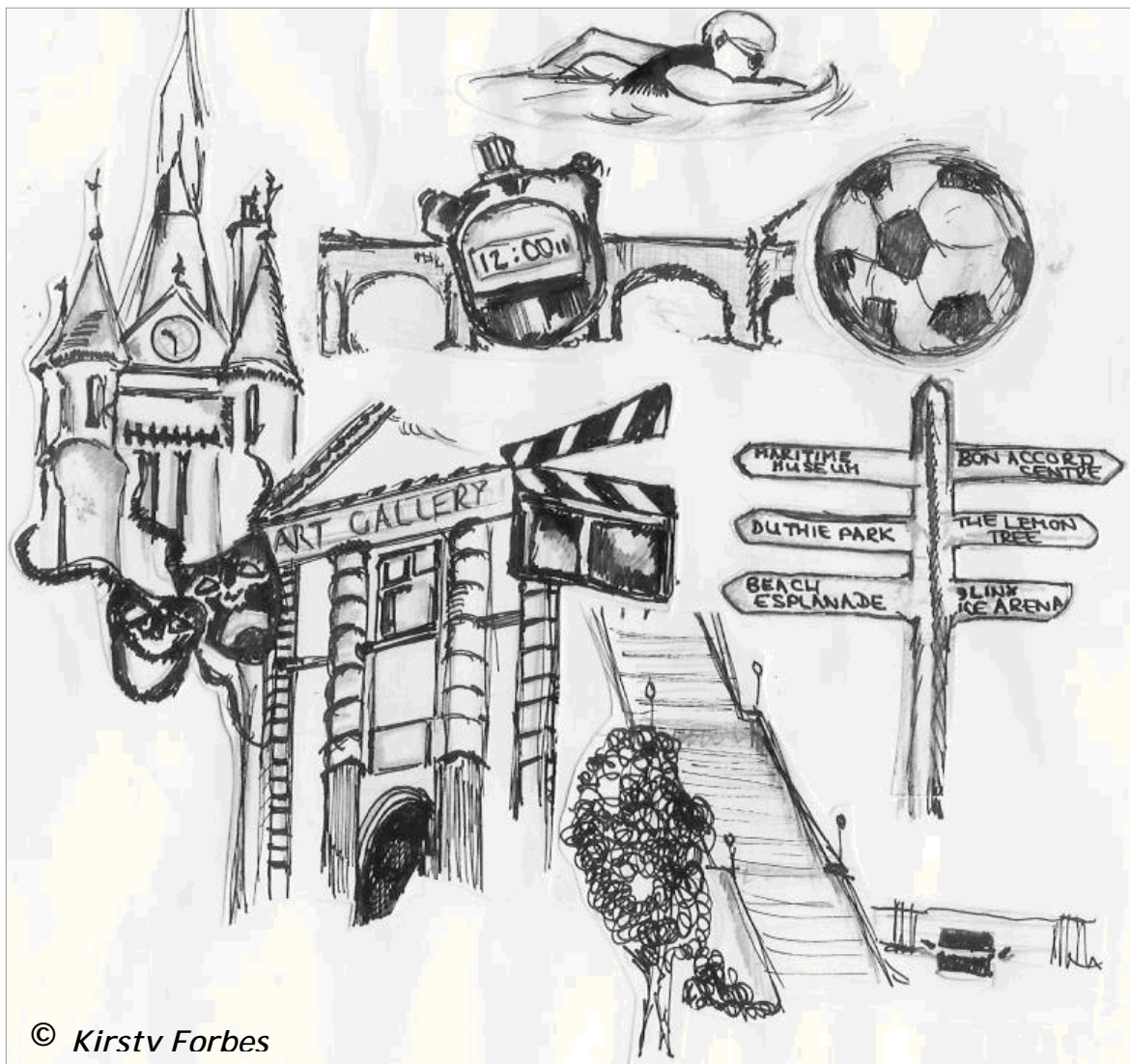


Accessible Aberdeen



Leisure and Recreation in Aberdeen



© *Kirsty Forbes*

Kirsty Forbes and Sheila Whyte

Horizons Rehabilitation Centre

2 Eday Walk

ABERDEEN

AB15 6LN

Tel: 01224 556873

Revised 2007

Disclaimer: Please note that while every reasonable effort has been made to ensure that the information provided in this booklet is accurate, no guarantees for the currency or accuracy of information are made.

Kirsty Forbes, as a third year Corporate Communication student at the Robert Gordon University, was required to complete a six-week industrial placement in 2006. At Horizons Rehabilitation Centre, Kirsty worked alongside Sheila Whyte, the Information Officer and, with her help, she produced the publication: 'Accessible Aberdeen': Leisure and Recreation. This is now available on the Horizons website at www.horizonsgrampian.co.uk.

"With 'Accessible Aberdeen' my aim was to provide information to help people access leisure and recreation while out and about in Aberdeen." Kirsty Forbes



In addition, the booklet includes a directory of useful contacts. Sheila Whyte welcomes information on additional places of interest that might have been overlooked. Please email horizons@ifb.co.uk, telephone 01224 556873 or write to the address on the front of the booklet.



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ARTS ~ GALLERIES AND PERFORMANCE VENUES

Aberdeen Arts Centre

33 King Street

Aberdeen

AB24 5AA

Tel: (01224) 635208

Fax: (01224) 626390

E-mail enquiries@aberdeenartscentre.org.uk

Monday to Saturday 10am - 4pm
and, in the evenings, 30 minutes
before performances.

- **Accessibility:** Access is by a ramp at the Stage Door. Allows direct access to the downstairs rooms. Lift to the theatre. Seats available for wheelchair users with space reserved for guide dogs.
 - **Guide dogs:** yes, are admitted
 - **Disabled Toilet:** yes, ground floor off the main foyer
 - **Parking:** yes, parking available for blue/green badge holders at Queen Street
 - **Sound Enhancement:** infra red headsets
 - **Visual Enhancement:** audio description for certain shows is available. Well-lit. It is suggested that you contact the Arts Centre before your visit.
 - **Website:** www.aberdeenartscentre.org.uk
-

Aberdeen Art Gallery

Schoolhill, Aberdeen

01224 523700

Mon - Sat: 10am - 5pm

Sun: 2 - 5pm

- **Accessibility:** ramp and stairs available. Lift available to first floor. Gallery has a wheelchair available for people with mobility problems
- **Guide dogs:** yes
- **Disabled Toilet:** yes on first floor
- **Parking:** yes, 1 space beside Robert Gordon's College next door. Nearby parking at Harriet Street, Loch Street, Denburn and Virginia Street
- **Sound Enhancement:** An induction loop system is available in the auditorium.
- **Visual Enhancement:** well-lit
- **Website:** Aberdeen Art Gallery and Museums www.aagm.co.uk

Aberdeen Exhibition and Conference Centre (AECC)

Bridge of Don, Aberdeen

Tel: 01224 824824

- **Accessibility:** yes, accessible for wheelchairs; elevators with Braille buttons
 - **Guide dogs:**
 - **Disabled Toilet:** yes, throughout
 - **Parking:** yes, at the front of the main entrance and at the front of the West Entrance
 - **Sound Enhancement:** yes, permanent induction hoops in the Forbes room and there are also portable induction loops
 - **Visual Enhancement:** clear signage throughout
 - **Payphone:** yes, in the cloakroom at the main entrance (suitable height)
 - **Website:** www.aecc.com
-

“city moves dancespace”

c/o Dance Venue

Schoolhill

Aberdeen

AB10 1FQ

Office opening hours are Monday: Friday 9:30am – 5:00pm. Citymoves is also open evenings and weekends depending on workshop activities.

Tel: 01224 611486

citymoves is the Regional Dance Agency for the North East of Scotland. They promote a range of dance activities for people of all ages and abilities.

