

Support Services

This list of services can be used to signpost beneficiaries who may require additional support.

**Food
Poverty
Action**
Aberdeen

Emergency Food	2
Hot Food	4
Financial and Advice services	5
Mental Health & Wellbeing	6
Housing & Homelessness	6
Support for families with children	7

Support Services – Aberdeen City

Emergency Food

Aberdeen Cyrenians – 62 Summer Street, AB10 1SD

0300 303 0903

Monday – Friday

8.30am – 5.00pm

This service offers beneficiaries the opportunity to receive food parcels or clothing parcels if available. It also has a drop-in service where beneficiaries can use their facilities to chat and have a drink, use their computers, or receive help with the likes of benefits, housing etc.

CFINE – 2-4 Poynerook Rd, AB11 5RW

01224 596156

Monday – Friday

10.00 am – 3.00pm

Food parcels available for collection at times above. Additional wrap-around services available including welfare/benefits advice, employability & skills development, cooking on a budget etc

Instant Neighbour – 5 St Machar Drive, AB24 3YJ

01224 489955

Monday - Friday 10.00 am – 1.00pm and 2.00pm – 4.00pm

All services are now completely open and back to pre-covid operation. Food bank services, furniture, carpet fitting and joinery services. They have also started an online shop that can be found at

homecomfort.instantneighbour.co.uk. They also have volunteering opportunities within the premises.

Inchgarth Community Centre - Aboyne Place, Aberdeen AB10 7DR

01224 325191

Wednesday 2.30-4pm

Food bank - Foodbank service run by Inchgarth. Wednesday 2.30-4pm. This is a collection service at present. People only need to show proof of address once. We support the following communities to access our foodbank: Garthdee, Mannofield, Broomhill, Airyhall, Hazelhead, Ruthrieston, Holburn, Ferryhill, Riverside, Torry, Cove, Altens, Redmoss, Kincorth, Riverside, Leggart, Seafield.

We also support people with no recourse to public funds from anywhere in the city

The catalyst church foodbank is also here on a Thursday, 6-7pm. To access both foodbanks, there is no referral, people just turn up and we support people for as long as they require support.

Northfield Food Bank – Byron Square, Northfield, Aberdeen AB16 7LL

01224 695416

Tuesday 18:00 – 19:30

Thursday 10:00 – 12:00

Emergency food provision along with signposting to support services

Mastrick Community Centre - Greenfern Road

01224 788 288

Tuesday: 9.00am to 3.00pm

Updates on this foodbank is available online at <https://www.facebook.com/Mastrick-Community-Centre-184882071613559/>

Middlefield Community Project, Middlefield Hub, Manor Avenue

01224 697000

Time: 9.30am to 1.30pm (Mon – Fri)

Food parcels, soup & sandwiches and FareShare - Updates are available online at

<https://www.facebook.com/middlefieldproject>

Powis Community Centre - 11 Powis Circle

01224 483 203

Monday – Friday

11.00am - 2.00pm

Surplus food can be collected every weekday, and soup available from 12 noon. Can deliver to those who are housebound, isolating, quarantining or vulnerable if requested. Powis residents only (Powis Circle, Powis Crescent or Bedford Avenue).

Updates are available online at <https://www.facebook.com/powis.community>

Aberdeen North Foodbank – Various locations

01224 518936

Monday, Wednesday, Thursday, Friday

Aberdeen north foodbank works with a variety of locations, that are listed below:

- Tillydrone Campus Foodstore – Mon & Thurs – 1.00pm – 2.30pm
Tillydrone Community Campus, Hayton Road, AB24 2UY 01224 489546
- The Mission – Thurs – 2.00pm – 3.30pm
St Machar Drive, Aberdeen, AB24 3RX 01224 651000
- Trinity Church – Mon & Fri – 12.00pm – 1.00pm
10 Urquhart Road, Aberdeen, AB24 5LL 01224 518936
- CACHOP – Wed – 4.30pm – 5.30pm
The Fathers House, Caroline Place, Aberdeen, AB25 2TH 01224 518936

The Lighthouse - Tillydrone Community Campus - 52 Hayton Road, Aberdeen AB24 2UY

07851 259998

The Lighthouse - Foodbank held in Tillydrone Community Campus on Mon & Thursdays 1-2.30pm - generally people turn up when in need. Contact number for info **07851 259998** - Admin - Linda Merson or email

office@lighthouse-abdn.org.uk

Tillydrone Community Flat - 3B Alexander Terrace, Aberdeen AB24 2QT

01224 486641

Call first if possible. For Tillydrone residents only.

