

mastrick Matters

Autumn 2021

PHOTO CREDIT: ANDY BROWN

In this issue:

MASTRICK YOUTH HUB

LOCAL HISTORY

MASTRICK WALKERS

www.shmu.org.uk/press



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editorial

Welcome to the Autumn edition of the Mastrick Matters community magazine!

Read on to find out more about the news about Mastrick Youth Hub, Grampian Women's Aid and local organisations.

If you would like to get involved and join the editorial team or if you have ideas for the community publication, you can easily get in touch with us.

The staff at shmu are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography or proof reading.

So please don't be shy, this is your magazine written, edited and designed by the good folk of Mastrick. If you live in the Mastrick area and would like to come along to the editorial meetings (when it is safe to do so) or submit an article then get in touch with Laura at shmu on **07752586312** or you can email her on **laura.young@shmu.org.uk**.

You can also get in touch with us via our Facebook page - look up 'Mastrick Matters' and hit that 'like' button, and you can view this magazine alongside previous editions on the shmu website: **www.shmu.org.uk** then click the 'PRESS' option

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Mastrick Matters is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.



Supported by



Grampian Women's Aid

The chances are that you know someone who is experiencing domestic abuse. If you know or suspect that someone you know is experiencing domestic abuse it can be difficult to know what to do.

Many people's first instinct is to try to 'save' someone from the relationship, unfortunately, it is almost never that simple.

It's important if you do suspect domestic abuse, you do not ignore it. Women experiencing abuse are often scared, ashamed and confused, and many don't want to accept that their partner is abusive.

Q1 Why doesn't she just leave?

Perhaps the question should be "why does he abuse her?"

Too often, when men are abusive, we ask what the women could have done differently. Domestic abuse is never the victim's fault.

It can be very hard to end an abusive relationship and there are many reasons why women feel they can't leave. It is likely she will have low self-esteem, feel the abuse is her fault and will likely be financially dependent on her partner. Leaving the relationship will possibly mean leaving home, her income, family and support network and starting over with nothing. The things a woman will gain from leaving, like safety and more confidence in herself aren't instant.

Q2 I think my friend is being abused but I don't know how to bring it up or what to say.

Even though domestic abuse is common, it can be hard to talk about

it and we don't always know what to say.

If you are concerned about a friend here are some things to try and some things to avoid:

Try to be direct, by saying something like 'I'm worried about you because...'

Listen to her, let her share how she is feeling, believe what she is telling you, respect how she wants to handle the abuse and remind her that the abuse is not her fault, and you know she is in a difficult situation

Try to offer practical support and let her know support is available to her

Try to build her self-confidence and remind her that she is strong and capable

Avoid judging her, telling her how you think she should feel, making her feel guilty, or putting pressure on her to make decisions. This could make her withdraw from you and stop talking about her situation.

Remember, she might not open up the first time you speak to her about abuse. Be patient and give her opportunities to talk without putting pressure on her.

Q3 How can I help her to be safe?

It's easy to assume that leaving means safety. This isn't true. Women must decide in their own time whether they want to leave.

There are some things you can do to help her stay safe:

Agree a secret code word so she can contact you when she is in danger and cannot access help herself.

Encourage her to think about her safety and focus on her needs rather than those of the abuser.

Find out information about local services for her and offer to help her access support

Offer to keep spare sets of keys or important documents and an emergency bag of clothing and toiletries, in a safe place for her so that she can access them quickly in an emergency

Stick with her. Abusive partners often want to drive their victim's friends away to further isolate her – keep being her friend and try to help her increase her support networks

Don't speak to her partner about what is happening as this could put you and her in danger

Q4 Who else can help?

Domestic abuse can be very isolating. It's important for women to know that there are lots of people they can speak to if they need help, support or advice. You can offer to go with her or support her to access help.

If you believe someone you know may be experiencing domestic abuse, please call us on 01224 593381 or email info@grampian-womens-aid.com.

When our phone lines are closed, Scotland's Domestic Abuse & Forced Marriage helpline is always available on 0800 027 1234, email helpline@sdafmh.org.uk.

Always, if you are in immediate danger, ring 999 for the police.

MASTRICK YOUTH HUB

Regular readers of Mastrick Matters will remember reading about the launch of a new project for young people based in the Lang Stracht Tesco car park in our last edition.

