



JOURNALOLOGICAL

I'M FREE

Nuart
Returns

Youth Media team visit
summer art attraction

Glory for
Northfield

Music Group in Northfield

Tullos Wildlife
Garden

A new outdoor space
in Torry

Environmentally
Friendly Packaging

Why it's important



HELLO

Welcome to the fifth edition of Journalological

We have been working hard over the last term to bring you news about news and events from across Aberdeen city. In this edition you can find information about the Nuart Aberdeen, British Science Week in Aberdeen and a few other surprising topics.

Just in case you missed our last edition we'd like to tell you a bit about this magazine and where it came from.

Journalological is put together by young people for young people who are part of the youth media team at shmu. We started off writing articles to go with the community magazines which shmu produces already and we had such a great time writing these articles that we wanted to produce our own magazine. shmu applied for funding and now here we are with our very own magazine!

There will be three editions a year (spring, summer and winter) and this is our winter edition. We

will be focusing mainly on the regeneration areas of Aberdeen (Woodside, Seaton, Tillydrone, Middlefield, Northfield, Cummings Park and Torry) but we are always open to ideas about any topic that affects young people. If you live or attend school in one of those areas and would like to get involved Journalological then please get in touch. We're always looking for writers, photographers, proof readers and ideas people. Let us know what you think is important to you and we will try our best to cover it.

The team involved in this edition has included Lukasz, Connor, Ella M, Ella W, Kiera, Danny and Miku and we meet every Tuesday between 4 and 5pm at shmu.

We have had a great time producing this magazine and we really hope you enjoy reading it. If you would like some more information, then get in touch with Laura at shmu. **You can email laura.young@shmu.org.uk or call 01224 515013.**

We hope you'll have as much fun reading the magazine as we did making it.

shmu offers an exciting and vibrant Youth Media programme to young people, prioritising those living in the regeneration areas of Aberdeen aged 12 -19, to actively participate and engage with our enhanced youth media platforms (radio, film, music and journalism); increasing confidence and self-esteem and encouraging communication with the wider world in a creative, balanced and informed way.

The programme offers the opportunity for our young participants to share their experiences with the wider world by digitally sharing all content produced through the SHMU website, social media pages, 57 North and our YouTube channel. If you have an interest in media and would like to find out more then contact our Youth Media Manager on denise@shmu.org.uk or call Denise on **01224 515013**



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by Danny

WHAT IS MAY FESTIVAL?



May Festival is a vibrant melting pot of creativity, culture and learning, brought to you by the University of Aberdeen.

The festival welcomes over 14,000 visitors to inspirational activities across the sciences and arts, sparking discussion on some of society's biggest issues.

You'll find shows, talks, concerts, readings and tours hosted by famous faces and performers mixing with the University's own students and staff; many of whom are world experts in their fields.

How can you get involved in May Festival?

If you would like to get involved, you can email festival@abdn.ac.uk

How long does May Festival run for?

The 2018 May Festival will take place from 25th - 27th May.

This year, we're celebrating Scotland's Year of Young People with a range of events featuring circus performers and mental health specialists. The festival team have once again ensured there is something for all ages and interests – spanning science, music, literature, sport, Gaelic, film and visual

culture. And once again, the highly popular Discover theme will give you the opportunity to learn about and discuss some of the University's most innovative and world-class research. The official event timetable had not been finalised at the time of going to print but it will be available online soon. Most of the events will take place in the Kings College campus at Aberdeen University.

Visit their website now!

www.abdn.ac.uk/mayfestival/



Popular street art festival returns to Aberdeen for a second year – and this time Shmu's Youth Media were invited to help Carrie Reichardt create one of the wonderful artworks

Nuart Aberdeen is an art programme designed to present the most interesting and relevant Street Art of its time and to also activate and inspire an emergent local scene whilst encouraging creative collaborations with our twin city Stavanger.

