

WHAT'S ON IN FRASERBURGH

Be-link'D

Buchan Transport Link

BOOKING ESSENTIAL

Call: 01771 619191

Information: info@belinkd.co.uk

Booking: booking@belinkd.co.uk

Office Hours: Mon – Fri 08:30 – 16:00



Providing a free community transport service throughout the Buchan area

This information guide includes details of what's on in Fraserburgh:

- Job Centre Plus
- Leisure and Community Centre (Swimming Pool)
- Library
- Link-Up/JIC
- Enterprise Hub
- Men's Shed
- Y Suffer in Silence
- Leisure Centre
- Café Connect
- Assembly of God
- Teen Challenge
- Secret Garden
- Old Parish Church Centre
- Chest, Heart and Stroke Club
- Wetherspoon's
- One off events...
 - Self-Management and Welfare – Thursday, 12th March 2020



Fraserburgh Job Centre

Community Hub, 2 – 4 Harbour Road, Fraserburgh, AB43 9RZ

Call – 0800 169 0190

Website - www.jobcentreplusoffices.com

Opening Times:

Monday	09:00 – 17:00	Contact the Fraserburgh Jobcentre Plus to find out about the benefits and support you're entitled to including; Tax Credits, Universal Credit, Income Support, Jobseekers Allowance, ESA and Pension Credit.
Tuesday	09:00 – 17:00	
Wednesday	09:00 – 17:00	
Thursday	09:00 – 17:00	Are you looking for a job? Apply for jobs using Universal Job match or contact a local adult education provider to find out about the free training courses available to you.
Friday	09:00 – 17:00	
Saturday	CLOSED	
Sunday	CLOSED	

Support Groups and Courses: contact Job Centre direct for dates, times and booking.

Aberdeenshire Council – Employment Support Team (EST) – Provides help with CV preparation, job applications and job searches. By appointment only – contact work coach to book.

Alzheimer Scotland – Help and support for families and friends for are affected/dealing with Dementia. This session is open to the general public, just drop in.

Army – To provide information on different careers available (over 200) and discuss training, wages etc. This session is open to the general public, just drop in.

Employability Service – To promote Steps programme and employability service offer on a 1-to-1 basis. By appointment only – please contact your work coach to book

Foyer Digital Sessions – Are you struggling finding your way around your PC? Need help with digital skills, CV, job applications, maintaining your Universal Credit journal? Help is available and is in 1-2-1 sessions. Clients can bring their own device if they prefer, e.g. Smartphone/iPad. Please contact a work coach to book an appointment.

Foyer Service and Financial Health Check – Providing help and support for those in debt and who require assistance and guidance in budgeting. Can also advise on other Foyer Services. Appointments available and will accept drop ins.

Momentum – Providing information on Fair Start Scotland and other services available. Appointments available and will accept drop ins.

Shirley's Space – Offering individuals who are struggling with their mental health a discreet route to non-stigmatising route to potential help. Appointments available and will accept drop ins.

Skills Development Scotland - Deliver career information, advice and guidance by helping customers to develop their career management skills finding out about their self, strengths, different options and knowing who/where to go for help. Appointments available and will accept drop ins.

Turning Point – Provides advice and support for anyone suffering from addiction to drugs/alcohol. Appointments available and will accept drop ins.



Fraserburgh Leisure & Community Centre

Maconochie Place, Fraserburgh AB43 9TH

Email – fraserburgh.communityandsportscentre@aberdeenshire.gov.uk

Call – 01346 415886

Opening Times:

Monday	07:00 – 22:00
Tuesday	07:00 – 22:00
Wednesday	07:00 – 22:00
Thursday	07:00 – 22:00
Friday	07:00 – 22:00
Saturday	07:00 – 21:00
Sunday	08:00 – 18:00

A new Community Centre and Swimming Pool opened in 2014. Various leisure and sporting activities available as well as Community Learning and Development, which offers courses in ESOL and adult literacy, in groups or a one-to-one basis. People may also socialise in the café.