The outdoor youth hub, at the bottom end of the Tesco car park, was developed through partnership working between Police Scotland, Aberdeen City Council Community Development and Youth Work teams, Tesco, Street Sport, Aberdeen Football Club Community Trust, Aberdeen Foyer and Sheddocksley Baptist Church. It was launched in May this year and the aim was to reduce anti-social behaviour in the area.

Over 90 young people have benefitted from the project to date, with 168 volunteer hours contributed to the scheme.

Part of the project involved the completion of a mural at the hub which is now complete. Two large murals were produced over Saturday 26th and Sunday 27th of June. Five young people from the local area gave their time and effort to create a Space Jam style themed scene.

The spray-painting sessions were delivered by Marc from Freshpaint.org and supported and facilitated by Colin from Aberdeen City Council's Youth Work Development Team.

The young people were well engaged. Colin Lemmon (Aberdeen City Council Youth Development Officer) and Sarah Dunn (Police

Early Intervention Officer and Youth Work Practitioner) had spent over 15 hours across four weeks visiting Hazlehead Academy to co-design an idea with potential participants. Three mock-ups were developed by Marc and the young people chose a Space Jam style theme. Marc then further processed the idea into a design that met the ideas of the participants and avoided problems with copyright. The result was Ace Jam! Across this time Sarah and Colin did some community-based engagement through street work, meeting young people in their own spaces and they raised awareness of the opportunities available at Tesco with any young people they met.

In tandem with Denis Law Legacy Trust, sessions have been provided on a Thursday evening in the Tesco carpark; there is a portable football stadium and a range of other physical games and activities. Youth Work practitioners spent time engaging with young people hanging out in their seating area, building trusting relationships and sharing information ranging from new opportunities and sexual health to the impact of drug use on health and employment.

Over the two days five local young people learned new skills, shared a social space, worked as a team, ate together and worked hard. In return for these efforts, they were provided with refreshments, and they have gained their first Saltire Awards for Volunteering.

This work in this community is just beginning, in addition to the Thursday football and activity sessions there is a Girls Group in development, supported by Kirsty, Jaki and Jo from the ACC Youth Work Team and AFC Community Trust will begin sessions in the carpark on a Monday soon.

As well as benefits to young people the local taxpayer has benefitted from the significant reduction in incident calls to the police from 93 in December 2020 to five calls in the first 40 days of the Hub's operation.

This work has been nominated for an Aberdeen City Council STAR Award and an Excellence in Scottish Policing Award and, although awards in themselves are meaningless with regard to impact, these nominations indicate and highlight the innovative approaches used to combat anti-social behaviour with diversionary activities and youth work interventions.

Quotes from Partners

"Local businesses and organisations have come together with police in an effort to reduce anti-social behaviour in the area but just as importantly to signpost the young people towards positive destinations. We've already seen in such a short space of time a change in the young people's behaviours and that's down to listening to their voices and of course that we have the right people working alongside these young people. The Youth Workers, diversionary activities and the mural have given the young



people a sense of ownership of the Outdoor Youth Hub and a sense of pride in their work. This is partnership working showing what can be done when we work together to solve challenges and the fact that the anti-social behaviour hasn't just been displaced to another area; gives us hope that this new direction in policing is the way forward. The future of how the Outdoor Youth Hub grows is in the hands of the young people and I'm excited to see what ideas they come up with. ”

Police Scotland

“We at the Denis Law Legacy Trust are so pleased to be part of this project and to have witnessed the impact the CLD team have had on the young people who have engaged. We have previously worked with young people from the area, many of whom are not interested in sport which can be quite the challenge for StreetSport! It's fascinating how dynamic the ACC youth workers have been to encourage continued participation and to create opportunities for young people to achieve. We are very much looking forward to contributing to the success of this project and learning from all the partners involved”.

Denis Law Legacy Trust, StreetSport





Wild Swimming

I take part in wild swimming because I like to try different things and I like outdoor exercise.

I feel that it keeps me calm and relaxed - it's a great reliever of stress and anxiety. It is good to be at one with nature.

Weather can have an effect on whether you can swim in a certain place or not. For example, if a body of water is covered in algae, this can make you ill so I wouldn't recommend it. Plus, if it has been raining heavily, causing the water

to get too high, this can cause debris to fall in from the riverside.