Brought to you by the team behind Stavanger's internationally renowned Nuart Festival, the award-winning festival returned to the Granite City for its second year this April.

Developed in collaboration with Aberdeen Inspired and Aberdeen City Council, Nuart Aberdeen provides a platform for local, national and international artists to showcase their work through a series of site-specific murals, installations and temporary exhibitions.

This year the festival took place between Thursday 12 – Sunday 15 April 2018 and there were lots of extra activities running including talks, presentations, film screenings, walking tours and workshops.

Shmu's Youth Media Team were asked to get involved with a project called Everyday Heroes which Aberdeen Inspired were running as part of the Nuart Festival. Members of the team were asked to pick unsung heroes from Aberdeen who were honoured through ceramic art. They then took part in a workshop with artist, Carrie Reichardt, where they could have a shot at tiling, grouting and cutting. Each tile made by a member of the Youth Media Team was incorporated into a large mural at Rennie's Wynd on The Green. The aim of this project is to show us that these heroes are or were just like this – ordinary people are capable of doing exceptional things.



NUART RETURNS

By Miku, Danny, Ella M, Ella W, Kiera & Lukasz



Miku chatting to STV News





Local Heroes 3

MARY ESSLEMONT 1891 - 1984

Mary Esslemont was the first woman to do many things in Aberdeen: the first female to negotiate on behalf of the British Medical Association with Anuerin Bevan on the development of the NHS, became the first assessor of the Aberdeen University Court and she was the first female President of the Aberdeen Liberal Association.

Ernest Zacharevic



Bordalo II

Local Heroes 1

FRANCIS PEACOCK

He was maybe born in York 1723 - 1807.
He is considered the "Father of Scottish country dancing."
Peacock established the first school of dance as well as the Aberdeen Musical Society.

Local Heroes 2

TOXIK EPHEX was a local punk band formed in Aberdeen 1979 consisting of Gary 'Wee Eck' Dawson on vocals, Keith Thomson on drums, Steve 'Steppe' Dempster on Bass and Fred 'Inspector Blake' Wilkinson on guitar. Members came and went, such as Jimmy Sim on Drums and 'Trouper' on bass. Their first big song was called Police Brutality released in 1986.

Bortusk Leer

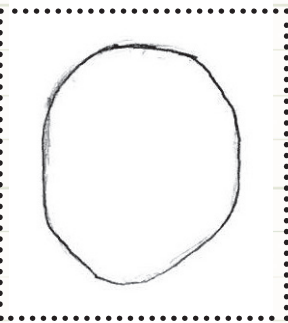




HOW TO DRAW LIKE TIM BURTON

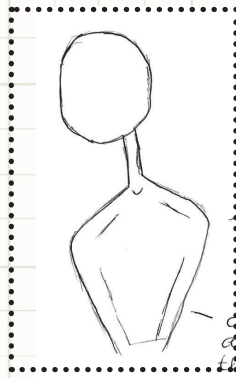
Our resident artist, Ella W, talks you through how to draw like top film director and animator, Tim Burton.

1



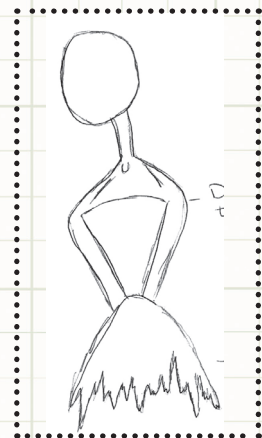
You start with the head but make the chin more pointed.

2



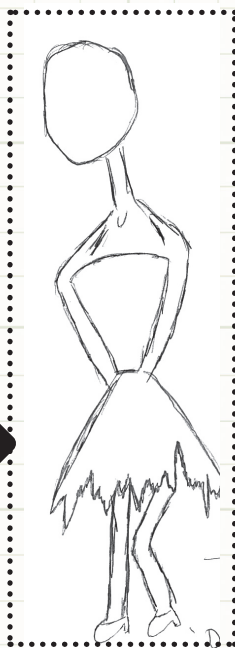
Make the shoulders slanted and bring down at an angle for the outside line of the arms. Draw your collar bones and the inside lines of the arms, joining the lines at the bottom.