Facilities

- 6 Lane 25m Swimming Pool
- Learner Pool
- Flume
- Sauna and Steam Room
- 20 Station Fitness Suite
- Café
- Free Wi-Fi
- Induction Loop
- Soft-play Room
- Sports Hall
- Dance Studio
- Meeting and Conference Rooms
- Accessible Changing Facilities
- Pool Pod (for disabled users)
- Pool temperature 28-30 degrees (suitable for all)



Fraserburgh Library

King Edward Street, Fraserburgh, AB43 9PN

Call – 01346 415820

Email – fraserburgh.library@aberdeenshire.gov.uk

Opening Times:

Monday	09:30 – 19:00
Tuesday	09:30 – 19:00
Wednesday	09:30 – 19:00
Thursday	09:30 – 12:30
Friday	09:30 – 19:00
Saturday	09:30 – 17:00
Sunday	CLOSED

Facilities

- Books
- Audio books
- Large print books
- CDs and DVDs
- Russian and Polish collections
- Free Wi-Fi
- Computers with internet access
- Colour printing
- Scanning
- Photocopying
- Magazines
- Local newspapers
- TV
- Microfiche reader
- Wii, Xbox
- Study Space
- Bookable meeting rooms
- Public toilets
- Visit Scotland Information
- Old Parish Registers
- Census records
- Museum case
- Newspaper Archive on microfilm
 - Fraserburgh Advertiser & Fraserburgh Herald
- Food waste caddy liners
- Battery recycling bags
- NHS Hearing Aid Battery Collection

Deaf Action Drop-In Session Every Tuesday 13:00 – 15:00

Providing information, advice and guidance to anyone with a hearing loss living in Aberdeenshire. Registration not required

Hae A News Every Monday 10:30 – 12:00

For people affected by dementia or memory difficulties, their families and friends. Chatting and reminiscing about past times, looking at what made the news in Fraserburgh over the last 100 years. Refreshments provided.

Knit & Natter Group Every Wednesday 14:00 – 16:00

Friendly group which meets to enjoy sharing ideas and skills. Knitting for enjoyment or for charity. Refreshments available - Registration not required

Reading Group 1 Every Monday 15:00 – 16:00

Discuss the latest book choice over a cup of tea/coffee. Friendly group which welcomes new members. Registration not required.



Link-Up Fraserburgh Ltd

JIC Building, Albert Street, Fraserburgh AB43 9JL

Call – 01346 519249

Website – www.link-up-fraserburgh.co.uk

Opening Times:

Monday	TBC	JIC Conversation and Social Café
Tuesday	TBC	Just in case you'd like to get out of the house for a wee while, start a new hobby, share ideas, make new friends, pop along and have a cuppa with us.
Wednesday	TBC	Every Thursday 1330 – 1500
Thursday	13:30 – 15:00	
Friday	TBC	



Fraserburgh Enterprise Hub

29 School Street, Fraserburgh AB43 9HT

Call - 07393 236796

Website – www.bgateway.com

Opening Times:

Monday	09:00 – 17:00	Pre-Booking is Essential
Tuesday	09:00 – 17:00	To book a place on any of the Business Gateway workshops, call 01224 968174 or book online at www.bgateway.com/events
Wednesday	09:00 – 17:00	
Thursday	09:00 – 17:00	Please advise us well in advance of any specific requirements.
Friday	09:00 – 17:00	
Saturday	CLOSED	
Sunday	CLOSED	

Book-Keeping

Thursday 20th February 2020 at 09:30 - 12:30 Cost: Free

This workshop aims to equip you with an understanding of bookkeeping principles and demonstrates why keeping a financial record is so important to the success of your business.

How to Get Found Online - Search Engine Optimisation (SEO)

Tuesday 25th February 2020 at 09:30 - 12:30 Cost: Free

This workshop will enable you to raise your search engine ranking so consumers can see your business offerings first. This is a key topic for many businesses today.



SCOTTISH MEN'S SHEDS ASSOCIATION

Fraserburgh Men's Shed

9 Balaclava Quay, Fraserburgh, AB43 9RT

Call – 07845 267850

Email – fraserburghmensshed@outlook.com

Opening Times:

Monday	10:00 – 14:00
Tuesday	10:00 – 14:00
Wednesday	10:00 – 14:00 18:00 – 21:00
Thursday	N/A
Friday	N/A

We offer a place of safety from those suffering from mild mental health issues, recovering from addiction, loneliness and social exclusion. They can become involved in woodworking projects, gardening, play board games, read or just sit and have a chat and a coffee/tea.

The Shed will be a place of social inclusion. Over time we hope that there will be various groups using the shed. From carpentry to painting, if there is a tutor

the group will be considered for being run within the shed. Loneliness and mental health issues destroy lives and we will offer support and a place for you to meet up with others. Share your skills, learn new skill, get involved in the fun.