I'd recommend wild swimming to others. You don't need expensive or fancy equipment - just a swim suit or wet suit. You just need to acclimatise to the water temperature - I advise you not to just jump in. The temperature or depth could catch you out.

You are welcome to join me. Get in touch here at the magazine.

Michelle Morrison



MASTRICK WALKING GROUP

For the past eighteen months we have tried to keep the groups going one way or another, by doing local walks then, as restrictions eased, going out further for those who could access a car.

When we started taking the mini bus, we only got six onboard it, now we are getting one member at each window so still a few empty seats but it's better to be safe than sorry.

The Amblers went to St Cyrus Nature Reserve. This is a lovely beach walk with a visit to a cave and waterfall, lunch was at the volcanic cliff then a walk through the sand dunes with a visit to a very old grave yard. After that we went over to a fruit farm for a coffee and a strawberry tart.

A trip by the Strollers to Drummur, near Dufftown to walk beside Loch Park, at the top of the hill we had lovely views of the countryside.

The Amblers went to Forest of Deer to walk through the forest to Pitfour Lake. The walk starts at Drinnies Wood with a visit to the observatory in the middle of the woods, then a forest track to Loundon Wood to visit a Stone Circle.

A walk between the fields of corn took us to Pitfour Lake. On the way to it we passed an osprey's nest in a small clump of tall trees. We kept a safe distance not to disturb them, we could hear the young chicks screeching for food and the parents fly off to get them some. This was the high light of the day.

We walked around the beautiful lake, there were lots of swans, geese, ducks and other small birds in the lake. It was then back to the bus to celebrate one of our members birthdays with cake and wine.

We hope in the near future to get back to a new normal with the bus but to keep safe, if you are interested in joining the group or wish more information, please get in touch with me.

Contact No **01224 783627** or email **helenandraymond@hotmail.co.uk**

Follow us on Facebook - Mastrick Walking Group

**Stay safe,
Raymond**

Covid Mythbuster

Today we're going to talking about busting covid vaccination myths. Even if you're young and healthy you need to be protected against Covid. It's a nasty disease that can affect your heart, your lungs, your brain, so you need to get it to protect yourself from getting seriously ill and having something like long covid and it's also really important to protect those around you and make sure you're vaccinated to protect society, not just yourself.

You can have the vaccine if you have allergies. The main thing to do is to ask the person who is vaccinating you about your allergies and if they're worried about it they'll refer you to an allergy specialist.

You won't catch Covid from the vaccine. What the vaccine does is that it helps your body mount a defense against Coronavirus so it won't give you coronavirus and the vaccine disperse in your body very quickly. What you might have is a few mild symptoms after having the vaccination, a bit like having flu but that won't last long.

The vaccine went through the same safety precautions and the same rigorous research processes as any other clinical trial. The different with this is the sheer interest in having a vaccination developed so quickly so lots of money was given to vaccine trials and lots of people came forward to take part in those trials. These are two hurdles that normally

take years and years to do in normal research circumstances so it helped us get the vaccine quickly which was necessary but it didn't bypass any of the important safety regulations and processes and if it weren't for all of those processes it wouldn't have been subject to the UK regulation and licensing so it's the MRHA which is the UL regulator has said it's safe and effective to use in humans.

The long-term impact of catching covid is also a risk for you but the research that we have about the vaccine itself because it's been subject to clinical trials is that we would expect it to be safe. Of course, time will tell – this is important but research is coming forward about the effectiveness and safety of this vaccine. Many millions of people across the world have been vaccinated and will be protected as a result of doing so please come forward and be vaccinated, it's important that you do that

There are likely to be other variants and strains of the virus until we have the world vaccinated against covid, right now we know that the 2 main strains of the virus that are circulating are protected to the same extent after the vaccine but particularly after two doses so you're protected even after one dose but especially after two doses. That'll protect you against the two main strains of the virus so we have a lot of confidence and developing

confidence that the vaccines we have for use now will protect you against new variants.

Well no vaccine is 100% effective but this vaccine is estimated to be around 80% effective so it gives you a significant amount of protection against serious illness and disease.

Worried about getting ill after the vaccine? Well it's possible that you may have a sore arm, or you may have very mild flu like symptoms. The best thing you can do is take a paracetamol or other mild painkiller. You're very likely to have no symptoms after 24 or 48 hours so any you do have shouldn't be long lasting.