- **Accessibility:** yes, wheelchair accessible. Studio situated upstairs in Triple Kirks; there is a lift available.
- **Guide Dogs:** yes are admitted and carers are encouraged to join in with dance
- **Disabled Toilet:** yes
- **Parking:** no, but parking is available at Denburn Car Park and Harriet Street Car Park
- **Website:** www.citymoves.org.uk

His Majesty's Theatre

Rosemount Viaduct

Tel: 0845 210 8200 Box Office 01224 641122

Accessibility: yes, level access from Rosemount viaduct, drop-off point and 11 spaces available for wheelchair customers either in stalls, dress or upper circle or transferable seats in the stalls

- **Guide dogs:** yes, guide and hearing dogs welcome
 - **Disabled Toilet:** yes, throughout building
 - **Parking:** 3 disabled parking spaces on Union Terrace, close to Pavarotti's, 1 outside Aberdeen Art Gallery
 - **Sound Enhancement:** yes, Infra red sound system available
 - **Visual Enhancement** Signed performances Lip Reading
 - **Payphone:**
 - **Website:** www.hmtaberdeen.com also leaflet available
-

Music Hall

Union Street, Aberdeen

Tel: 01224 641122

Mon-Thurs: 9:30am-6pm

Fri/Sat: 9:30am-6pm

- **Accessibility:** yes, accessible to wheelchairs, not level access at the front, access to the hall can be made by ringing the doorbell at first door on Golden Square; notify Box Office at the time of booking.
 - **Guide dogs:** yes, guide dogs are admitted
 - **Disabled Toilet:** yes, accessible to people with disabilities
 - **Parking:** yes, in Golden Square with disabled parking spaces
 - **Sound Enhancement:** yes, infra red sound system is available, headsets obtained from a member of staff
 - **Payphone:** yes, a lowered payphone is available next to reception
 - **Website:** www.musichallaberdeen.co.uk
 - **Email:** info@musichallaberdeen.com
-

The Lemon Tree

5 West North Street, Aberdeen

Tel: 01224 642230

Box Office: Mon 11 - 6pm

Tues - Sat 10 - 6pm

Sun 12pm - 4pm

Accessibility: from Shoe Lane, wheelchair users can reserve seating with their friends before the afternoon or evening show

- **Guide dogs:** yes, welcomed throughout
- **Disabled Toilet:** yes, on the ground and first floor
- **Parking:** yes, there is limited parking available for people with disabilities at Queen Street
- **Sound Enhancement:** yes, fitted with Infra red hearing system
- **Visual Enhancement** Signed performances Lip Reading
- **Website:** www.lemontree.org

BINGO ~

Gala Bingo

104 - 106 King Street

Tel: 01224 648162

- **Accessibility:** level access; seats provided; wheelchair access to ground floor but not the upper levels
 - **Guide dogs:** yes
 - **Disabled Toilet:** yes, on ground floor
 - **Parking:** no reserved disabled parking spaces; parking not free
 - **Sound Enhancement:** yes, to assist in hearing the bingo caller
 - **Visual Enhancement:** clear signage throughout; numbers are repeated on TV monitors around the room and on each table display
 - **Payphone:** yes, two payphones; not at lower level but staff would help in making the call
 - **Website:** 'Direct Enquiries: The Nationwide Access Register' www.directenquiries.com/moreinfo.aspx
-

Mecca Bingo

Unit 2, Centrepont, Berryden Road

Tel: 01224 641998

- **Accessibility:** yes, accessible for wheelchairs; tables for disabled people
 - **Disabled Toilet:** yes, access by a ramp
 - **Parking:** yes
 - **Visual Enhancement:** staff will 'blow-up' the bingo books to a larger format; staff must be informed before attendance in the bingo hall
-

Riva Bingo

Queen's Links Leisure Park

Tel: 01224 592988

- **Accessibility:** accessible to disabled users; slight ramp at doorway; doors are not automatic, assistance would be required; bingo tables suitable for those in wheelchairs.
- **Disabled Toilet:** yes
- **Parking:** yes, Queen's Links Leisure Park has 33 spaces reserved
- **Sound Enhancement:** no
- **Visual Enhancement:** well-lit

BOWLING GREENS ~

Albury Outdoor Sports Centre
Albury Road, Aberdeen
Tel: 01224 571683

Outdoor sports facility is open from April to September. It has 12 bowling rinks.

Booking information: contact the Centre or bookings officer
Tel: 01224 814777.

Opening hours: 1000-2130 Monday to Saturday,
1200-2130 Sunday.

Duthie Park Outdoor Sports Centre
Duthie Park, Aberdeen
Tel: 01224 814777

Outdoor sports facility is open from April to September. It has 6 bowling rinks.

Booking information: contact bookings officer Tel: 01224 814777

Hilton Outdoor Sports Centre
Hilton Drive, Aberdeen
Tel: 01224 484501

Outdoor sports facility is open from April to September.

Booking information: contact the Centre or bookings officer
Tel: 01224 814777.

Opening hours: 1000-1900 Monday - Friday, 1000 - 1700
Saturday and 1200 - 1900 Sunday

Kincorth Outdoor Sports Centre
Corthan Crescent, Kincorth, Aberdeen
Tel: 01224 879759

Outdoor sports facility is open from April to September. It has 6 bowling rinks. The actual sports Centre is accessible to wheelchair users. Within the sports Centre, there are disabled Toilet. There is also 2 car park with spaces reserved for blue/green badge holders. There is a 'drop' onto the bowling green. People with limited mobility can be assisted. Wheelchair users would require a ramp but the Centre would look into possible solutions.

Booking Information: contact the Centre or the bookings officer
Tel: 01224 814777

Northfield Outdoor Sports Centre
Kettlehills Road, Northfield, Aberdeen
Tel: 01224 685920

Outdoor sports facility is open from April to September. It has 12 bowling rinks.

Booking information: contact the Centre or bookings officer
Tel: 01224 814777.

Opening hours: 10.00 - 21.00 Monday to Thursday,
10.00 - 17.00 Friday - Sunday

Torry Outdoor Sports Centre
Victoria Road, Torry, Aberdeen
Tel: 01224 877964

Outdoor sports facility is open from April to September.
It has 12 bowling rinks.

Booking information: contact the Centre or bookings officer
Tel: 01224 814777.

Opening hours: 10.00-21.30 Monday to Saturday
12.00-21.30 Sunday.

Westburn Outdoor Centre
Westburn Park, Aberdeen
Tel: 01224 641719

Outdoor sports facility is open from April to September. It has 18 bowling rinks.

Booking information: contact bookings officer
Tel: 01224 814777.

Opening hours: 1000-2130 Monday to Saturday
1200-2130 Sunday.

CASINOS ~

Gala Casinos

59 Summer Street

Tel: 01224 645273

- **Accessibility:** seats provided; wheelchair access is available throughout; ramp to the restaurant
 - **Guide Dogs:** yes, admitted
 - **Disabled Toilet:** yes
 - **Parking:** no car park; there is a drop-off area near the main entrance; a local authority car park is directly opposite the casino main entrance with 1 designated disabled parking space, parking at this car park is free after 6pm.
 - **Sound Enhancement:** yes, induction loop system installed
 - **Visual Enhancement:** ramp to the restaurant is fitted with floor level lighting; well-lit; clear signage throughout.
 - **Website:** www.galacasino.co.uk
-

International Casino

9 Queens Rd, Aberdeen, AB15 4YL

Tel: 01224 208686

- **Accessibility:** yes, wheelchair access
- **Disabled Toilet:** yes
- **Parking:** yes, there is a car park with one space reserved for a blue/green badge holders
- **Sound Enhancement:**
- **Visual Enhancement:** .
- **Website:**

CINEMAS ~

Cineworld

Queens Link Leisure Park, Links Road

Booking Line: 0871 200 2000

- **Accessibility:** yes, throughout; entrance at ground level; wheelchair spaces available, removable seats, ramps and lift to café bar
 - **Disabled Toilet:** yes
 - **Parking:** yes, Queen's Links Leisure Park car park has 33 spaces reserved
 - **Sound Enhancement:** yes, Infra red sound system available
 - **Visual Enhancement:** clear signage throughout; well lit.
 - **Payphone:** yes
 - **Website:** www.cineworld.co.uk
-

The Belmont Cinema

49 Belmont Street, Aberdeen

Tel: 01224 343536

- **Accessibility:** yes, all areas. Lift to all floors, including basement bar and café. Large print menus and film schedules available
 - **Guide dogs:** yes, can be taken into film or looked after by a member of staff
 - **Disabled Toilet:** yes, on every floor with an emergency call point
 - **Parking:** yes, spaces on Little Belmont Street for Blue Badge holders
 - **Sound Enhancement:** yes, Infra red sound system available
 - **Visual Enhancement:** clear signage throughout. Well-lit.
 - **Payphone:** yes, 2 payphones in building
 - **Website:** www.picturehouses.co.uk/site/cinemas/Aberdeen
-

Vue Cinema

10 Ship Row, Aberdeen

Tel: 08712 240240

- **Accessibility:** yes, throughout cinema and screens
- **Guide dogs:** yes
- **Disabled Toilet:** yes
- **Parking:** yes, the NCP car park, approximately 100 yards away. Discounted parking for Vue customers
- **Sound Enhancement:** yes, Infra red sound system available
- **Visual Enhancement:** clear signage throughout. Well-lit.
- **Website:** yes, visit 'My Vue' website, then chose local Vue Cinema (Aberdeen), www.myvue.co.uk

CLUBS AND ASSOCIATIONS ~

Fabb Scotland

Fabb Scotland (Facilitating Access Breaking Barriers), previously known as PHAB Scotland, encourages the integration and empowerment of people with and without physical disabilities. The clubs provide recreational activities for young adults with disabilities. There are two in operation in Aberdeen.