Y Suffer in Silence – Emotional Listening Service

The Old Thomas Walker Hospital, 112 Charlotte Street, Fraserburgh

Call – 01346 378030 or 01346 378220

Email – info1@ysufferinsilence.org.uk

Website – www.ysufferinsilence.org.uk

Facebook – <https://www.facebook.com/Y-Suffer-in-Silence-Emotional-Listening-Service>

Opening Times:

Monday	18:00 – 21:00
Tuesday	CLOSED
Wednesday	CLOSED
Thursday	CLOSED
Friday	18:00 – 21:00
Saturday	CLOSED
Sunday	CLOSED

Y Suffer in Silence is a person centred non-judgemental emotional listening support group/person-centred counselling service.

If you have suicidal feelings, suffer from bullying, depression, anxiety and stress, self-harm, eating disorders, bereavement and, or isolation then get in touch. You can call the 24-hours crisis support lines to speak to a fully trained volunteer. You can privately message the Facebook page or get in touch via any of the above to arrange call or face to face appointment.

As per the Company name, Y Suffer in Silence Emotional Listening, will listen to you and offer you full emotional support and explore possible solutions.



Fraserburgh Leisure Centre

North Links, Seaforth Road, Fraserburgh, AB43 9BB
Call – 01346 516663
Email – admin@filc.co.uk

Boogie in the Bar

Second Wednesday of each month join us for a friendly, relaxed afternoon boogie, that is dementia friendly.

Includes sandwiches, tea and coffee.

For further details call 07876391525

Cost: Free

Indoor Carpet Bowling

Fraserburgh Indoor Bowling Club was established in 1990. The stadium holds 6 rinks and the carpet is supplied by Greengauge. The bowling green is wheelchair friendly.

Cost: Contact the LC to discuss

There are many club competitions including: singles, pairs, 2-bowl pairs, triples, 2-bowl triples and rinks. These games take place throughout the season both in the afternoons and in the evenings, there are also hat games for you to play in which take place on:

- Tuesday: 10:00 – 12:00 and 18:30 – 20:30
- Wednesday: 14:00 – 16:00
- Saturday: 18:30 – 20:30

Want to have a game?

- We can organise tuition classes for groups of people who are interested in trying out the sport.
- We also have classes for youngsters after school on Tuesdays.
- Social Members may play in hats or friendlies, so why not have a try?



Cafe Connect

66 Broad Street, Fraserburgh, AB43 9xx
Call – 01346 511202
Email – info@visitfraserburgh.com
Website – www.visitfraserburgh.com

Opening Times:

Monday	09:15 – 15:15	Cafe Connect is a Training opportunity for adults with disabilities to allow them to develop skills for their future employment. In the Cafe area you can get a fresh ground coffee, tea, made to order sandwich or enjoy a bowl of homemade soup which is made daily! There is also an IT area where you can use a computer (cost) or login to our Wi-Fi. Also, within the front of house we have an exhibition area for local artists and crafters who exhibit for periods of 8 weeks.
Tuesday	09:15 – 15:15	
Wednesday	09:15 – 15:15	
Thursday	09:15 – 15:15	
Friday	09:15 – 15:15	



Assembly of God Church

2 Queens Road, Fraserburgh, AB43 9PQ

Call – 01346 518006

Email – ineed@aogcentral.co.uk

Website – www.aogcentral.co.uk

Visiting church for the first time can be a daunting experience, it could be described as like the first day at school. We are aware that meeting new people and being in a new environment can be strange and we want to make the experience of coming along to church a good one.

Contrary to popular perception you will not be frowned at, judged or looked down upon, but will be made welcome and be treated with respect. You are likely to find a lot of people here just like you.

There is a wide age range in our congregation, you will see a lot of younger people, a lot of older people, and a lot of people in between. You will also notice that some like to dress up for church and others like to come casual, so we invite you to come as you feel comfortable!

Drop in and support group daily from 12:00 – 14:00. If you are struggling with life, addiction, depression, anxiety or whatever it may be, the team look forward to giving you a warm welcome. Come along and have a chat with one of the volunteers over a bowl of soup and a hot drink.