10am – 4pm Monday – Friday.

Emergency food provision along with signposting to support services.

STAR Community Flat - 14A Seaton Drive - AB24 1UX

01224 524209

Open Mon, Tues, Wed and Friday 10-1

Emergency Food Provision, Emergency Pet Food Provision, Credit Union, Pathways back to work, Signposting to other agencies.

Somebody Cares - Greenwell Road, Aberdeen, AB12 3AX

01224 460700

Monday - Friday

9.30am to 3.00pm

Provides Food parcels. Need to book a collection, however, will accept self-referrals.

Information is online at <https://www.somebodycaresscotland.org/news/>

Printfield Community Flat - 11A Printfield Walk

01224 276 788

Time: 8.30am to 2.00pm (also Fridays)

Printfield residents only

Hot Food

Social Bite – 516 Union Street

01224 981863

Monday – Friday

8am – 9.30am (Breakfast)

2.15pm – 3.30pm (Supper)

Service: Free breakfast, tea & coffee. They also offer an afternoon service where beneficiaries can go in and receive a hot meal. They will also be offered a piece of fruit and a beverage.

Fountain of Love Church – 31 Palmerston Road

01224 574511

Monday, Wednesday, Thursday, Friday

12.00pm – 2.00pm

Fountain of love church have reduced the days they provide this service due to covid restrictions, but they are open for beneficiaries to have a free lunch on the days above.

Salvation Army – 28 Castle Street AB11 5BG

Mon & Thurs 10.00am – 1.00pm Tues & Fri 11.30am – 1.00pm

The salvation army has a takeaway service on a Monday and Thursday whereby beneficiaries can drop in past to have a takeaway snack and hot drink. Tuesday & Friday Manna Cafe - 11.30am - 1.00pm Hot Meal provided in The Citadel Community Hub

Powis Community Centre - 11 Powis Circle

01224 483 203

Time: 11.00am to 2.00pm (Mon – Fri)

Surplus food can be collected every weekday and soup available from 12 noon.

Can deliver to those who are housebound, isolating, quarantining or vulnerable if requested.

Powis residents only (Powis Circle, Powis Crescent or Bedford Avenue)

Updates are available online at <https://www.facebook.com/powis.community>

Bethany Christian Trust

We run a weekly drop in (the Toastie Club) at **Trinity Church, 10 Urquhart Road, Aberdeen, AB24 5LL**. We provide tea, coffee, soup and a toastie for vulnerable and isolated people in the community and connect with other charities and resources to provide necessary referrals and support. This runs from 11:30-1 every Wednesday.

Methodist Church - 8 Crown Terrace, Aberdeen AB11 6HE

01224 313940

Open Table offers a free, three-course meal between 1pm and 2pm every

Sunday at the Methodist Church in Crown Terrace. Anyone is welcome to come along and enjoy the lunch.

Financial and Advice services

SAFE team – CFINE, 2-4 Poynerook Road

info@cfine.org

01224 531386

Monday – Friday

9.00am – 4.00pm

Free and confidential benefits, budgeting, and money advice

Scottish Welfare Fund – Marischal College, Aberdeen City Council

0800 03 04 713

Monday – Friday

9.00am – 5.00pm (Friday 10am)

Provides grants to cover emergency costs or costs to assist with setting up home in the community.

Aberdeen City Council Financial Inclusion Team – Marischal College

01224 522709 or 03000 200292

Monday – Friday

9.00am – 5.00pm (Friday 10am)

Free impartial, confidential money advice.

Citizens Advice Bureau – 41 Union Street

01224 569750

Monday – Friday

8.00am – 6.00pm

Provides information on debts, money, benefits & general advice regarding other topics i.e., employment.