Aberdeen North Phab Club

Henry Rae Community Centre, Manor Avenue

Tel: 01224 662792

- **Accessibility:** yes
- **Disabled Toilet:** yes
- **Parking:** yes, there is a space reserved for a blue/green badge holders
- **Programmes/Clubs:** Wednesdays, 7.15pm-10.00pm. Pool, darts, table tennis, carpet bowls, dominoes, bar skittles.
- **Contact:** Annie McNultie

Aberdeen Woodside Fabb

Ruthrieston Community Education Centre, 532/6 Holburn Street,

Tel: 01224 641836

- **Accessibility:**
- **Disabled Toilet:**
- **Parking:**
- **Programmes/Clubs:** Tuesdays, 7:30pm-10pm
- **Contact:** Mrs Thelma Barclay (secretary), 01224 641836

Multiple Sclerosis

Multiple Sclerosis Society - Aberdeen Branch
Stuart Resource Centre, Long Walk, Mastrick
Tel: 01224 692777

An information, therapeutic and social resource, funded and run by the Aberdeen Branch of the Multiple Sclerosis (MS) Society

- **Accessibility:** level access to building, accessible doorways
 - **Guide dogs:** yes, are admitted; some people bring their 'pet' dogs as well
 - **Disabled Toilet:** yes
 - **Parking:** yes
 - **Sound Enhancement:** no induction loop system fitted; talking tapes.
 - **Visual Enhancement:** clear signage throughout
 - **Website:** www.ms-aberdeen.org.uk
-

Friends of Arms - Grampian

Multiple Sclerosis (MS) Treatment Centre

Unit 1 Saxbone Centre

Howe Moss Crescent, Kirkhill Industrial Estate, Dyce

Tel: 01224 771105

Mon-Fri: 9.00am-4.00pm

Sat: appointment only

This treatment centre provides hyperbaric oxygen therapy, physiotherapy and reflexology for MS sufferers.

- **Accessibility:** yes, wheelchair accessible; ramp at entrance; Oxford hoists-transfers an individual from one chair to another; stand-aids available.
- **Disabled Toilet:** yes
- **Parking:** there is a car park, no spaces reserved as such, but the majority of clients to the Centre are disabled
- **Sound Enhancement:** no
- **Visual Enhancement:** clear signage throughout
- **Website:** MS Therapy Centres UK & Ireland www.msarc.co.uk

Brain Injury

Brain Injury Grampian
The BIG Group
Chaplains' Office
Royal Aberdeen Children's Hospital
Westburn Road
Tel: 01224 554905
www.big-group.org.uk

The BIG Group provides the opportunity for carers, and people with a brain injury, to meet together for mutual support. Meetings are held every 2 months in various locations throughout Aberdeen, Aberdeenshire and Moray.

Momentum Pathways (formally REHAB Scotland)

South Wing, Migvie House
23 North Silver Street
Tel: 01224 625580

Mon-Thurs: 9.30am-4.30pm
Fri: 9.30am-3.00pm

Momentum - Pathways, previously known as REHAB Scotland - Brain Injury Vocational Service, is a voluntary organisation providing vocational rehabilitation services for people with disabilities.

- **Accessibility:** yes, accessible to wheelchair users without assistance
- **Disabled Toilet:** yes

Scottish Headquarters:

Momentum,
Intercity House,
80 Oswald Street, Glasgow G1 4PX
Tel: 0141 221 2333

Parkinson's Disease

Parkinson's Disease Society - Aberdeen Branch

Tel: 01224 624836

The Parkinson's Disease Society offers support to people with Parkinson's Disease, their families, carers and friends. The society supplies information about the condition and how to cope with it. In addition, it raises funds for research and welfare.

Where: Rubislaw Church Centre, Beaconsfield Place

When: Once a month

Access: yes, ground floor accessible to wheelchair users. There is a lift. There is a toilet and car park with spaces reserved for blue/green badge holders.

Contact: Edna Nealon, 01224 624836

Chest, Heart & Stroke

Different Strokes

Banks O'Dee Sports Centre, Abbottswell Road

Tel: 01464 851252

- **Accessibility:** Banks O' Dee Sports Centre is accessible. Level access. Wide doorways into and within premises.
- **Disabled Toilet:** yes
- **Parking:** yes
- **Visual Enhancement:** Clear and easy to read signs.
- **Signed performances:** Sign language interpretation can be arranged.

Beat It Aberdeen meets on the first Monday of every month in an entirely accessible venue, which complies with all of the legislative requirements and parking is available. They offer a member-led group offering support, motivation and educational sessions to those suffering with heart illness in the local area.

Referrals or requests for further information should be directed to CHSS Scotland.

Chest, Heart & Stroke Scotland

65 North Castle Street

Edinburgh EH2 3LT

Tel: 0131 225 6963

Fax: 0131 220 6313

Advice Line: 0845 077 6000

Website: www.chss.org.uk

Scottish Charity No. SCO18761

COMMUNITY CENTRES: NORTH, CENTRAL AND SOUTH

Unless otherwise noted the following status applies to each centre:

- **Accessibility** : not always completely accessible due to non automatic doors or lack of lifts so check with individual Centres.
- **Guide dogs**: yes
- **Disabled Toilet**: yes
- **Parking**: yes - disabled places not always marked out
- **Sound Enhancement**: portable or permanent induction loop system
- **Visual Enhancement**: well lit. Clear signage usually throughout.
- **Website**: www.aberdeencity.gov.uk

Neighbourhood Services (North)

Balgownie Community Centre,
Scotstown Road, Bridge of Don, Aberdeen AB23 8HX
Tel: 01224 704823

Beacon Community Centre,
Kepplehills Road, Bucksburn, Aberdeen AB21 9DG
Tel: 01224 712889

Bridge of Don Academy Community Centre,
Braehead Way, Bridge of Don, Aberdeen AB22 8RR
Tel: 01224 703118

Cairnfield Community Centre,
Balgownie Drive, Bridge of Don, Aberdeen AB22 8FD
Tel: 01224 820104

Cummings Park Community Centre,
Cummings Park Crescent, Northfield, Aberdeen AB16 7AS
Tel: 01224 694060

Danestone Community Centre,
Fairview Street, Danestone, Aberdeen AB22 8ZP
Tel: 01224 828333

Dyce Community Centre,
Gordon Terrace, Dyce, Aberdeen AB21 7BD
Tel: 01224 723344

Kingswells Community Centre,
Kingswells Village, Kingswells, Aberdeen AB15 8TD
Tel: 01224 741806

Lord Provost Alex C Collie Community Centre,
Cardens Knowe, Scotstown Road, Bridge of Don, Aberdeen AB22 8PE
Tel: 01224 826769

Lord Provost Henry E Rae Community Centre,
Middlefield, Manor Avenue, Aberdeen AB16 7UR
Tel: 01224 662792

Mastrick Community Centre,
Greenfern Road, Aberdeen AB16 6TR
Tel: 01224 693479

Mastrick Young People's Project,
Lang Stracht, Aberdeen AB15 6JA
Tel: 01224 346185 Fax: 01224 346179

Middleton Park Community Centre,
Whitestripes Street, Bridge of Don, Aberdeen AB22 8WD
Tel: 01224 705439

Northfield Community Centre,
Byron Square, Aberdeen AB16 7LL
Tel: 01224 695416

Sheddocksley Community Centre,
Sumburgh Crescent, Sheddocksley, Aberdeen AB16 6WF
Tel: 01224 684200

Summerhill Community Centre,
Stronsay Drive, Aberdeen AB15 6JA
Tel: 01224 346181

Neighbourhood Services (Central)

Beechwood Community Centre,
Raeden Park Road, Aberdeen AB15 5PD
Tel: 01224 322576

Cairncry Community Centre,
Foresterhill Road, Aberdeen AB16 5HL
Tel: 01224 698920

Catherine Street Community Centre,
Catherine Street, Aberdeen AB25 1EU
Tel: 01224 640853

Cornhill Community Centre,
Cornhill Primary School, Cornhill Drive, Aberdeen AB16 5BL
Tel: 01224 493302

