And Meet Each Other,' based in the Mission Church (women welcome from all faiths and none)

**GREC Language Support**  
[grec.co.uk/language-support](http://grec.co.uk/language-support)  
Information and informal English practice

**Learning English in Aberdeen**  
[facebook.com/LearnEnglishAberdeen](https://facebook.com/LearnEnglishAberdeen)  
Listings for Aberdeen ESOL opportunities

**Learning English in Aberdeen**  
[facebook.com/LearnEnglishAberdeen](https://facebook.com/LearnEnglishAberdeen)  
Listings for Aberdeen ESOL opportunities

**North East Scotland College(NESCOL)**  
[nescol.ac.uk/search/esol](http://nescol.ac.uk/search/esol)  
Full-time and part-time ESOL classes

**Workers' Education Association (WEA)**  
[wea.org.uk/courses/esol](http://wea.org.uk/courses/esol)  
Online ESOL classes

## Community Groups (non-religious)

**Aberdeen/shire Bangladeshi Association**  
[facebook.com/groups/367603286617828](https://facebook.com/groups/367603286617828)  
Bangladeshi community group

**Aberdeen Ethnic Minority Women's Group**  
[abdn-emwomen.org.uk](http://abdn-emwomen.org.uk)  
Connecting/empowering ethnic minority women

**African Council** (Scotland-wide)  
[africancouncil.org.uk](http://africancouncil.org.uk)  
Promoting and supporting African communities

**African Women's Group** (Scotland-wide)  
[africanwomenscotland.org.uk](http://africanwomenscotland.org.uk)  
Empowering African women (Aberdeen based)

**Africulture Network**  
[africulture.org.uk](http://africulture.org.uk)  
Promoting African cultural heritage and history

**Afristyle Dance Club:** [afristyledanceclub.com](http://afristyledanceclub.com)  
African arts and culture group for young people

**Albyn Polish School**  
[facebook.com/100063470531607](https://facebook.com/100063470531607)  
Polish school based at Albyn School

**Article 12** (Scotland-wide) [article12.org](http://article12.org)  
Supporting and empowering Gypsy/Travellers

**Bengali Cultural Association Aberdeen**  
<https://www.facebook.com/aberdeenbengali>  
Community group celebrating Bengali culture

**Black and Scot:** [blackandscot.com](http://blackandscot.com)  
Network for Black professionals and allies

**The Bridge Centre**  
[facebook.com/thebridgecentretorry](https://facebook.com/thebridgecentretorry)  
Community space, Kings Community Foundation

**Cameo International Women's Group**  
[facebook.com/cameoabz](https://facebook.com/cameoabz)  
'Come And Meet Each Other,' based in the Mission Church (women welcome from all faiths and none)

# Charities and Community Groups (listed by Characteristic)

(all groups are locally-based unless otherwise noted)

## Race/Ethnicity (continued)

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### Community Groups (non-religious)

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**Diversity Bridge:** [facebook.com/61557907528451](https://facebook.com/61557907528451)

Support for ethnic minority communities and promotion of equality

**Elderly Chinese Housing Project**

email: [housing.officers@castlehillha.co.uk](mailto:housing.officers@castlehillha.co.uk)

Based in Castlehill Housing Assoc, Links View

**FACEYOUTH:** [faceyouth.org](https://faceyouth.org)

Youth education and empowerment, with a special focus on Nigerian children and young people

**Igbo Community Aberdeen (ICA):** [ica-uk.org](https://ica-uk.org)

[facebook.com/ICAberdeen](https://facebook.com/ICAberdeen)

Igbo (Nigerian) community group

**Indian Association of North East Scotland**

[facebook.com/ianesaberdeen](https://facebook.com/ianesaberdeen)

Celebrating Indian religious and cultural festivals

**Latinos of Aberdeen**

[facebook.com/groups/771522633435477](https://facebook.com/groups/771522633435477)

Community group for South and Central Americans

**Lithuanian Society (ALNES)**

[facebook.com/AlnesAssociation](https://facebook.com/AlnesAssociation)

Lithuanian community group in Aberdeen

**Malayalee Association**

[facebook.com/Aberdeenmalayalee](https://facebook.com/Aberdeenmalayalee)

Support for Malayalam speakers in NE Scotland

**Mamacita Foundation:** [mamacitafoundationuk.com](https://mamacitafoundationuk.com)

Practical support and cultural activities for ethnic minority communities

**Nepalese Himalayan Association**

[nepalesehimalayan.org](https://nepalesehimalayan.org)

Promoting Nepalese language and culture

**Nigerians in Aberdeen**

[facebook.com/groups/111946898821994](https://facebook.com/groups/111946898821994)