Sundays: 1015 – Morning Service with Kids Church starting at 10.35am.
1800 – Evening Service tea after service
2000 – Youth

Mondays: Last Monday of the month Women's Fellowship

Tuesdays: 0745 – Prayer Breakfast
1000 – Parents & Toddlers
1300 – Parents & Toddlers
1900 – Prayer Meeting

Wednesdays: 1400 – Encore: Seniors Fellowship

Thursdays: 1900 – Life Groups: Adults, youth and kids
2000 – Life Group: Adults

Fridays: 0930 – Friendly Friday's
1830 – Glo Kids Club
2000 – 180 Youth



Teen Challenge – North East Scotland

Fraserburgh Community Church, Grattan Place, Fraserburgh AB43

Call – 01346 515608

Website – www.teenchallenge.org.uk

Opening Times:

Monday	N/A	Teen Challenge UK is a registered charity and operates nationally to help individuals who have developed life controlling problems, especially drug and alcohol addictions, and to offer preventative help to those who may be in danger of doing so. The goal of Teen Challenge UK is to help people become mentally sound, physically well, emotionally balanced, socially adjusted and spiritually alive.
Tuesday	13:00 – 14:30	
Wednesday	N/A	
Thursday	N/A	
Friday	N/A	

Rehab Placement Sessions take place every Tuesday afternoon 1300 – 1430, the Rehab Placement teams to provide hope, inspiration and practical steps to take to journey towards a life of freedom. So, if you caught in addiction, sick and tired of being sick and tired, pop in for a chat!



Fraserburgh Secret Garden

Located between Alexandra Terrace/West Road/Lochpots Road

Call – 01346 510513

Email – office@fraserburghdevelopmenttrust.org

Facebook – www.facebook.com/FraserburghsSecretGarden

Opening Times:

Monday	CLOSED	To provide a community garden for the people of Fraserburgh. To enjoy and promote a healthy lifestyle. Facilities – Volunteering, Picnic area, Play area, Wildlife area. Open to the public – Yes, variable opening hours/pre-arranged visits/events or open days only. Accessible – Yes
Tuesday	09:00 – 17:00	
Wednesday	09:00 – 17:00	
Thursday	CLOSED	
Friday	09:00 – 17:00	

Seasonal opening hours:

Nov – Mar: Every Tuesday 0900 - 1300

Apr – Oct: Every Tuesday, Wednesday, Friday 0900 – 1700



Old Parish Church Centre

5 Barrasgate Road, Fraserburgh AB42 9HH

Call – 01346 510139

Website – www.fraserburgholdparishchurch.org.uk

Opening Times:

Monday	10:00 – 16:00	Why not pop in for a cuppa or for your lunch. The coffee lounge serves teas, coffees, homemade scones, home bakes, breakfasts, sandwiches, Paninis, toasties, homemade soup and daily specials.
Tuesday	10:00 – 16:00	
Wednesday	CLOSED	
Thursday	10:00 – 16:00	Resource library is open daily.
Friday	10:00 – 16:00	Lunch Club/Wednesday Club
Saturday	09:15 – 15:15	The Lunch Club and Wednesday Club for the over 50's meet every second Wednesday at 1300 in the coffee lounge where they have a two-course lunch prepared by church volunteers, a speaker, musical program or demonstration, then finish with tea and cakes.
Sunday	CLOSED	

Knit and Natter Group

The Knit and Natter Group meets in the Church Centre every Tuesday from 10:00 – 12:00.
All welcome!

WW Workshop

WW (Weight Watchers) Workshop with Lorraine Mutch every Wednesday at 10:00, 17:00 and 18:00.



Fraserburgh Stroke Club

Fraserburgh Hospital, Lochpots Road, Fraserburgh AB43 9NF

Call – 0808 801 0899

Website – www.chss.org.uk

Every second Thursday from 13:30 – 15:00 at Fraserburgh Hospital

This is a small, informal peer support group open to people who have had a stroke, and to people with other long-term conditions.



Wetherspoons (The Saltoun Inn), Fraserburgh
Saltoun Square, Fraserburgh, AB43 9DA
Call – 01346 519548

Opening Times:

Mondays	07:00 - 23:00
Tuesday	07:00 - 00:00
Wednesday	07:00 - 00:00
Thursday	07:00 - 00:00
Friday	07:00 - 01:00
Saturday	07:00 - 01:00
Sunday	07:00 - 00:00

Facilities

- Lift facility
- Sea view
- En-suite rooms
- Family rooms
- Chargeable parking
- Food & drink
- Seaside break
- Step free access
- Tea & coffee facilities

HOT DRINKS MENU

Free refills

ON ANY TEA OR

COFFEE

£1.20

INCLUDES: cappuccino, latte, flat white, Americano, espresso, filter coffee, tea

 

One off events...



NHS
Grampian

Support Your Local
Community
Self Management and Welfare
Event Day
Thursday 12 March 2020
12.00-3.00 pm
Fraserburgh Hospital
Conference Room

Come along and meet the local Support groups and NHS services within Fraserburgh.
Teas and Coffees will be provided.

"Alone we can do so little; together we can do so much"
- Helen Keller.

    