3



Draw the top line of your top/dress. Draw your skirt/dress (in any style you want).

4



Draw your legs, one straight and the other bent at the knee. Draw your shoes.

5



Draw the outline of your hair - it can be short or long, up or down, it's up to you!

7



DONE!!!

6



Draw your face, making the eyes really big and add a fringe to the hair.

Finally, add detail. You could use some colour or patterns. After that you're all done - give your character a name or you could try drawing a boy!



DISCOVERY DAY

By Kiera

As part of British Science Week members of shmu's Youth Media Team went out to Aberdeen Science Centre to film the Discovery Day. Before we actually went to the Science Centre we had to plan what we were going to film and what interviews we should do. We decided that we'd do a couple of interviews and get a couple of wide shots. There were five Youth Media Members members and two workers who came along with us. We traveled there and then Heather Doran met us. Heather works in Public Engagement with the Research Unit at the University of Aberdeen, who previously presented Talking Science on Tuesday at 2pm on shmuFM.

When we got to the base we set up our cameras and Heather brought up some people to interview. We interviewed Zoey and Jacob from Robogals, a student led organisation which started in 2008 and aims to inspire students to pursue engineering through engaging workshops. After we did all our interviews we went downstairs and got some wide shots.

Discovery Day was a great experience with lots going on and was a fun opportunity for us to learn lots more about science!



Zoey and Jacob of Robogals

British Science Week

By Ella M

Every March the British Science Association brings the people of Aberdeen lots of events to celebrate the UK's only national festival of science, which is called British Science Week.

The programme has events for people of all ages and interests including talks and activity days.

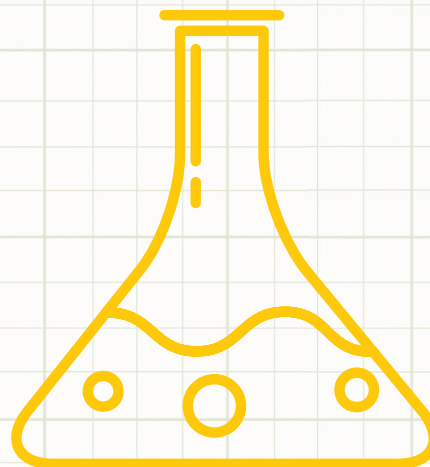
What interesting events happened this year?

So this year shmuFM did a radio show talking all about science week this took place on Saturday the 10th of March and if you were not able to listen in to the show you can go and find it on our website which is www.shmu.org.uk/fm.

This year there was also a hands-on science and technology workshop where anyone could go down to Robert Gordon University and become a real scientist for the day! If you missed that then there will be more interesting events next March. If you want to find out more about these events or future British Science Week events you can go to the website.

I'd like to thank you for reading.

www.abdn.ac.uk/engage/bsw/





A few months ago, I had a realisation that rulers that said shatterproof on them still broke. I wanted to test out different rulers to see which style is the best.

I'll be testing three different types of rulers in four different ways: number one is a wooden ruler, number two is a plastic ruler and finally number three is a steel ruler.

The first test is the wear and tear test. I will be getting older rules and testing how straight it is after being at a school for a couple of years. The second test is the snap test. In this test I'm going to try snap a ruler with my hands. The third test is the desk test and in this test I'm going to hit the ruler as hard as I can. The fourth test is the drive test, in this test a responsible adult will reverse a car over the ruler. If a ruler breaks it will be eliminated from the rest of the tests.

I will be reporting all my findings in a table with scores from 0-10 with two outside views as well as my own opinion. My hypothesis is that the steel rule will get the highest score.