Many, many millions of people have been vaccinated with the Astra Zenica vaccine and have been vaccinated very safely. The blood clots are a very rare event and it has to be seen in the context of the millions of people who have been successfully vaccinated safely.

You can't choose the vaccine that you get. There are three vaccinations at the moment but if you are under 40 you will be offered either Moderna or Pfizer. For everyone over 40 it could be any one of those three (including Astra Zenica) simply because of supply and logistics. All of the vaccinations are shown to be highly effective.

The vaccination does not affect fertility. There is absolutely no

evidence to say that it does. If you've missed your original appointment or if you got the time wrong then call the national helpline. The number will be on your letter so give them a call and have a new appointment time offered to you. It's possible that there may be walk in or drop in centres that might be an option for you at some stage but definitely reschedule it as we just want you to be vaccinated.

The vaccine will not alter your DNA.

The vaccine doesn't have a micro chip tracking device in it and to be honest if people wanted to know what you were doing then they need look no further than your social media pages or your receipts to see what you bought at the shop. There's absolutely nothing to say that you're going to be tracked or that anything is going to enter your brain that you have to be worried about.

The vaccine does not contain pork or any animal derivatives.

Covid is not caused by 5G masts. That's information that is circulating but it really is absolutely untrue.

There are community vaccination clinics happening throughout Aberdeen city with new dates and

locations being added regularly. For more information visit www.nhsgrampian.org/COVID-19-vaccination-clinics





**DON'T
FEED
THE
BIRDS!**

**I'M HERE
FOR YOUR
CHIPS**

Residents across Aberdeen city are being urged not to feed seagulls in the city in order to reduce the level of disturbance they are causing.

There is a rising number of gulls in Aberdeen who are building nests on the roofs of houses and businesses here. Life has become easy for gulls in the city due to the discarding of food and people deliberately feeding them.

Advice on dealing with urban gulls:

Do not feed gulls or drop food scraps as these birds are scavengers and once they find discarded food the gulls are encouraged to stay close to that spot. You may also be liable to pay a penalty for littering as it is an offence.

Be a good neighbour and don't attract gulls to your garden area.

The bird's natural diet is shellfish and other small sea creatures, bird's eggs, insects and earth worms. Too much human food is not good for them.

When fed regularly by people the gulls expect all people to do the same and this can lead to them attacking them for food.

Property owners can discourage gulls from nesting on the roof of their properties by fitting spikes to chimney stacks and flat roofs, fitting wires or nets to stop the birds from landing, and arranging for removal of the nests and eggs of birds who have managed to land.

Problems associated with gulls:

Gulls make a lot of noise and this can last all day.

Birds can damage property by disturbing roof tiles, blocking gutters, chimneys, clogging drains and ventilation systems.

Bird droppings can deteriorate the condition of our city's buildings and statues.

Gulls can also carry a number of diseases such as salmonella and tuberculosis which are potentially fatal to humans. The birds and their nests can also host mites,

ticks and fleas which can cause other health issues for humans.

Gulls can be aggressive to each other and people, especially when they are defending their young and/or fighting over food.

There is no quick way to tackle this issue and control measures need to be kept up for several years in order to be effective.

The key to this is reducing the gull's ability to breed and their supply of food. Under the Wildlife and Countryside Act 1981 it is illegal to capture, injure or destroy any wild bird or interfere with its eggs or nest. However, you can employ the help of specialist companies to remove the eggs or nest of urban gulls for health reasons. Use of poisons to take or kill any bird is prohibited and action must be humane.

More information can be found at news.aberdeencity.gov.uk/advice-about-gulls-for-residents-and-visitors

Jackie Dunbar

It has been a privilege to represent Cummings Park and Northfield, as your local Councillor, and it was the honour of my life to be elected the MSP for Aberdeen Donside at the Scottish Parliament election back in May. I would like to take this opportunity to thank everyone who voted for me and highlight to those who did not that I am here to help you in any way I can. I have always done by best to assist anyone who has contacted me as your local Councillor for the last 14 years and I will continue to do my best for anyone who gets in touch with me moving forward.

I would also like to let you know that while I continue as both your Councillor and MSP for the next year, I will be donating my Councillor salary to local charities every month. I have so far have donated to various foodbanks, Mastrick Community Centre, Future Choices, Gordon

Highlanders Museum and my last few salaries have gone to Middlefield's @thehub for a new fence that they needed to divide space between parent and toddler group and under 11s.