Froghall Community Centre,
Powis Place, Aberdeen AB25 3TX
Tel: 01224 640435

Hanover Community Centre,
106 Constitution Street, Aberdeen AB24 5EX
Tel: 01224 627328

Hilton Community Centre,
Hilton Road, Aberdeen AB24 4HS
Tel: 01224 277025

Linksfield Community Centre,
520 King Street, Aberdeen AB24 5SS
Tel: 01224 494093
Access for people with disabilities to all rooms plus toilets

Pittodrie Community Centre,
Golf Road, Pittodrie, Aberdeen AB24 5QA
Tel: 01224 638247

Portal Community Centre,
Coningham Road, Tillydrone, Aberdeen AB24 2TW
Tel: 01224 492528

Powis Community Project,
11 Powis Circle, Aberdeen AB24 3YX
Tel: 01224 484056

Rosemount Community Centre,
Belgrave Terrace, Aberdeen AB25 2NS
Tel: 01224 647594

Seaton Community Centre,
Seaton Place East, Aberdeen AB24 1XE
Tel: 01224 492032

Seaton Community Project,
Seaton Place East, Aberdeen AB24 1XE
Tel: 01224 492032

Sunnybank Community Office,
Sunnybank School, Sunnybank Road, Aberdeen AB24 3NJ
Tel: 01224 626507

Tillydrone Community Centre,
Gordon Mills Road, Tillydrone, Aberdeen AB24 2RG
Tel: 01224 493388

Woodside Community Centre,
Marquis Road, Woodside, Aberdeen AB24 2QY
Tel: 01224 485983

Neighbourhood Services (South)

Airyhall Community Centre,
Countesswells Road, Aberdeen AB15 8AD
Tel: 01224 208082

Altens Community Centre,
Strathburn Street, Altens, Aberdeen AB12 3SE
Tel: 01224 896798

Balnagask Community Centre,
Balnagask Road, Torry, Aberdeen AB11 8HZ
Tel: 01224 871206

Cults Community Centre,
Earlswells Road, Cults, Aberdeen AB15 9RG
Tel: 01224 868858
Access for people with disabilities to all rooms plus toilets

Ferryhill Community Centre,
Albury Road, Aberdeen AB11 6TN
Tel: 01224 584118

Hazlehead Community Centre,
Harlaw Playing Field Pavilion, Groats Road, Hazlehead, Aberdeen AB15 8BE
Tel: 01224 326430

Inchgarth Community Centre,
Aboyne Place, Garthdee, Aberdeen AB10 7DR
Tel: 01224 325191

Kaimhill Community Centre,
Pitmedden Terrace, Aberdeen AB10 7HR
Tel: 01224 311996

Kincorth Community Centre,
Provost Watt Drive, Kincorth, Aberdeen AB12 5NA
Tel: 01224 872851
Access for people with disabilities to all rooms plus toilets

Loirston Community Centre,
Loirston Primary School, Loirston Avenue, Cove Bay, Aberdeen AB12 3HE
Tel: 01224 878482
Access for people with disabilities to all rooms plus toilets (school only)

Loirston Community Centre,
Loirston Annexe, Cove Road, Cove Bay, Aberdeen AB12 3NX
Tel: 01224 897235
Note: Post to be sent to Loirston Community Centre, Loirston Primary School,
Loirston Avenue, Cove Bay, Aberdeen AB12 3HE

Ruthrieston Community Centre,
532-536 Holburn Street, Aberdeen AB10 7LL
Tel / Fax: 01224 572211

Torry Youth Project, Torry Community Centre,
2 Abbey Place, Aberdeen AB11 9QH
Project Co-ordinator: Janice Lafferty
Tel/Fax: 01224 878927

Tullos Community Centre,
Girdleness Road, Aberdeen AB11 8FJ
Tel: 01224 291882
Access for people with disabilities by main entrance

GARDEN CENTRES ~

J Cocker & Sons
Whitemyres, Lang Stracht
Aberdeen, AB15 6XH
Tel: 01224 313261

7 Days a Week
9.00 - 5.30pm

Cafeteria 9.00 - 4.30pm

- **Accessibility:** yes, a ramp at the side door of Garden Centre
- **Guide dogs:** yes, welcomed throughout
- **Disabled Toilet:** yes
- **Parking:** there is a car park with spaces reserved for disabled
- **Sound Enhancement:** no
- **Visual Enhancement:** clear signage and well-lit
- **Website:** <http://www.roses.uk.com>

Dobbies Garden Centre
Hazledene Road
Tel: 01224 318658

Mon - Sat: 9am - 6pm
Tuesday: 9:30am - 6pm
Sunday: 10am - 6pm

- **Accessibility:** easy access with ramps. Level access at door. 3 wheelchairs are laid aside for customer use
- **Guide dogs:** yes
- **Disabled Toilet:** yes, in coffee shop
- **Parking:** yes, there is a car park with 8 spaces reserved for blue/green badge holders
- **Sound Enhancement:** no induction loop system installed
- **Visual Enhancement:** clear signage throughout and well-lit
- **Website:** yes, <http://www.dobbies.com>
- **Additional Information:** Restaurant that offers teas, coffees, light refreshments and home made cooking throughout the day.

Foxlane Market Garden Co-operative
Market Garden
21 Airyhall Road,
Tel: 01224 861222

- **Accessibility:** yes, accessible to wheelchairs, gradual ramps
- **Guide dogs:** yes, welcomed throughout
- **Disabled Toilet:** yes
- **Parking:** there is a car park but there are no spaces reserved for disabled
- **Sound Enhancement:** no
- **Visual Enhancement:** clear signage and well-lit
- **Website:** yes, <http://www.foxlanegardencentre.com>

Ben Reid Garden Centre
Countesswells Road
Aberdeen
01224 318744

Mon-Sat 10 - 5pm
Sun 10 - 5pm

- **Accessibility:** yes, all areas on the flat though access slightly tight in certain areas.
- **Guide dogs:** yes, welcomed throughout
- **Disabled Toilet:** yes
- **Parking:** there is a large car park
- **Sound Enhancement:** no
- **Visual Enhancement:** clear signage and well-lit

Website: <http://www.ben-reid.co.uk>

Golf Courses/Clubs/Centres

Golf Club	Contact Details
Auchmill Golf Course www.aberdeencity.gov.uk	Provost Rust Drive Tel: 01224 714577
Aspire Golf Course/Range www.aspiregolfcentre.com	South Deeside Road Tel:01224 865750
Craibstone Golf Centre www.craibstone.com	Craibstone Estate, Aberdeen Tel: 01224 716777
Deeside Golf Club www.deesidegolfclub.com	Golf Road, Bielside, Aberdeen Tel: 01224 869457
Hazlehead Golf Course www.aberdeencity.gov.uk	Hazlehead Avenue, Aberdeen Tel: 01224 321830
Kings Links Golf Course/Range http://www.kings-links.com	Golf Road, Aberdeen Tel: 01224 632269
Murcar Golf Course www.murcar.co.uk	Bridge of Don, Aberdeen Tel: 01224-704354
Royal Aberdeen Golf Club www.royalaberdeengolf.com	Links Road, Bridge of Don Tel: 01224-702571
Peterculter Golf Club www.petercultergolfclub.co.uk	Oldtown, Burnside Road, Peterculter Tel: 01224 735245

Accessibility:

- Guide Dogs:
- Disabled Toilet:
- Parking:
- Sound Enhancement:
- Visual Enhancement:
- Payphone:
- Website:



Courses vary in difficulty. Users can bring their own buggies but check with management before your visit. Some Golf Clubs do provide buggies for hire and caddies. All clubhouses are or are about to be made more accessible to comply with the Disabled Discrimination Act.