Rulers

Test 1. I gave the wooden ruler a 4/10 because the wood had worn away and left some bumps so it stopped it being a straight line. I gave the plastic ruler a 8/10 because it was straight but had a little wave to it. I gave the steel ruler a 10/10 because it had the straightest line over all.

Test 2. I gave the wooden ruler a 1/10 because on the first attempt it broke in to 2 violent pieces. I gave the plastic ruler a 3/10 because it did break but it

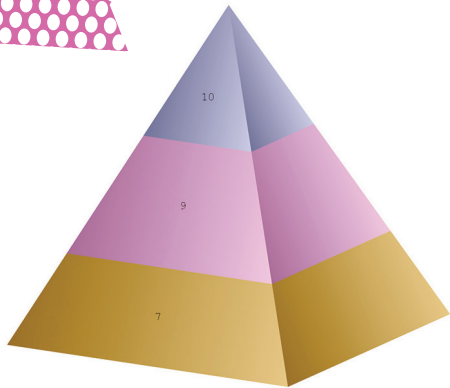
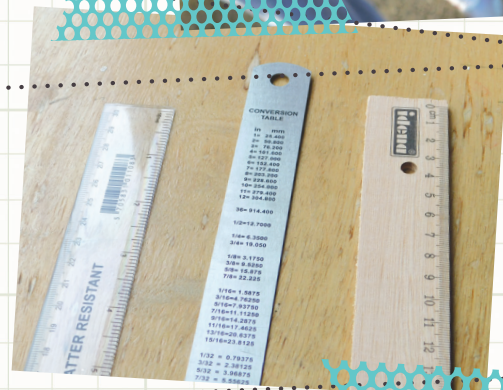
broke into 2 straight edges and wasn't so violent. I gave the steel rule a 10/10 because it didn't break at all.

Test 3. They all got 10/10 because none of them broke at all.

Test 4. I gave the wooden ruler a 9/10 because when we were driving over it it blew away. I gave the plastic ruler a 7/10 because it got some cracks after driving over it..I gave the steel rule a 10/10 because no damage occurred.

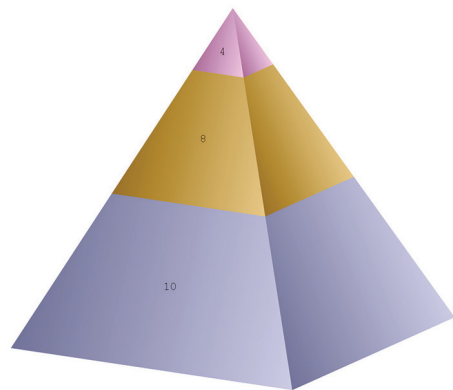
Over all my hypothesis was correct as the steel ruler got top marks over all. In second place was the plastic ruler and in third was the wooden so now you know which is the best style of ruler to buy!



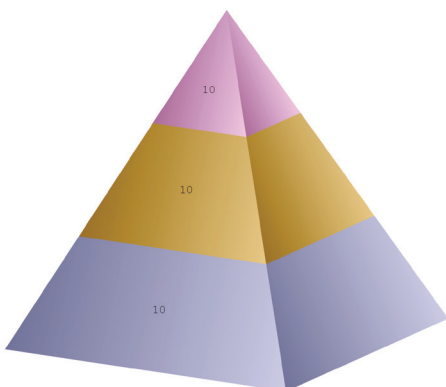


Test Three

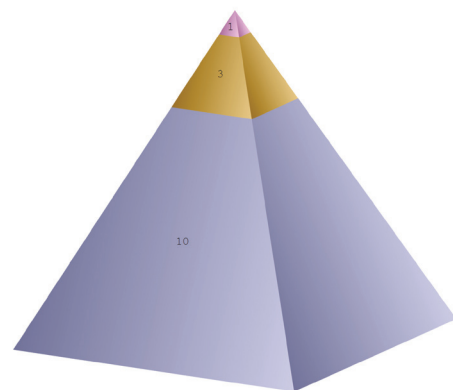
■ Plastic ■ Wooden



■ Steel ■ Plastic ■ Wooden



■ Steel ■ Plastic ■ Wooden





THERAPY ANIMALS

by kiera

In the medical world there are many roles for animals such as leading blind people or testing out breakthrough medicine. This article will focus on therapy animals. Therapy animals are animals who help someone recover from or cope with a health problem or mental disorder. They are often used to help children with learning disabilities, anger management, mental health, and behavioral difficulties.