S.C.A.R.F – 1 Cotton Street

01224 213005

info@scarf.org.uk

Monday - Friday

9.00am – 5.00pm

Provides advice and support regarding energy and heating costs

Job Centre Plus - Aberdeen Jobcentre, Ebury House, 14 Dee Street, Aberdeen AB11 6DR

0800 169 0190

For benefit claims.

Pathways – 11 Powis Circle, Aberdeen, AB24 3YX

01224 682939

Help to find job. Including C.V. writing, job searches, training, clothing for interviews, travel expenses, and other services.

Inchgarth Community Centre - Aboyne Place, Aberdeen AB10 7DR

Pathways employment support. Wednesday's. Email Dave davidcook@pathways-online.org

We have an advice and rights awareness clinics from Shelter. Wednesday's 2.30-4pm weekly.

In the next few months, we will also be offering additional support through a new support services coordinator.

Instant Neighbour – 5 St Machar Drive, AB24 3YJ

01224 489955

Monday - Friday 10.00 am – 1.00pm and 2.00pm – 4.00pm

Offer face to face welfare and advice appointments with our Community Connector as well as signposting services.

Mental Health & Wellbeing

Four Pillars – 33 Regent Quay

01224 211963

Mail@fourpillarsuk.org

Monday – Friday

10.00am – 6.00pm

Provides a range of mental health and wellbeing support services for the LGBT+ community including group and one-one support/counselling.

Mental Health Aberdeen - ACIS – Various Locations

01224 573892

01339 886700 (For Banchory, Aboyne, Tarland, Ballater & Strathdon)

acis.office@mhaberdeen.org.uk

Monday – Friday

9.00am – 8.30pm (4.30pm Friday)

Counselling service provided on a one-one basis for both adults and young people. A student counselling service is also run through NESCOL (acisstudent.nescol@mhaberdeen.org.uk). Further services are accessible through Calsayseat and Torry medical practice.

Alcohol & Drugs Action – 7 Hadden Street

01224 577120

info@alcoholanddrugsaction.org.uk

Monday – Friday

10.30am – 5.00pm (Closed between 1.00pm-2.00pm)

Saturday – Sunday

12.00pm – 5.00pm (Closed between 1.00pm – 2.00pm)

Provides support in person, online or over the telephone for individuals & their families suffering from alcohol or drug addiction – including those in recovery. A drop-in service is also offered.

Bethany Christian Trust

We will be moving into the Bridge Community Centre in Torry (258 N Balnagask Road, Aberdeen AB11 8R) soon where we will have addiction recovery support, resettlement support, and women and family support. Currently we have one to one support for those struggling with addiction, and one to one support for women and mums who are struggling with a variety of issues.

Housing & Homelessness

Aberdeen City Council Housing Advice Service – Marischal College

03000 200 292

housingaccess@aberdeencity.gov.uk

Homelessness helpline - 0800 917 6379 (24 hours). [Housing Online | Aberdeen City Council](#)

Monday to Friday 8.30am to 5pm. An emergency service operates from 5pm to 8.30am Monday to Friday. During weekends and public holidays, we provide a 24 hour service.

Aberdeen Cyrenians – 62 Summer Street, AB10 1SD

0300 303 0903

Monday – Friday

8.30am – 5.00pm

This service offers beneficiaries the opportunity to receive food parcels or clothing parcels if available. It also has a drop-in service where beneficiaries can use their facilities to chat and have a drink, use their computers, or receive help with the likes of benefits, housing etc.

Support for families with children

AberNecessities – Grove House, Howe Moss Road, Dyce, Aberdeen, AB21 0ER
07719 707360

<https://www.abernecessities.co.uk/apply-for-support>

Tuesday, Wednesday, Thursday

10 – 2

Open 24 hours on Friday

AberNecessities provides disadvantaged families with the essential and basic necessities that no child should go without. From maternity bundles for mother and baby to nappies, formula milk, clothing, toys and equipment for children aged 0-18 years, AberNecessities recognises the importance of meeting the basic needs of a child in order to give them the best start possible.

We operate on a referral basis, accepting applications from our network of brilliant professionals across the health, social care and education systems. We know the professionals are best placed to meet the needs and provide the emotional support to the families we support, while we provide the physical items. Our referral system allows us to distribute items fairly and efficiently to families who need them most.

This document was correct at time of publication, if you have any updates or would like anything added, email info@cfine.org