ICE ~

Curl Aberdeen

Curl Aberdeen
Eday Walk
Tel: 01224 810369

- **Accessibility:** yes
 - **Disabled Toilet:** yes
 - **Parking:** yes, 7 disabled car parking spaces and a drop-off point
 - **Programmes/Clubs:** wheelchair-curling sessions take place on Wednesdays from 4pm to 6pm.
 - **Contact:** Graham Smith, Curling Development Officer, Tel: 01224 810359
 - **Website:** www.curl-aberdeen.co.uk
-

Links Ice Arena

Beach Promenade, Aberdeen
Tel: 01224 655406

- **Accessibility:** yes, facilities are available for the disabled, including specially designed ice chairs. Wheelchairs are permitted on the ice with a helper. The doors are not automatic therefore assistance will be required.
- **Disabled Toilet:** yes, Disabled Toilet available for people with disabilities
- **Parking:** yes, parking for the disabled is available, there are 3 spaces reserved
- **Visual Enhancement:** well-lit, clear signage throughout
- **Payphone:** yes, there is a payphone. Staff nearby are happy to assist in making a call
- **Website:** www.aberdeencity.gov.uk

LIBRARIES ~

Mon-Thurs: 9.00am - 7.00pm

Fri/Sat: 9.00am -5.00pm

Central LibraryAdult Lending (1st floor)Information Services (2nd floor)

Rosemount Viaduct, Aberdeen

Tel: 01224 652501

Tel: 01224 652511

- **Accessibility:** accessible to wheelchair users without assistance. Access is through a side door, to the left of the main entrance. Lift to all floors.
 - **Guide dogs:** yes
 - **Disabled Toilet:** yes
 - **Parking:** no but nearby parking at Denburn Car Park, there are 4 spaces
 - **Sound Enhancement:** sound induction loop installed
 - **Visual Enhancement:** clear signage. Well-lit. Large-print books. Videos/DVDs with subtitles.
 - **Website:** www.aberdeencity.gov.uk
 - **Equipment:** 1 colour printer, 1 scanner, 1 web cam
-

Children's Library

Tel: 01224 652546

Mon-Thurs: 9.00am - 7.00pm

Fri/Sat: 9.00am -5.00pm

See above for details

Media Centre

Tel: 01224 652505 / 652506 / 652532

Fax: 01224 641985

Mon-Thurs: 9.00am - 8.00pm

Fri/Sat: 9.00am-5.00pm

The new spacious Media Centre is located in the West End of the Central Library and houses the Multimedia Library, the Aberdeen College Learning Centre, the Free Internet, E-mail and Computer Access PCs, the Express Internet Service, the Digital & Arts Equipment Lending Service and an Internet Cafe.

- **Accessibility:** yes, accessible to wheelchair users without assistance except for Audio Department; access is through a side door, to the left of the main entrance; lift to all floors.
- **Guide dogs:** yes
- **Disabled Toilet:** yes
- **Parking:** no, nearby parking at Denburn Car Park, there are 4 spaces.
- **Sound Enhancement:** yes, induction loop system installed
- **Visual Enhancement:** clear signage throughout. Well-lit.
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 4 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam
- **Equipment:** multimedia PCs, 1 colour printer, 1 scanner

Airyhall Library

Springfield Road, Aberdeen
Tel: 01224 310536

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** the 'Home Service' is based at Airyhall Library: provides a fortnightly mobile library service to older and disabled housebound people who live alone.
 - **Guide dogs:** yes
 - **Disabled Toilet:** no
 - **Parking:** there is a car park but with no spaces reserved for blue/green badge holders
 - **Sound Enhancement:** yes, induction loop is fitted
 - **Visual Enhancement:** clear signs, well-lit
 - **Website:** www.aberdeencity.gov.uk
 - **Equipment:** 6 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam
-

Bridge of Don Library

Scotstown Road, Aberdeen
Tel: 01224 702800

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** yes, there are no steps, there is a slight slope
 - **Guide dogs:** yes
 - **Disabled Toilet:** no
 - **Parking:** there is a car park, it doesn't belong to the library but there are 2 spaces marked out for blue/green badge holders
 - **Sound Enhancement:** yes, induction loop fitted at issue desk
 - **Visual Enhancement:** well-lit, clear signage
 - **Website:** www.aberdeencity.gov.uk
 - **Equipment:** 6 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam
-

Cults Library and Learning Centre

429 North Deeside Road, Aberdeen
Tel: 01224 868346

Mon & Wed: 10am -1pm,
2.15pm - 5.15pm
Tues & Thurs 1pm - 7pm
Fri & Sat: 10am -1pm

- **Accessibility:**
- **Guide dogs:**
- **Disabled Toilet:**
- **Parking:**
- **Sound Enhancement:**
- **Visual Enhancement** Signed performances Lip Reading
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 6 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Culter Library

North Deeside Road, Peterculter, Aberdeen
Tel: 01224 732587

Mon, Tues, Thurs: 10am-12.30pm
2-7pm
Fri: 10am-5pm
Sat: 10-1pm

- **Accessibility:** yes
 - **Guide dogs:** yes
 - **Disabled Toilet:** no
 - **Parking:** no
 - **Sound Enhancement:** loop system installed
 - **Visual Enhancement:** LunarPlus software
 - **Website:** www.aberdeencity.gov.uk
 - **Equipment:** 6 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam
-

Dyce Library

Riverview Drive, Aberdeen
Tel:01224 723015

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** yes, all on one level. Double doors at entrance- one is always kept open. Librarian is happy to assist
 - **Guide dogs:** yes
 - **Disabled Toilet:** no disabled Toilet as such, a staff toilet can be used for people with disabilities and young children
 - **Parking:** yes, large car park. At door of library there are 5 spaces reserved for blue/green badge holders and a second row of parking with 4 parking spaces 5 then 4
 - **Sound Enhancement:** yes, induction loop system fitted at issue desk
 - **Visual Enhancement:** clear signage, well-lit; larger computer screen is available with a larger mouse
 - **Website:** www.aberdeencity.gov.uk
 - **Equipment:** 6 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam
-

Kincorth Library

Provost Watt Drive, Aberdeen
Tel: 01224 872572

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** ramp and steps to library. Doors are not automatic
- **Guide dogs:** yes, are admitted
- **Disabled Toilet:**
- **Parking:** no reserved spaces for blue/green badge holders, parking is available on the road outside
- **Sound Enhancement:** yes, induction loop system installed
- **Visual Enhancement:** clear signage throughout and well lit. Lunar plus, now ReadPlease software is installed
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 6 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Mastrick Library

Greenfern Road, Aberdeen
Tel: 01224 788558

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** yes, accessible to wheelchairs. Ramp at entrance.
- **Guide dogs:** yes
- **Disabled Toilet:** yes
- **Parking:** yes, car park at back of building with 2 spaces reserved for blue/green badge holders
- **Sound Enhancement:** yes, induction loop system fitted
- **Visual Enhancement:** one of the PCs has a magnifier
- **Equipment:** 6 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam
- **Website:** www.aberdeencity.gov.uk

Tillydrone Library and Learning Centre

Pennan Road, Aberdeen
Tel: 01224 276975

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** all on one floor, level access
- **Guide dogs:** yes
- **Disabled Toilet:** yes, just for people with disabilities
- **Parking:** yes, car park has 2 spaces reserved for blue/green badge holders
- **Sound Enhancement:** induction loop system fitted
- **Visual Enhancement:** yes, one of the PCs has a magnifier
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 6 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Torry Library

Victoria Road, Aberdeen
Tel: 01224 879037

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** yes, all on one level. Ramp at entrance. There are two doors. Main door always stands open. The inside door remains open depending on the weather but staff are happy to assist with the door.
- **Guide dogs:** yes
- **Disabled Toilet:** yes, there is a toilet which has been adapted for people with disabilities
- **Parking:** there is no car park but there is on-street parking
- **Sound Enhancement:** yes
- **Visual Enhancement:** ReadPlease software installed on one of the PCs. One of the PCs has a magnifier.
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 6 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Bucksburn Library
Kepplehills Road, Aberdeen
Tel: 01224 712016

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** yes, there is level access
- **Guide dogs:** yes
- **Disabled Toilet:** no, there are no Disabled Toilet for public use either
- **Parking:** yes, there is a car park with spaces reserved for blue/green badge holders
- **Sound Enhancement:** yes, induction loop facility installed at issue desk
- **Visual Enhancement:** clear signs, well lit. ReadPlease software loaded onto a PC
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 3 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Cornhill Library
Cornhill Drive, Aberdeen
Tel: 01224 696209

Mon: 10.00am-12.00pm, 1.30pm-5.30pm
Tue/Wed/Thurs: 1.30pm-5.30pm
Fri: 10.00am-12.00pm, 1.30pm-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** yes, no stairs, slight slope to the entrance; wide doorways
- **Guide dogs:** yes
- **Disabled Toilet:** no
- **Parking:** no
- **Sound Enhancement:** yes, induction loop system installed
- **Visual Enhancement:** well-lit, clear signage throughout; large print books. Talking tapes. Lunar-Plus installed; digital magnifier.
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 3 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Ferryhill Library
Fonthill Road, Aberdeen
Tel: 01224 581576

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** yes, ramp and stairs to library. Doors are not automatic.
- **Guide dogs:** yes, are admitted
- **Disabled Toilet:**
- **Parking:** there is a car park outside, it's a 'Pay and Display' car park
- **Sound Enhancement:** yes, induction loop system is fitted
- **Visual Enhancement:** clear signage throughout and well-lit
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 3 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Cove Library