Community group for Nigerian people in Aberdeen

**Organisation for Nepalese Culture & Welfare**

[oncw.org.uk](https://oncw.org.uk)

Promoting Nepalese culture and traditions

**The Period Place:** [theperiodplace.co.uk](https://theperiodplace.co.uk)

Promoting positive menstrual health and wellbeing from menarche to menopause

**Polish Association Aberdeen:** [paaberdeen.co.uk](https://paaberdeen.co.uk)

Community group for Polish people in Aberdeen

**Polish Sunny School (Tullos):** [slonecznaszkola.co.uk](https://slonecznaszkola.co.uk)

School promoting Polish language and culture

**Russian Education and Support Centre (Slovo)**

[facebook.com/groups/slovoschool](https://facebook.com/groups/slovoschool)

Promoting Russian language and culture

**Scotland Malawi Partnership (Scotland-wide)**

[scotland-malawipartnership.org](https://scotland-malawipartnership.org)

Organisation for Malawians living in Scotland

**Tackling Gypsy/Traveller Inequalities Partnership**

Gypsy/Traveller liaison officer Helen Rogers:

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

Group of public and third sector organisations, and Gypsy/Traveller community members, seeking to address inequalities and discrimination

**Tamil Association Aberdeen**

[facebook.com/groups/244660579041747](https://facebook.com/groups/244660579041747)

Community group for Tamil people

**Touch of Love Outreach:** [touchoflove.org.uk](https://touchoflove.org.uk)

Support and advocacy for ethnic minority families

**Turkish Education and Culture Trust**

[facebook.com/aberdeenturkisheducationculturetrust](https://facebook.com/aberdeenturkisheducationculturetrust)

Turkish community group

# Charities and Community Groups (listed by Characteristic)

(all groups are locally-based unless otherwise noted)

## Religion/Belief

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**Aberdeen Interfaith:** [facebook.com/InterfaithAB](https://facebook.com/InterfaithAB)

Building connections between faith groups

### ***Houses of Worship and Religious Groups***

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#### ***Bahá'í***

**Aberdeen Bahá'í Community** [aberdeenbahai.org.uk](https://aberdeenbahai.org.uk)

#### ***Buddhist***

**Aberdeen Buddhist Group**

[aberdeenbuddhistgroup.org.uk](https://aberdeenbuddhistgroup.org.uk)

**Kadampa Meditation Centre**

[meditateinaberdeen.org](https://meditateinaberdeen.org)

**Thai Buddharam Temple:** [thaibuddharam.org.uk](https://thaibuddharam.org.uk)

**Varapunya Buddhist Society:** [varapunyacentre.com](https://varapunyacentre.com)

#### ***Christian***

**Aberdeen Methodist Church**

[aberdeenmethodist.org.uk](https://aberdeenmethodist.org.uk)

**Chinese Christian Church (Crown Terrace)**

[aberdeenchinesecc.org.uk](https://aberdeenchinesecc.org.uk)

Services in Mandarin and Cantonese

**City of God / Jesus House:** [jesushouseaberdeen.org](https://jesushouseaberdeen.org)

**Fountain of Love:** [fountainoflove.org.uk](https://fountainoflove.org.uk)

**Kings Church:** [kingschurchaberdeen.com](https://kingschurchaberdeen.com)

Includes Trussell Trust Food Bank

**Quakers:** [quakerscotland.org/aberdeen](https://quakerscotland.org/aberdeen)

**Sereniti:** [serenitiaberdeen.com](https://serenitiaberdeen.com)

Faith-based family support organisation

**Seventh Day Adventist Church:** [aberdeensda.org](https://aberdeensda.org)

Churches in the City Centre and Bucksburn

**Time to Heal:** [ttoheal.org](https://ttoheal.org)

Christian-based support for ethnic minority survivors of domestic abuse

#### ***Christian Orthodox***

**Greek Orthodox Church**

[facebook.com/GreekOrthodoxChurch](https://facebook.com/GreekOrthodoxChurch)

St Matthew Greek Orthodox Church

**Romanian Church:** [parohiaaberdeen.org.uk](https://parohiaaberdeen.org.uk)

Romanian Orthodox Church/community support

#### ***Hindu***

**Aberdeen Hindu Association**

[aberdeentemple.org.uk](https://aberdeentemple.org.uk)

#### ***Jewish***

**Aberdeen Synagogue:** [asjcc.co.uk](https://asjcc.co.uk)

#### ***Muslim***

**Aberdeen Mosque and Islamic Centre (Frederick St)**

[aberdeenmosque.org](https://aberdeenmosque.org)

**Aberdeen Muslims:** [aberdeenmuslims.yolasite.com](https://aberdeenmuslims.yolasite.com)

Community group and information resource

Also: [facebook.com/AberdeenMuslims](https://facebook.com/AberdeenMuslims)

