

INCHGARTH GOLDEN YEARS INFORMATION BOOKLET

Brought to you by



Inchgarth Classes

Carpet bowls - Mondays 10am-12pm/1245-1345

Carpet Bowls - Wednesdays 9.30am-11.30am

Pensioners Club - Mondays 1pm-3pm

Chair based exercise - Friday 10am-11am

Bingo Club - Thursdays 10.45am-11.45am

Computer Class Beginners - Mondays 7pm-8pm

Stitch and bitch -Mondays 6pm-8pm

Knitty gritty - Wednesdays 1.30pm-3.30pm

Card Making Class - Tuesdays 2pm-4pm

Digital Photography beginners - Wed 12pm-2pm

Art Class - Tuesdays 1.30pm-3.30pm

Most classes are free however a one off yearly membership fee of £10 is necessary.

For further information on classes please call the centre on 01224 325191

to your door step delivery food companies

Granite city fish - 01224 587065,
Poynerook Road, info@granitecityfish.com,
www.granitecityfish.com

The Bread Guy Bakery - 01467 268360,
thebreadguysbakery@gmail.com,
<https://thebreadguysbakery.co.uk/>

Marshalls Farm Shop - 01224 790493,
info@marshallsfarmshop.co.uk,
www.marshallsfarmshop.co.uk

TPS Food & Veg Ltd - 01888 562256 / 568894,
sales@tpsfuritandveg.co.uk,
www.tpsfruitandveg.co.uk

JK Fine Foods - 01224 580778,
16 Chattan Place,
www.jkfinfoods.co.uk

PHARMACIES

Garthdee Pharmacy:- 01224 318689,
Ramsay Crescent, Garthdee, AB10 7BL
garthdeepharmacy@gmail.com

**If you are in need of perscription
delivered to your door**

**Rosemount Pharmacy prescription delivery
service**

nhsg.rosemountcp@nhs.net 01224 630101
1 Mount Street Aberdeen, AB25 2RA

collect your prescription from doctors surgeries listed below and deliver to your door. Just give the pharmacy a call to let us know when your prescription is due, and we can arrange collection.

You can also repeat prescriptions through the pharmacy on 01224 630 101, or by e-mailing us on the above address.

**Albyn Medical Group
Kincorth Medical Practice
Woodside Medical Group
Rosemount Medical Practice
Carden Medical Centre
Garthdee Medical Group
Link Medical Practice
Westburn Medical Group
Rubislaw Medical Group
Calsayseat Medical Practice
Hamilton Medical Group
Victoria Street MG
Old Machar King St
Denburn Health Centre
Holburn Medical Group
Old Aberdeen MP
Whinhill Medical Group**

The pharmacy can deliver to any area of Aberdeen, from Mastrick, Northfield and Woodside in the North, to Torry, Kincorth and Garthdee to the South.

COMMUNITY TRANSPORT

<https://www.aberdeencity.gov.uk/services/roads-transport-and-parking/public-transport/community-transport>

Community transport services operate across Aberdeen City (except Lower Deeside) between 10am and 2:30pm, Monday to Friday.

Our Lower Deeside community transport service (including Garthdee area) operates from 10:15am to 2:15pm, Monday to Friday.

The service provides a door to door service within the city for those who are unable to use conventional bus services, the elderly and disabled.

Our vehicles are fully wheelchair accessible and passengers will be helped onto and off the buses where necessary.

You can start and finish your journey anywhere within the area you are picked up in and all services will travel to the city centre and Aberdeen Royal Infirmary. Requests for travel between different areas of the city will be subject to availability.

As exact travel times cannot be guaranteed, we ask that you are flexible with your travel times to allow as many people as possible to use the service. The service may not operate on certain bank holidays, please contact the booking line for more information.

To Make a booking :

Please phone 01224 523765 to book the service.

The booking line is open from 9am - 4pm,
Monday to Friday.

We take bookings up to 7 days in advance. You must book your journey at least 24 hours before you travel.

New users need to complete a membership form when they first travel on our buses. No photo is required and there is no charge to join.

Fares

£3.50 single (£4 for single + carer)

£5 return (£5.50 for return + carer)

Multi journey ticket - 10 pre-paid journeys £20

We review fares on a regular basis. You can buy all tickets on the bus. On multi journey tickets, carers can travel along at a separate fare of 50p per journey.

Transport information Hub

THInc -The Transport to Healthcare Information Centre

Do you need advice about travelling to and from your medical appointment?

The Transport to Healthcare Information Centre (THInc) can help. They provide practical transport advice for people who have difficulty getting to and from medical appointments in Grampian.

The service provides a dedicated telephone service offering guidance on accessing suitable transport options to get to and from appointments when they have no means of personal transport. The centre can provide details of suitable bus or train times, contact telephone numbers and other services such as local dial-a-bus or voluntary car schemes.

Please note that THInC does not book transport but can assist with travel advice.

The centre is the first of its kind in the UK and is a joint initiative between Aberdeen City Council, Aberdeenshire Council, NHS Grampian, The Scottish Ambulance Service and Nestrans. THInC is one of the projects taken forward as part of the Health and Transport Action Plan.

Please call THInC on 01467 536111 between 9am-4pm, Monday to Friday or email travel@thinc-hub.org. Calls are charged at local rate.

Further information on the Health and Transport Action Plan can be found on the Nestrans website.

Royal Voluntary Service

Royal Voluntary Service in Aberdeen can help older people to stay more involved in the local community by providing a range of activities and services supported by our team of dedicated volunteers.

We have volunteers across Aberdeen who offer help and support so older people can stay independent at home in Aberdeen and the surrounding areas.

As everyone is different, Royal Voluntary Service can tailor support to your individual needs. We'll visit you at home and work with you to create a support package that suits you.

This may include:

A lift to an appointment at the doctors or hospital
Someone to take you to the shops or to visit friends
Help with your shopping, Some company and a chat
with regular visits from a Royal Voluntary Service
volunteer, Befriending, Collecting a prescription,
Lunch clubs and social activities including trips and
days out.

Whatever your situation, Royal Voluntary Service will visit you at home and together we can create a package of assistance that will help you live life the way you want.

All our volunteers have been PVG checked

Contact information

Email address:

aberdeenhub@royalvoluntaryservice.org.uk

Telephone: 01224 552923

Opening times

Monday: 09:00-16:00

Tuesday: 09:00-16:00

Wednesday: 09:00-16:00

Thursday: 09:00-16:00

Friday: 09:00-15:00

Other useful services:-

TLC food bank 07542 049898
info@tlc.org.uk Inchgarth Community Centre

CFINE food bank www.cfine.org
01224 596156, 2-4 Poynerook Road,
Aberdeen, AB11 9LS

Age Scotland 0800 1244222
<https://www.ageuk.org.uk/scotland/>
Call for a friendly chat

British Red Cross www.redcross.org.uk,
01224 592226,
18 Claremont Place AB10 6RH

Can help with the lending of care equipment help with transport to and from hospital and care for upto 12 weeks after a hospital stay. They, also just there for a friendly chat anytime it is needed.