If any other community groups could do with a little funding, please do get in touch with the details of how you would use the funding and who would benefit.

I am now in the process of putting a team together, and renting a local office, so I can be accessible to you. If you need some assistance with an issue or you feel there is a matter needing raised in the Scottish Parliament I will be there to assist you when needed. If you are needing to get in touch in the meantime, the best way to do so is by email: **Jackie.dunbar.msp@parliament.scot** as I do not currently have an office phone line set up yet.

Kevin's Diary

July 31 2021: The Scottish Premiership began today. In the build-up to the top-flight football season starting, I noticed two things - one, that when people begin sentences with "with all due respect", they are about to say something enormously disrespectful, and - two, when someone says a player literally does something, my heart sinks as I worry what is about emanate from their mouth. My favourite of recent years is, "He literally played out of his skin."

August 15 2021: in 11 weeks, it will be Hallowe'en. One of my pet hates about this time of year is the slew of supposed Hallowe'en-related playlists, which have songs with a tenuous link to the day that is referred to as All Saints' Eve. The biggest perpetrators, in my opinion, are the people who put "Ghost Town" by The Specials on said list - a song which has nothing to do with Hallowe'en.

WORD SEARCH

All the words below (they are surnames of UK Prime Ministers) will be found in the puzzle below – except one.

The nine words that are there are found horizontally, vertically, or diagonally. In some instances the words are backwards.

Can you spot the word that is not there?

BLAIR • BROWN • CALLAGHAN
CAMERON • HEATH •
JOHNSON • MAJOR • MAY •
THATCHER • WILSON

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

The missing word is **MAY**.

		R	E	C	H	T	A	H	T
	C							T	
	N	A	H	A	G	L	A	L	C
	W		M					E	
	O			E				H	
	R				R				
	B					O			
		L					N		
R			A						
O			W	I	S	L	O	N	
J					R				
A									
M	N	O	S	N	H	O	J		

SOLUTION

A Holiday Weekend At The Carnivals

ALAN JOHNSTONE

There was great excitement in Aberdeen in February 1934 when the Continental Zoo-Circus visited the Tivoli Theatre. The Aberdeen Press and Journal described the event over several days.

Friday 23rd. "Noah's Ark Train For Aberdeen . The largest wild animal train in the world, containing various species for the great Continental Zoo-Circus which is visiting the Tivoli Theatre next week, will arrive at Aberdeen Station on Sunday forenoon. First the horses and elephants will be taken to the stables, then the huge steel cages containing lions, tigers polar bears, black bears, sea lions, etc., will be consigned to the theatre. Professor Jeserich, the well-known horseman who gave exhibitions of riding at Kelvin Hall last Christmas, is in charge of operations. The horses alone are insured for £10,000." (£735,000 today).

Saturday 24th. Tivoli to Have Circus. It has become a custom in recent years for the circus to forsake the tent during the winter months for the music hall stage, but surely the transition has never been accomplished in such a large scale as the Continental Zoo-Circus which comes to the Tivoli Theatre, Aberdeen, next week. Elephants, tigers, lions, polar bears, black bears, a boxing kangaroo, snakes, a sea lion, and teams of horses form the huge cast of this show, with the usual acrobats, dancers, high wire-walkers, trapeze artists, and clown in attendance. This will certainly be novel theatre fare, and

with the transformation of the stage to the ring, comes the evergreen lure of the circus. Everyone enjoys a circus, and the novelty of the surroundings of this one gives it an extra attraction.

Tuesday 27th Circus and Zoo at Tivoli Thrills and Amusement Abound in Distinctive Show. Lovers of the circus were out in force at the Tivoli last night. The first house was much nearer to being full than is usual for a Monday, and for the second house long queues, outside and inside, were waiting. The great attraction was the Continental Zoo-Circus. Elephants, lions, tigers, polar bears, little black bears, sea lions, ponies and horses - all ingredients of the circus were there, all trained to perform clever tricks and tableaux. The most thrilling acts were the two presented by Captain de Kok, in which he appeared with his lions and tigers. The snarling, growling beasts often seemed to be on the point of rebellion, but in the end they did as they were bid. One lion refused to obey the crack of the whip, but when the trainer flung away both whip and crook which he wielded, the lion trotted to its place like a lamb. The tigers looked even more fierce than the lions, and one daring act kept the audience on edge till all the beasts had successfully performed it.