**Al Hikmah Mosque (Nelson Street)**

[masjidalhikmah.org.uk](https://masjidalhikmah.org.uk)

**Al-Noor Islamic School:** [alnoorschoolaberdeen.com](https://alnoorschoolaberdeen.com)

**Syed Shah Mustafa Jame Mosque (Crown Terrace)**

[shahmustafamasjid.com](https://shahmustafamasjid.com)

#### ***Roman Catholic***

**Aberdeen African Catholic Choir**

[facebook.com/africanchoiraberdeen](https://facebook.com/africanchoiraberdeen)

**Filipino Catholic Community**

[facebook.com/groups/386658666016103](https://facebook.com/groups/386658666016103)

**Polish Ministry of Aberdeen:** [aberdeen-pl.rcda.scot](https://aberdeen-pl.rcda.scot)

**Sacred Heart Torry:** [sacredhearttorry.com](https://sacredhearttorry.com)

#### ***Sikh***

**Aberdeen Gurudwara:** [aberdeengurudwara.com](https://aberdeengurudwara.com)

# Charities and Community Groups (listed by Characteristic)

(all groups are locally-based unless otherwise noted)

## Sex/Gender

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### **Aberdeen Ethnic Minority Women's Group**

[abdn-emwomen.org.uk](http://abdn-emwomen.org.uk)

Connecting/empowering ethnic minority women

### **Aberdeen Women's Alliance**

[facebook.com/111157498951625](https://facebook.com/111157498951625)

Women's community group, with history sub-group

### **African Women's Group** (Scotland-wide)

[africanwomenscotland.org.uk](http://africanwomenscotland.org.uk)

Empowering African women (Aberdeen based)

### **Cameo International Women's Group**

[facebook.com/cameoabz](https://facebook.com/cameoabz)

'Come And Meet Each Other,' based in the Mission Church (women welcome from all faiths and none)

### **Ending Violence and Abuse Aberdeen**

[weareac.org/evaa](http://weareac.org/evaa)

Support for women experiencing domestic abuse

### **FearFree:** [fearfree.scot](http://fearfree.scot)

Supporting male/LGBT+ victims of domestic abuse

### **Grampians Women's Aid**

<https://grampian-womens-aid.com>

Support for female victims of domestic abuse

### **Men's Sheds:** <https://scottishmsa.org.uk/find-a-shed>

Practical and social support in Bridge of Don, Ferryhill, and Cove/Altens

### **The Period Place:** [theperiodplace.co.uk](http://theperiodplace.co.uk)

Promoting positive menstrual health and wellbeing

### **Rape Crisis Grampian:** [rcgrampian.co.uk](http://rcgrampian.co.uk)

Support and information for rape survivors age 13+

### **Scottish Women's Autism Network** (Scotland-wide)

[swanscotland.org](http://swanscotland.org)

Organisation by and for women with autism

### **Time to Heal:** [ttoheal.org](http://ttoheal.org)

Christian-based support for ethnic minority survivors of domestic abuse

## Sexual Orientation and/or Gender Reassignment/Transgender Identity

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### **Aberdeen Frontrunners**

[aberdeenfrontrunners.co.uk](http://aberdeenfrontrunners.co.uk)

LGBT+ inclusive running group

### **Equality Network** (Scotland-wide)

[equality-network.org](http://equality-network.org)

### **FearFree:** [fearfree.scot](http://fearfree.scot)

Supporting male/LGBT+ victims of domestic abuse

### **Four Pillars:** [fourpillarsuk.org](http://fourpillarsuk.org)

Supporting LGBT+ people in Aberdeen

### **Grampian Pride:** [grampianpride.org](http://grampianpride.org)

Annual event celebrating the LGBT+ community

### **LGBT+ Health and Wellbeing** (Scotland-wide)

<https://lgbthealth.org.uk>

Promoting LGBT+ health and wellbeing

### **LGBT+ Youth Scotland** (Scotland-wide)

[lgbtyouth.org.uk](http://lgbtyouth.org.uk)

Supporting LGBT+ young people

### **Mermaids** (UK-wide): [mermaidsuk.org.uk](http://mermaidsuk.org.uk)

Supporting gender-diverse children & young people

### **Scottish Trans Alliance** (Scotland)

[scottishtrans.org](http://scottishtrans.org)

Supporting transgender people

### **Stonewall Scotland** (Scotland-wide)

[stonewallscotland.org.uk](http://stonewallscotland.org.uk)

Supporting LGBT+ people

### **Zone Youth LGBT+ Group**

*facebook, threads or x: zoneyouthlgbt*

Aberdeen youth group for LGBT+ young people