There are two different types of therapy animals: AAA which stands for animal assisted activities and the AAT which stands for animal assisted therapy. The AAA is a part time therapy, for example going to a horse ranch or going to swim with dolphins. You're not there all the time so it's classed as AAA. The AAT is a full-time therapy animal so like a guide dog or a guide pony. I read an article about a man called Salim Patel who was scared of dogs but he went blind. He needed some help and an opportunity to have a guide pony came up, so he now has a guide pony called Digby. I wanted to find out more about how animals can help people so I spoke to Catherine Stott, Chairperson and Chief Instructor at Aberdeen Riding for the Disabled Association.

How do you help people who need therapy animals?

Riding for the disabled has long been used for therapy for both physically and mentally disabled people. The Aberdeen branch follows the guidelines of the National Riding for the Disabled Association. We offer sessions for riders, most of whom are children at the moment. They come along and actually have sessions with the ponies - we're not teaching them to ride but we're using riding both as a physical and emotional tool to help them.

How do you train the animals?

Not all ponies are suitable for riding for the disabled and the ones we have are carefully chosen and carefully trained. We currently own our own ponies, these ponies we've gone out and bought and trained ourselves. When we go looking for a suitable pony we'll go and to see how sensitive they are to loud noises and random physical movements. Some of our riders may shout and scream and cry and they'll pull the ponies hair and and they'll be unbalanced and wave their arms, so we'll go and try that out with the pony. Part of this involves making lots of noise and throwing things around to see how sensitive they are. Interestingly if the pony just stands there looking like we're idiots that's the reaction we want.

Does the animal know the difference between playing and working?

I think they do, we try to give them a varied life so they only have sessions two times a week. Luckily they save all their cheeky antics until that time!

For more information on the Riding for the Disabled in Aberdeen and Aberdeenshire go to their website: www.aberdeennrda.co.uk.



ENVIRONMENTALLY FRIENDLY PACKAGING

By Ella W

There are many ways to pack your belongings and there are many types of packaging for foods and drinks. But the packaging industry needs to learn to be more environmentally friendly!

One way to be more environmentally friendly is to pack products in biodegradable boxes this means that the box will disintegrate and help the earth. This technique would be really useful for people who have just moved to a new house and don't want to store boxes.

Another way to keep packaging environmentally friendly is cutting back on materials if they're not needed. For example, you can get certain toilet rolls with no cardboard in the middle or shoe boxes that surround the shoes so that there is no more space left.

There is also useful packaging that you can use again or make something else from which would help with using too many materials. The packaging relates to the product most of the time making it useful for the product you just bought for example you

can now buy a type of TV where you can use the foam protective layer from the packaging to make a TV stand for the product. You can also buy a long cylinder of crisps where the tube can be made into a bowl, just by removing a band.

It's important to have environmentally friendly packaging because if we didn't have any of the multi-use or biodegradable etc packaging then there would be even more pollution in the world. It's also a reason to recycle so we don't need to make more materials than we already have.





tullos community wildlife garden

On a fairly cold Saturday morning in January members of shmu's Youth Media Team wrapped up in lots of layers and took a trip down to Torry to visit the Tullos Community Wildlife Garden site.

The site has gone unused for the last few decades and has been left to grow wild with no human intervention but now the time has come to change that. The Communities Team in Torry are looking for a group of local people to help them turn it into a community garden which people from across the community can enjoy.