Loirston Avenue, cove
Tel: 01224 245350

Mon 2pm - 7pm, Tues: 10am-1pm &
2pm - 5pm, Wed: 2pm -7pm
Thurs 10am - 1pm & 2-5pm
Fri 10am - 1pm & 2-5pm
Sat: 10am - 1pm

- **Accessibility:** level access to library with automatic doors. Wide doors. Level access throughout. Lower issue desks for wheelchair users.
- **Guide dogs:** yes
- **Disabled Toilet:** yes
- **Parking:** yes, 1 space reserved in car park for blue/green badge holders
- **Sound Enhancement:** yes
- **Visual Enhancement:** yes, 'ReadPlease' software facility loaded onto computer. Magnifies text. Making it larger speaks it back to you. Specially designed keyboard with larger keys. Clear signage throughout.
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 3 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Kaimhill Library

Kaimhill Community Centre, Pitmedden Terrace
Tel: 01224 325940

Mon/Wed: 2.00pm-7.00pm
Tue/Thurs/Fri: 2.00pm-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** yes, accessible to wheelchair users, there is a ramp
- **Guide dogs:** yes
- **Disabled Toilet:** yes
- **Parking:** yes, there is a car park with 1 space reserved for a blue/green badge holders
- **Sound Enhancement:** no
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 3 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Linksfield Library

King Street, Aberdeen
Tel: 01224 494092

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** there is level access to the building but the doors are not automatic therefore assistance is required.
- **Guide dogs:** yes
- **Disabled Toilet:** yes
- **Parking:**
- **Sound Enhancement:** yes, induction loop system is installed
- **Visual Enhancement:** yes, there are large print books and talking books available
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 3 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

Northfield Library
Byron Square, Aberdeen
Tel: 01224 695104

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** ramp at entrance
 - **Guide dogs:** yes
 - **Disabled Toilet:** no
 - **Parking:** no, there is a public car park nearby
 - **Sound Enhancement:** yes, induction loop system installed
 - **Visual Enhancement:** well-lit, ReadPlease and LunarPlus software not installed.
 - **Website:** www.aberdeencity.gov.uk
 - **Equipment:** 3 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam
-

Woodside Library
356 Clifton road, Aberdeen
Tel: 01224 484534

Mon-Thurs: 10.00am-7.00pm
Fri: 10.00am-5.00pm
Sat: 10.00am-1.00pm

- **Accessibility:** older building but all on one level; doors would require assistance, as they are heavy; librarian is on hand to assist however.
- **Guide dogs:** yes
- **Disabled Toilet:** no
- **Sound Enhancement:** yes, induction loop fitted at issue desk
- **Visual Enhancement:** well-lit
- **Website:** www.aberdeencity.gov.uk
- **Equipment:** 3 multimedia PCs, 1 colour printer, 1 scanner, 1 web cam

MUSEUMS AND HISTORICAL BUILDINGS~**Aberdeen Maritime Museum**

Shiprow, Aberdeen
01224 337700

Mon-Sat 10am-5pm
Sun 12-3pm

- **Accessibility:** some parts of Aberdeen Maritime Museum are wheelchair accessible
 - **Guide dogs:** yes, guide dogs are admitted
 - **Disabled Toilet:** yes
 - **Parking:** no, not near by. Parking at NCP car park, but not accessible to those with wheelchairs
 - **Sound Enhancement:** yes, induction loop is fitted
 - **Visual Enhancement** Signed performances Lip Reading
 - **Website:** Aberdeen Art Gallery and Museums www.aagm.co.uk
-

Provost Skene's House

Guestrow, Aberdeen
Tel: 01224 641086

Mon-Sat: 10-5pm
Sun: 1-4pm

- **Accessibility:** no, has very limited access on upper floors for visitors with mobility difficulties, the building dates back to 1545
 - **Guide dogs:** yes, guide dogs are admitted
 - **Disabled Toilet:** yes, disabled Toilet on ground floor are accessible
 - **Parking:** yes, there is limited parking available for people with disabilities at Queen Street
 - **Visual Enhancement** Signed performances Lip Reading
 - **Website:** The Aberdeen Art Gallery and Museums www.aagm.co.uk
-

The Tolbooth

Castle Street, Aberdeen
Tel: 01224 621167

Open 5th July - 11th
September Tues-Sat 10-4pm
Sun 12:30-3:30pm

- **Accessibility:** no, very limited access for visitors with mobility difficulties, only entrance hall is accessible
- **Guide dogs:** yes, are admitted
- **Disabled Toilet:** no
- **Parking:** yes, there is limited parking available for people with disabilities at Queen Street
- **Website:** The Aberdeen Art Gallery and Museums www.aagm.co.uk

PARKS AND GARDENS ~

Duthie Park and Winter Gardens

Polmuir Road, Aberdeen

Tel: 01224 583155

- **Accessibility:** wheelchair accessible, paths around the park are wide. Level access into Winter Gardens; doors within Gardens are not automatic. Restaurant accessible by ramp
 - **Guide dogs:** yes
 - **Disabled Toilet:** yes, in restaurant and park
 - **Parking:** park has its own car park, spaces are not reserved for disabled parking
 - **Visual Enhancement:** clear signage throughout
 - **Website:** www.aberdeencity.gov.uk
-

Hazlehead Park

Groat's Road/Hazlehead Avenue

- **Accessibility:** Children's Pet's Corner on one level; handrails and a ramp to the aviary. Maze on one level and accessible; restaurant accessible by ramp.
 - **Guide dogs:** yes
 - **Disabled Toilet:** yes, in the restaurant
 - **Parking:** Car park is large; the car park which is shared with the Golf Course has 5 disabled spaces
 - **Website:** www.aberdeencity.gov.uk
-

Johnston Gardens

Viewfield Road

Open all year

- **Accessibility:** Rock and alpine garden, stream with bridge, duck pond, and play area; most paths are suitable for wheelchair users although assistance may be required.
- **Guide Dogs:** yes
- **Disabled Toilet:** yes
- **Parking:**
- **Website:** www.aberdeencity.gov.uk

Seaton Park

Off King Street

Open all year

- **Accessibility:** riverside walks suitable for wheelchairs, picnic area and adventure playground
 - **Guide dogs:** yes
 - **Disabled Toilet:** yes, at the public Disabled Toilet beside the road through the park from Don Street
 - **Parking:** yes
 - **Website:** www.aberdeencity.gov.uk
-

Union Terrace Gardens

Union Terrace

Open all year

- **Accessibility:** Access for wheelchair users via Denburn
 - **Guide Dogs:** yes
 - **Parking:** no, nearby parking at Denburn Car Park
 - **Website:** www.aberdeencity.gov.uk
-

Victoria Park

Westburn Road / Argyll Place

Open all year

- **Accessibility:** Greenhouses containing alpine plants accessible to wheelchair users; maze accessible to wheelchair users
 - **Guide dogs:** yes
 - **Disabled Toilet:** yes
 - **Parking:** yes
 - **Additional Information:** A new carer's garden is currently being created - due to be completed by the end of 2005
 - **Website:** www.aberdeencity.gov.uk
-

Westburn Park

Westburn Road

- **Accessibility:** yes, special picnic area where tables are set at a suitable height for wheelchairs
- **Guide dogs:** yes
- **Disabled Toilet:** yes, in the restaurant
- **Parking:** yes
- **Website:** www.aberdeencity.gov.uk

SHOPPING CENTRES ~ Bon Accord Shopping Centre

- **Accessibility:** accessible to wheelchair users; entrance from The St. Nicholas Centre is level with automatic doors and push pads; entrance from George Street is also level with automatic doors and push pads. There are lifts; entrance to the Centre from Boots has a ramp and stairs; there is a lift in Boots up to the first floor; benches throughout to aid those with slight mobility problems.
 - **Guide Dogs:** yes, are admitted
 - **Disabled Toilet:** yes
 - **Parking:** Two car parks, Harriet Street and Loch Street
 - **Sound Enhancement:**
 - **Visual Enhancement:** clear signage throughout, well-lit
 - **Payphone:** yes, beside the stairs, beside Woolworths
-

The St. Nicholas Shopping Centre

- **Accessibility:** level access to Centre, through all entrances. Automatic doors with push pad. Wide doors; the shopping Centre floor is not level; there is a slight incline.
 - **Guide Dogs:** yes
 - **Disabled Toilet:** There are toilets in Starbucks Coffee Shop; there is also a disabled toilet in Marks and Spencer.
 - **Parking:** no car park which is owned by St. Nicholas Centre; nearby parking at Bon Accord Shopping Centre car parks: Harriet Street and Loch Street. Parking available at Denburn car park.
 - **Visual Enhancement:** well-lit premises
-