Clever Sea Lions. There was infinite cleverness and much comedy in the act of a troupe of sea lions, presented by Herr Paul Schmidt. The odd-looking creatures did marvels in the way of balancing

pails, large or small, on their noses, and never made a mistake. A novelty presented by Evelyn was a troupe of six polar bears. Their grouping and obedience to orders were very good, and they seemed to enjoy sliding down a chute. In spite of the necessarily smaller compass of the ring on the stage the trooping and grouping of the five horses and ponies were pleasing to the eye, and executed with great precision; and the turn in which two large elephants and a wee one appeared proved very popular; as did that in which Professor Jeserich put his clever horse Locus through its paces to various dance tunes. A boxing kangaroo delighted the many children in the audience. Additional circus atmosphere was added by a trapeze act by two girls, whose daring thrilled the audience. Ali and partner in a knock-about act, the Afana Brothers, acrobats, a contortionist and a comedian, and six dancing girls, who, in one dance, each carried a snake round her neck, added variety to a distinctive programme that all should enjoy.



Elected Officials

Councillor David J Cameron

Life, post Covid-19 does go on and problems arise which need to be dealt with so please do not hesitate to contact me at any time with issues which you feel I could help solve.

Recently, one aspect of life which has emerged as a worthwhile exercise moving forward would be the re-emergence of allotments in the city. There are a few very successful allotments locally such as Garthdee Fields, Greyhope and Countesswells. There appear to be a number of historical allotment areas in Mastrick. The areas designated were traditionally allotment space which, with the passage of time, have become green amenity space.

As a child I remember many people working allotments for their family's and community's benefit. I think the last 18 months of dealing

with Covid and the priority global warming has received has made a lot of us reconsider our ways of life. As part of this, the use of allotment space is probably part and parcel of a recovery plan for communities with the obvious benefit of producing fresh food locally and the improvement in mental health of those engaged in the activities.

If we wish to rejuvenate these allotment spaces it would be possible, with support from Council Officers and community involvement. If you are interested in moving this concept forward, please contact me and I will happily support you.

You may have noticed that the street lighting has changed. Aberdeen City Council has a policy to remove the halogen lights and replace them with LED. The LED lights are cheaper to

operate and gives a light which will improve resolution on CCTV images, improving community security. However, there have been comments from Mastrick residents that the light intensity is not as great as before and that there are dark spots on footpaths. This can be rectified so, as the darker nights arrive, please let me know of any areas like this with an accurate location and/or report this to the Council in the same way you would report lights which were not working.

Please stay safe and look after yourself, your loved ones and your neighbours so that we can emerge from this pandemic stronger, wiser and with an increased sense of community.

Council email – Dacameron@aberdeencity.gov.uk
Phone – 07876760760

Councillor Gordon Graham

Hi Folks,

Northfield Swimming Pool

I am glad to say that by the time you read this that the contractor will be on site and work started.

New housing for our families

Not much of an update but our housing priorities is progressing well as the Summerhill Site comes to fruition. Despite hold ups due to

Covid it is planned that over the next few years there will be 256 houses available on site. There remains to be a date set for the remaining 113 houses but this will see a total of 359 houses being built, providing much needed homes for folk.

Mastrick Surgeries

A number of people are complaining that there is no GP Surgery at Mastrick and have requested to

find out what is happening with the promised GP practice at Greenferns. I am investigating this and will advise when I have further information.

Councillor Gordon Graham

Email: ggraham@aberdeencity.gov.uk

Phone: 07736 329751

Interview with Tracy - part two

The Mastrick Matters team wanted to start using the shmu page to introduce you to some of the staff and volunteers who are involved with shmu. Recently we spoke to the Volunteer Coordinator, Tracy Ewing and here are some of the things she had to say about her experiences at shmu. We included part one in the previous edition of Mastrick Matters so read on for part two.

HOW DID YOU FIND WORKING AT SHMUDURING LOCKDOWN?

So I started out finding my feet in a job when there's not been anybody in the post beforehand. It's a brand-new job and you're creating new policies, taking some of the load off colleagues and looking at better ways of doing things.