After we had been shown around the site by Anne-Marie and Jade we took a walk down to Torry Youth and Leisure Centre where we got to look over the plans for the garden, talk about the ideas and, most importantly, grab a cup of tea to get warm!

We spoke to Anne-Marie Steehouder-Ross, who is the Community Development Officer for the project for some more information.

What motivated you to start the project?

I was asked to look at a bit of work in Torry which was around something called participatory budgeting. This is a way of looking at how we decide how council money is spent and it involves local people more so that's where the

project came from. There was money available to spend and a large unused green space that we wanted to look how the local people wanted to use it, so we gathered lots of ideas and that's how we involved the local people.

How long have you had this idea?

Well the project itself where we were looking at what we were going to do with this space has probably been ongoing for two years now. When we initially went around to speak to people to gather their ideas from the three streets and the wider area around the green space it was probably September 2016 which was a long time ago now.

What's the most difficult part of the project that you've faced so far?

I think it's taken a long time to get to where we are now but I'm happy that we're going get to see the garden come together in March when the pathways and planters and everything are going to go in. It's been quite an unusual project and I don't think something like this has been done

too often, certainly not in my team. Involving local people who really want to get involved has been hard cause they can't see what the gardens going to look like yet but soon they will so hopefully then lots of people will be round.

What schools have been involved in this project?

Well we spoke with all the schools in the area, so Tullos Primary, Walker Road Primary and Torry Academy but we were at Walker Road last week doing a big assembly with all the children. We told them all about the garden and we did quizzes about creatures and creepy crawlies, and they were really engaged, and I think they really enjoyed hearing about the garden.

What will people be growing in the garden?

There will be eight planters and four of them will be disabled access as will the paths that come into the garden. I think people might want to grow vegetables and some small fruit bushes, so things like potatoes,





carrots, onions, herbs are quite good things to grow as well, they are quite easy.

What are your overall goals and aims with this project?

One of the things we felt that we really wanted to achieve was to involve local people in deciding how the money going into their area was being spent. We wanted it to be spent on something that they really wanted as a community and hopefully we have achieved that. About 88% of the people that we spoke to have said that the community garden is something that they are happy with and they would really like it to go ahead. We want to have somewhere that is open and involves the local community and that they have some ownership over. That's what we really want to achieve and making a nice space out of somewhere that was not a very nice space and wasn't used for a long time will now be able to be used by the community.

What impact will this project have on the wild life and the local ecosystem?

Hopefully it will have a positive impact. What we didn't want to do was destroy too much of the shrubbery and the trees because we know that's where the birds live and the insects and the small animals. We want to take away as little of that as possible, but we will have to build the pathways through the trees and bushes. There will be things like bug mansions and the bird houses we can build to give a new habitat to small animals and insects.

How will you stop problems like littering and fly tipping?

Well I think the area has been used for that in the past but now that all the work is taking place and it's cleared out and it's made as a nice environment to be in, we would hope that going to stop people putting things over the fence or dumping thing in the area. If it becomes an attractive space people are going to hopefully take some responsibility and not want to do that.

What else will you be doing in the future?

We've got lots of thing we'd love to do in the area. There's ideas of having educational kind of classes and things for children, toddlers, families to come in and learn about nature and growing and all the kind of wildlife that's in the area. We've got ideas about art projects and there's hopefully going to be some recycled play equipment with tires and things and again that's opportunities to folk to get involved in building them and making them. We'll also have things like teddy bear picnics or Easter egg hunts depending on what time of year it is so there's scope for so many things to happen.

The Tullos Community Wildlife Garden will officially open on Saturday the 19th of May between 12 and 2pm. There will be a range of outdoor activities and refreshments on offer. Come along and join in with the play session, vegetable, fruit and flowers planting, wildlife quiz and help make recycled bird feeders.

If you would like to know more about the Tullos Community Wildlife Garden contact Anne-Marie on asteehouder@aberdeencity.gov.uk or call 01224 498164.