The Trinity Centre

- **Accessibility:** level access from Union Street with automatic doors and push pads; from Bridge Street, there is a slope up to the Centre; entrance from the train station side is by a set of steep stairs; there is a lift to all levels of the Centre; there is a seating area outside Debenhams for those with mobility problems
- **Guide Dogs:** yes
- **Disabled Toilet:** yes
- **Parking:** yes, the Trinity Car Park
- **Visual Enhancement:** yes, well-lit and clear signage throughout
- **Payphone:** yes, on the lower level in the car park area

SPORTS CENTRES ~

Beach Leisure Centre

Beach Promenade

Tel: 01224 655401

- **Accessibility:** a revolving door and side/fire doors, but assistance would be required; there is a lift for those with slight mobility problems; there is a slope that permits entrance into the pool; no deck level water or pool hoist; no resistance weights in the gym suitable for wheelchair bound users
 - **Disabled Toilet:** yes with changing rooms
 - **Parking:** yes, 3 spaces at front door
 - **Sound Enhancement:** there is an induction loop system installed at reception desk
 - **Visual Enhancement:** clear signage throughout
 - **Payphone:** yes
 - **Website:** www.aberdeencity.gov.uk
-

Jesmond Sports Centre

Jesmond Drive, Bridge of Don

Tel: 01224 707090

Accessibility: yes, accessible to people with disabilities; resistance machines in the gym, specially designed for wheelchairs

- **Disabled Toilet:** yes, with changing rooms
 - **Parking:** yes, there is a car park with 3 spaces reserved for blue/green badge holders
 - **Visual Enhancement:** clear signage throughout; well lit.
-

Kincorth Sports Centre

Corthan Crescent, Kincorth

Tel: 01224 879759

Mon - Fri: 7am - 10pm

Sat 9am - 5pm

Sun 9am - 9pm

- **Accessibility:** level access; wide doorways but not automatic, assistance would be required; resistance machines in the gym, specially designed for wheelchairs; lockers are at various heights
- **Disabled Toilet:** yes
- **Parking:** yes, 2 spaces reserved for people with disabilities.
- **Visual Enhancement:** clear signage throughout

Peterculter Sports Centre

Coronation Rd, Peterculter

Tel: 01224 732069

- **Accessibility:** slight ramp into Centre, wide doors. Doors are not automatic so would require assistance.
 - **Disabled Toilet:** yes, and changing rooms
 - **Parking:** yes, with ramps up to pavement
 - **Visual Enhancement:** clear signage throughout
-

RGU Sport

Robert Gordon University, Garthdee Road

01224 263666

Mon - Fri: 6am - 10pm

Sat & Sun: 9am - 7pm

- **Accessibility:** wheelchair accessible. Lifts to floors. Pool hoist and various gym equipment is accessible
- **Disabled Toilet:** yes
- **Parking:** yes, spaces in RGU car park
- **Sound Enhancement:** a new sports Centre, it is the intention to install an induction loop system
- **Visual Enhancement:** clear signage and well-lit
- **Payphone:** no, telephone at reception can be used
- **Website:** no information on accessibility is available on the website as of yet <http://www.rgu.ac.uk/rgusport>
- **Additional Information:** RGU will soon launch services for injury rehabilitation, advanced nutrition and exercise science. It will hope to operate classes for people with disabilities.

SPORTS CLUBS

Aberdeen Physically Disabled Swimming Club

Linksfield Swimming Pool

Tel: 01224 682373

- **Accessibility:** yes, level access to building. No automatic doors however.
 - **Disabled Toilet:** yes
 - **Parking:** yes, there is a car park with spaces reserved for blue/green badge holders but the parking bays are not clearly marked
 - **Programmes/Clubs:** Tuesdays 6:30pm- 8pm. Club sessions are run by The Scottish Amateur Swimming Association's qualified coaches.
 - **Contact:** Morag Mitchell, this club caters for all ages and disabilities
-

Beacon Club for the Physically Disabled

Beacon Community Centre

Kepplehills Road,
Bucksburn

Sunday 10am-12.00 midday

Contact: Morag Mitchell, 6 Mastrick Close, Mastrick Drive, Aberdeen AB16 6XZ

Tel: 01224 682373

- **Accessibility:** there is a staircase. There are two levels for the Centre. Downstairs in the building is accessible from the downstairs car park and upstairs is accessible from the upstairs car park. There is no lift to move between floors.
 - **Guide dogs:** yes
 - **Disabled Toilet:** yes
 - **Parking:** both car parks, upstairs and downstairs have spaces reserved for blue/green badge holders.
 - **Sound Enhancement:** no
-

Boccia

Harlaw Academy

Tel: 01224 682373/814788

Boccia is a competitive sport, similar to bowls (but closer to bocce as the balls are not biased), but designed to be played by people with disabilities - specifically, cerebral palsy and other locomotor disabilities (those which affect motor skills). It is an official Paralympic sport, and is played in over forty countries worldwide.

- **Accessibility:** yes; there is lift
- **Disabled Toilet:** yes
- **Parking:** there is a car park but there are no spaces reserved for blue/green badge holders
- **Programmes/Clubs:** Thursdays 7pm - 8pm
- **Contact:** Morag Mitchell. Coaching to all ages

City of Aberdeen Trampoline Club

Banks of Dee Sports Centre, Spain Park, Altens

Tel: 01467-642045 or 01224-893333

- **Accessibility:** Banks O' Dee Sports Centre is accessible. Level access. Wide doorways into and within premises.
 - **Disabled Toilet:** yes
 - **Parking:** yes
 - **Visual Enhancement:** Clear and easy to read signs. Sign language interpretation can be arranged.
 - **Additional Information:** Club has it's own BGA Trampoline special needs coach. Training and help are available. Held On Wednesday 11am to 12pm & 1.30pm to 3.30pm.
-

Doric Dolphins Swimming Club

Kincorth Swimming Pool

Cairngorm Drive, Kincorth

Tel: 01224 859795

- **Accessibility:** no ramp at entrance, 2 or 3 steps. Steps up from changing room to swimming pool. No pool hoist or deck level water. Steps into swimming pool.
 - **Disabled Toilet:** changing rooms and Disabled Toilet are narrow
 - **Parking:** there is a car park that is shared with Kincorth Academy. No spaces reserved for blue/green badge holders
 - **Visual Enhancement:** clear signage throughout. Steps painted yellow so are clearly visible
 - **Additional Information:** Fridays 7.30 - 8.30pm. Swimming club for people of all ages with learning disabilities. Improvers and advanced.
-

Riding for the Disabled

Hayfield Riding Centre,

Hazlehead Park,

Aberdeen, AB15 8BB

Tel: 01224 315703

- **Accessibility:** Riding for the Disabled is based at Hayfield riding Centre, inside the Hazlehead Park. There is no problem with accessibility; there are ramps available. No hoists.
- **Disabled Toilet:** yes
- **Parking:** there is parking at the Riding Centre
- **Contact:** info@hayfield.com
- **Website:** www.hayfield.com

Wheelchair Curling

Curl Aberdeen

Eday Walk

Tel: 01224 810369

- **Accessibility:** yes
 - **Disabled Toilet:** yes
 - **Parking:** yes, 7 disabled car parking spaces and a drop-off point
 - **Programmes/Clubs:** wheelchair-curling sessions take place on Wednesdays from 4pm to 6pm.
 - **Contact:** Graham Smith, Curling Development Officer, Tel: 01224 810359
 - **Website:** www.curl-aberdeen.co.uk
-

City of Aberdeen Disabled Athletics Club

Contact: Danny Parrott (Athletics Development)

AECC, Balgownie, 1 Conference Way, Bridge of Don

Tel: 01224 814782

Continental All Stars Football Club

Football club mainly for people with learning disabilities. Male and female participants. Age ranges from 8 years to adult

Where: St. Peters School, King Street

When: Saturdays

Time: 9:30am - 11:30am

Contact: Diane Morrison (Coach)

359 North Anderson Drive

Aberdeen

Tel: 01224 663818

Grampian Bowmen

Where: Beacon Community Centre

When: first Sunday in October to last Sunday in March

Time: 6.30pm-9.30pm

Contact: Mr Andrew Burt (Coach),

23 Wagley Parade, Bucksburn,

Tel: 01224 712158

Summerhill Disabled Club

The Club provides recreational activities such as badminton, carpet bowls, darts, football and swimming