I'm not going to lie, I found it really challenging to be in a new role, a new organisation where I don't really know people like I have done in my previous roles. In all my previous roles I had been in for a long time, so it was

really sort of fixed within the team, so I think it's been really challenging because you don't have those sorts of established relationships, they're all new and then you're at home and my job role changed quite a bit at home. There were things that I would have been doing in the building that just weren't possible to do last year because we weren't face to face, weren't looking at events, we weren't looking at outside broadcasts or more community stuff so all the things that had been focused on and put in place when we were in the building, there was just Covid so we couldn't do that, so it's been very different.

So, I think that it's been challenging with us being in lockdown, but we've had to be a lot more inventive about how we've done things, and, in all honesty, I think it's been amazing because you know we've managed to do so many things that nobody thought would be possible and I'm really proud to have been part of that.



Tracy

Story of my head shave

Kevin Morrison

"Good people do good things for each other. End of story."

Those were the words of one of my schoolteachers, words which resonate with me daily.

I had my head shaved to raise money for Cancer Research UK (CRUK) on August 18 2021.

With the funding raised, CRUK do research into treating cancer patients

(their research has played a role in developing eight of the world's top ten cancer drugs) - and also on their cancer nurses, who provide support and guidance to people affected by the illness.

I felt that it was important that I contributed. People in my family have had cancer then died. Nine years ago, my dad died after a brain haemorrhage and various cancers were mentioned

on the death certificate. More recently, other members of the family have been affected by the disease.

I felt that participating in fundraising and shaving my head was a small thing compared to what people with cancer go through every day.

It gives me a sense of enormous satisfaction, knowing that I've made a difference and contributed to society.



Grampian Credit Union

We are a savings and loans co-operative open to everyone living or working in Aberdeen city, Aberdeenshire and Moray areas. For over 28 years, we have helped more than 10,000 people in the Grampian area with saving and accessing affordable loans and credit - and now we can help you!

If you have not already joined us or benefited from our savings or affordable loans, contact us today and see how we can assist you with taking charge of your financial future.

If you need a loan for eg. home improvements, new car, your next holiday or to help pay for Christmas, we can help. With loans from as little as £200, you can contact us through any of the following ways:

Website: www.grampiancreditunion.co.uk

Email: admin@grampiancreditunion.co.uk

Telephone: 01224 561506

Office: 250 Union Street,
Aberdeen AB10 1TN

Pathways in Mastrick

Pathways are now open for business and slowly returning to working in the community and have now started meeting fully vaccinated clients face to face while following current guidelines. We have been working from the office since February this year, helping clients through phone calls and email.

So far we have helped 74 people back into work during this difficult year. As the lockdown has been easing and the hospitality sector opening up there has been an increase in vacancies throughout the whole of the city. So things are looking much brighter!

In Mastrick, our Employment Keyworker Theresa Mackay covers the area. One of the clients from this area has successfully gained employment as a catering assistant at a primary school so that it fits around their own children's school days and

holidays. Pathways supported them through the interview and employment process and provided help with interview coaching.

Clients were being seen at Mastrick Housing Office but due to this still being closed, face to face appointments are being offered at Northfield Community Centre (Beehive) until an alternative can be found in Mastrick.

If you would like help to find work call us on 01224 682939 and ask for Theresa Mackay or email directly on t.mackay@pathways-online.org

To keep up to date with developments at Pathways and when face to face meetings resume in the Tillydrone area, follow Pathways on Facebook www.facebook.com/PathwaysAberdeen1A

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen Carers Support Service - 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

Mastrick Doctors

01224 662933

YOUR LOCAL ELECTED OFFICIALS ARE:

Local Councillors

Councillor Ciaran McRae

01224 346630

cimcrae@aberdeencity.gov.uk

Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councillor David Cameron

07876760760

Dacameron@aberdeencity.gov.uk

Councillor John Wheeler

07500999593

Jowheeler@aberdeencity.gov.uk

Councillor Steve Delaney

01224 346614

Sdelaney@aberdeencity.gov.uk

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

0131 34 85067

Jackie.Dunbar.msp@parliament.sco

DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by: Your husband or wife, your boyfriend or girlfriend, your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

Police Scotland

If you are in danger and it is an emergency, call 999. For non-emergencies call 101

National Domestic Abuse Helpline Free and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: sdafmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932. Website: rapecrisisgrampian.co.uk