Glory for Northfield

The Youth Work in Schools Team at Northfield Academy and staff from the Capacity Building Team have been supporting a group of young people from Northfield Academy in developing skills and confidence around playing musical instruments, performing, team working and responsibility. The young people have formed a band called Simple Glory, the line-up has been flexible making them more of a musical collective with vocals, electric and acoustic guitars, bass guitar, ukulele and drums. They have learned a number of songs by their favourite bands and artists such as Panic at the Disco and 5 Seconds of Summer.

They have taken every opportunity to perform live and in front of an audience including a charity fundraiser and a Burns' Day Lunch at Cummings Park Learning Centre, the Duke of Edinburgh Awards Prize Giving at the Beach Ballroom and most recently at the UDecide event at Northfield Academy on the 17th of March where they had been supported by local Capacity Builders to make an application

for funding to hire a float and perform at the Grampian Pride Parade in May 2018. Two of the group confidently gave a quick presentation about the experiences they have had and how they had grown in confidence. It was no shock when they were successful in their bid for £800. Congratulations to Alicia, Kelsey, Ella, Ike, Heather, Kim, Emily, Morgan, Ellis and Elliott for working hard to achieve their goal.

In addition to the hard work on a musical theme, members of the group are also engaged at Cummings Park Learning Centre in a project to decorate the Music Room.

There are a range of people to whom thanks must go to; Kev, Fran and Sara from the Capacity Building Team and to members of the St Nicholas Rotary who were instrumental in the establishment of this activity for young people. Of course I couldn't forget our Youth Worker Dave Holroyd and the enabling role he plays with the group.

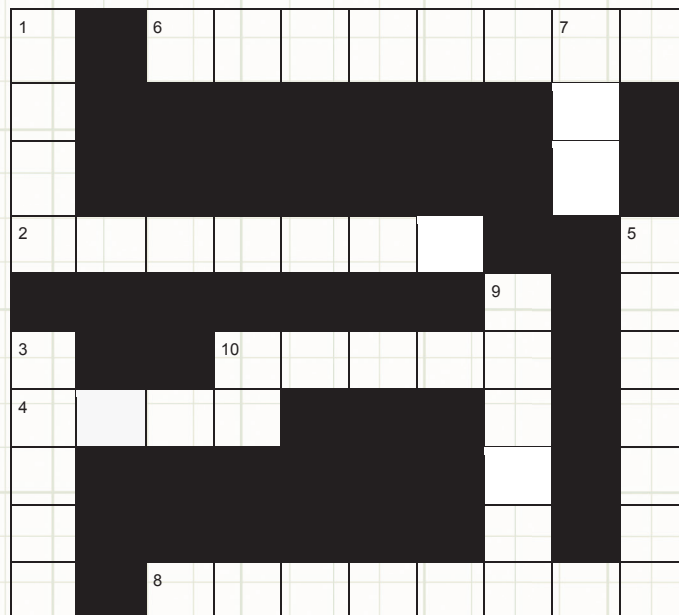
Plans for the future include taking time to reflect on their experiences and write them up in a Dynamic Youth Award (SCQF Level 3), to develop opportunities for skills development around instrument maintenance including re-stringing, setting up and making repairs to electronics (anyone who has put a guitar into an luthier to be set up will know that this a cost they would rather avoid). Group members that have art skills are being engaged in designing a piece of work for the float for the parade.

In summary these young people are developing their competence in hard and soft skills which is creating new confidence for them; they are demonstrating this by taking on leadership and coordination roles as the band progresses and develops, discovering new abilities which are feeding into new aspirations such as volunteering opportunities and preparing to stay on at school for further study and to apply to be part of the incredible Prefect Team at Northfield.