Where: Summerhill Academy

When: Sundays

Time: 2.00pm-4.00pm

Contact: Brian McKenzie, 15 Gairsay Drive, Aberdeen

Tel: 01224 311039

STADIUMS ~

Aberdeen Football Club

Pittodrie Stadium, Golf road

Tel: 01224 650400 (General Enquiries) 08719831903 (Ticket Enquiries)

- **Accessibility:** yes, wheelchair access at Richard Donald Stand (RDS) and the Merkland Stand Seating available at both these stands
 - **Disabled Toilet:** yes, just in the Richard Donald Stand (RDS)
 - **Parking:** no car park available
 - **Visual Enhancement** Signed performances Lip Reading
 - **Website:** www.afc.co.uk
-

SWIMMING POOLS ~

Beach Leisure Centre

Beach Promenade

Tel: 01224 655401

Mon/Tue/Wed: 7.00am - 10.00pm

Thurs/Fri: 7.00am - 8.00pm

Sat: 7.00am - 5.00pm

Sun: 8.00am - 5.00pm

- **Accessibility:** a revolving door and side/fire doors, but assistance would be required; there is a lift for those with slight mobility problems; there is a slope that permits entrance into the pool; no deck level water or pool hoist; no resistance weights in the gym suitable for wheelchair bound users
 - **Disabled Toilet:** yes with changing rooms
 - **Parking:** yes, 3 spaces at front door
 - **Sound Enhancement:** there is an induction loop system installed at reception desk
 - **Visual Enhancement:** clear signage throughout
 - **Payphone:** yes
 - **Website :** www.aberdeencity.gov.uk
-

Mon-Friday 6am to 8.45pm

Sat: 7am - 6pm

Sun: 7am - 9pm

Timetable available on the Internet:

www.aberdeencity.gov.uk/acci/web/Files/Sports/BAB1.pdf

Bon Accord Baths

Justice Mill Lane
Aberdeen
AB11 6EQ
Tel: 01224 587920

Mon-Fri 6am to 8.45pm
Sat 7am-6pm
Sun 7am-9pm
36.5 metre pool with only a few public sessions.

- **Accessibility:** a listed building with lots of stairs, no lifts or automatic doors
 - **Disabled Toilet:** no
 - **Parking:** further along the street
 - **Visual Enhancement:** clear signage throughout
 - **Payphone:** yes
 - **Website :** www.aberdeencity.gov.uk
-

Bucksburn Swimming Pool
Kepplehills Road, Aberdeen

Tel: 01224 716479

Times may be subject to change due to holiday periods, so please phone to check.

- **Accessibility:** full access for people with disabilities, including wheelchair access. A pool hoist, wide steps and deck level water
 - **Disabled Toilet:** yes with disabled changing rooms
 - **Parking:** yes, 3 spaces reserved for disabled access
 - **Sessions:** there is a session for people with disabilities on Thursdays, from 1:30pm - 3pm
 - **Website:** www.aberdeencity.gov.uk
-

Hazlehead Swimming Pool

Groats Road,
Aberdeen
Tel: 01224 310062

Used by Hazlehead Academy - check with pool for public sessions.

- **Accessibility:** entrance to the building is by a set of stairs (2 or 3). No pool hoist or deck level water and entrance to the pool is by some steps
- **Disabled Toilet:** changing rooms and Disabled Toilet are quite tight with not much space
- **Parking:** shared car park with Hazlehead Academy 9 - 5pm. Use of the car park is in the evening. There are no reserved disabled spaces
- **Sessions:** no specific sessions for people with disabilities. There are public sessions.
- **Website:** www.aberdeencity.gov.uk

Kincorth Swimming Pool
Cairngorm Drive, Aberdeen
Tel: 01224 872227

Times may be subject to change due to holiday periods, so please phone to check.

- **Accessibility:** no ramp at entrance, 2 or 3 steps. Steps up from changing room to swimming pool. No pool hoist or deck level water. Steps into swimming pool.
- **Disabled Toilet:** Changing rooms and Disabled Toilet are narrow
- **Parking:** there is a car park that is shared with Kincorth Academy. No spaces reserved for blue/green badge holders
- **Sessions:** Doric Dolphins Swimming club use Kincorth Academy on Fridays from 7:30pm to 8:30pm
- **Website:** www.aberdeencity.gov.uk

Additional Information: there are plans to improve the accessibility of the swimming pool in 2007

Linksfield Swimming Pool
Regents Walk
Tel: 01224 494093

Times may be subject to change due to holiday periods, so please phone to check.

- **Accessibility:** yes, in Linksfield Community Centre
- **Disabled Toilet:** yes
- **Parking:** yes
- **Sessions:** Aberdeen Physically Disabled Swimming Club have a session Tuesdays 6:30pm- 8pm.

Website: www.aberdeencity.gov.uk

Northfield Swimming Pool
Kettlehills Crescent,
Northfield
Tel: 01224 680307

Times may be subject to change due to holiday periods, so please phone to check.

- **Accessibility:** access for people with disabilities, including wheelchair users. A pool hoist and deck level water
- **Disabled Toilet:** yes with changing rooms
- **Parking:** yes, with 3 disabled parking spaces
- **Sessions:** no
- **Website:** www.aberdeencity.gov.uk

TEN-PIN BOWLING ~

Sunset Boulevard

Queens Links

Aberdeen

Tel: 595910

- **Accessibility:** level access to the building. Lanes have bumpers that can easily be used. A bowling aid is available, which helps guide and roll a bowling ball.
 - **Guide Dogs:**
 - **Disabled Toilet:** yes
 - **Parking:** yes, the Queen's Links Leisure Park has 33 spaces reserved for blue/green badge holders
 - **Sound Enhancement:**
 - **Visual Enhancement:** Clear signage throughout. Well-lit, however at night there is 'Cosmic Bowling' so it is quite dark
-

Directory

AA Route Planner

Plan your visit. AA Route planner Use plans your journey in the UK.
http://www.theaa.com/travelwatch/planner_main.jsp

Aberdeen City Council
The Point
Aberdeen City Council
Ground Floor, St. Nicholas
House
Broad Street
Aberdeen AB10 1BX

Tel: 01224 522000
www.aberdeencity.gov.uk

Aberdeenshire Council
Aberdeenshire Council
Woodhill House
Westburn Road
Aberdeen
AB16 5GB

Tel:
www.aberdeenshire.gov.uk

Dial a Ride

Door to door pre-bookable wheelchair accessible bus. Allows people to get out and about around Aberdeen

Carolyn Bodie, Public Transport Unit,
Aberdeen City Council,
St Nicholas House,
Broad Street, Aberdeen
AB10 1WL

Tel: 01224 523761
E-mail: cbodie@aberdeencity.gov.uk

Disability Rights Commission

DRC Helpline : Tel: 08457 622 633 (8am-8pm Mon-Fri),
Textphone: 08457 622 644, Fax: 08457 778 878

FREEPOST MID02164
Stratford upon Avon
CV37 9BR www.drc-gb.org

Directory

Directgov

Directgov provides the widest range of government information and services. Contains information on Disability Discrimination Act.

www.directgov.uk

Grampian CareData

An information service for the people of North East of Scotland. Funded by Aberdeen City Council, Aberdeenshire Council & Aberdeenshire Library and Information Service and NHS Grampian.

www.grampiancaredata.gov.uk

RAC Route Planner

Plan your visit. RAC Route Planner plans your journey from the departure location to your destination. The facility gives maps and step by step instructions.

<http://rp.rac.co.uk/routeplanner>

Taxi Card

Reduced fare taxi travel to those who cannot use conventional bus services because of severe disability or infirmity.

Aberdeen City Council
Public Transport Unit
St Nicholas House
Broad Street
Aberdeen
AB10 1WL

Tel: 01224 523761

Directory

Wheelchair Loan Service Scotland

3 Greenfern Avenue
Mastrick
Aberdeen
AB16 6QR

Tel: 01224 663180

Shopmobility

Flourmill Lane Car Park
Tel: 01224 630009

Opening hours:
Tues: 10am - 5pm
Wed: 10am - 5pm
Thurs: 10am - 7pm
Friday: 8:30am - 4pm
Sat: 8:30am - 1pm

What is Shopmobility?

A scheme, which lends out powered and manual wheelchairs and scooters for travel around the city Centre. Helps people with limited mobility or visual impairment to shop in the town. Used by young and old people, those that have suffered from sports and road traffic accidents can use the service.

Accessibility: yes, accessible to people with disabilities. It is a free service but there is a donation box

Guide dogs: yes and there is even a drinking bowl provided for guide dogs

Toilets: yes

Parking: yes and parking is also free

Additional information: It is suggested that you pre-book your visit so that a suitable wheelchair or scooter will be available.