SUMMER WORDSEARCH : CROSSWORD OF THE BODY

O E F C J S Z E E F E G T U W
G U U T E O U A L W X H I S C
S V Q B L W Q N T D J Y B B Z
T E F E D C A L S M U A N A K
S J S K F B H P A H Y T K R Y
M F A S D V O M C N I Y N B F
H R Z F A L A S D J I N I E R
P B I F F L W M N I E B E C U
D S B P Q I G V A R H U G U S
D A I L M V W N S H S Y B E L
N L G M E F D W U A C S U S E
F E I N I L M P H S H A C L Y
Z N L B E A C H B A L L E O J
G M A E R C E C I M N T R B B
S U F U U A M M J K A W L X Q

BARBEQUE
BEACH
BEACHBALL
FLIPPLOPS
ICECREAM
SANDCASTLE
SUNGLASSES
SUNSHINE
SURF
SWIMMING



- DOWN -

- 1 Part of your eye
- 3 the joints in your legs
- 5 what cleans urine
- 7 you have two of them on your face
- 9 the white cover on your teeth

- ACROSS -

- 2 the proper name for your tummy
- 4 you have two of them in your chest
- 6 if you shaved your hair you would see them
- 8 in your eye sockets
- 10 in your skull

CODEBREAKING

In this puzzle Kiera has designed a codebreaking system. Each number corresponds to a letter as shown in the chart below. Take a look at the codes underneath the table, can you guess what they translate to?

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

16-1-13-16-12-5-13-15-21-19-19-5

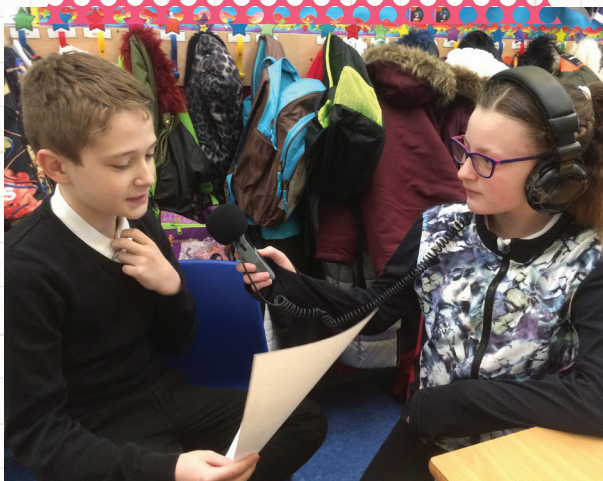
19-3-9-5-14-3-5

18-21-12-5-18-19

1-14-9-13-1-12-19

20-9-13 2-21-18-20-15-14

10-15-21-18-14-1-12-15-7-9-3-1-12



SPEAK OUT

Speak Out broadcasts live on shmuFM 99.8FM every Tuesday and Friday morning between 11am-12pm, presented by pupils from the following schools;

Manor Park, Bramble Brae, Heathryburn, Walker Road, Tullos, Riverbank, Northfield Academy, Hazelhead Academy

The programme consists of six sessions working on interviews, scripting and preparing to present their live radio show.

Tune into shmuFM and hear your local school.

“ I LIKE BEING ON THE RADIO BECAUSE I CAN TELL THE STORIES AND I LIKE HOW I DON'T HAVE TO TALK TO PEOPLE FACE TO FACE BUT IN A WAY YOU CAN TALK WITHOUT BEING FACE TO FACE ON THE RADIO. ”

Natalie

“ I like working on shmu because it is something I have never done before ”

Arran

“ THE THING I LIKE ABOUT SHMU IS THAT I LIKE THE RECORDING AND HEARING MY CLASS TALKING ”

Katie K

IMPORTANT CONTACTS

* ACIS Youth Counselling
01224 573 892
or iTEXT: 07758 360 095

* Childline - 0800 1111

* NHS 24 - 111

* Police - 101

* Aberdeen City
Youth Council
www.facebook.com/aberdeencityyouthcouncil

* Sexual Health Services
0345 337 9900

* Aberdeen Guarantees
www.aberdeenguarantees.com

THANK YOU FOR READING



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