

mastrick Matters

Spring 2016



In this issue:

COLLECTIONS INTERACTIVE
ST CLEMENT'S CHURCH
STREETSPORT
GOLDEN GAMES
BEAUTIFUL ABERDEEN

www.shmu.org.uk/press

mastrick Matters

Spring Edition 2016

contents

Collections Interactive	3
St Clement's Church	4
Streetsport	5
Walking Group	6
Community Council	7
Golden Games	8
Grampian Women's Aid	9
Beautiful Aberdeen	10
Three Summation	11
DISSC	12
Northfield Academy	15
shmu	14
Boys Brigade	15



editorial

Welcome to your Spring edition of the Mastrick Matters community magazine!

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 or submit an article then get in touch with Laura at shmu on **01224 515013** or you can email her on **laura.young@shmu.org.uk**.

You can also get in touch with us via our new 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

The Mastrick Matters editorial team would like to remind our readers that we are a fully funded magazine and would advise that no donations are needed.

Happy reading!

Mastrick Community Centre events

Car Boot – 11th June

Playscheme starts 12th of July and will run on Tuesdays and Thursdays. The programme will be ready after the Easter holidays. Contact the centre on 01224 788288.

Summer Fayre – 30th July 10-1pm

Supported By



Treasures from our Collections Interactive Exhibition at Mastrick Library



Delve into a treasure trove of historic artefacts in Aberdeen City Libraries' Treasures from our Collections interactive exhibition. The unique project reveals the story behind items dating as far back as the 17th Century which are held in the archive and collections of Aberdeen's public libraries.

Discover how Aberdeen found fame as 'The Silver City by the Sea', read detailed accounts of 19th Century crime and punishment in the libraries' Broadside collection and unravel

the secrets of the Egyptian Book of the Dead in the fascinating exhibition available to view on touchscreens in Mastrick, Tillydrone, Airyhall and Central libraries.

Aberdeen City Libraries are unveiling five different items each month until July 2017 when the exhibition will have revealed 125 items to coincide with the 125th Anniversary of Aberdeen Central Library next year.

In addition to the interactive exhibition in Mastrick Library,

each month's featured items will be displayed physically in the Information Centre, Central Library (open 9am-8pm Mon & Wed and 9am-5pm Tue, Thurs-Sat).

Touchscreens can be used to view the exhibition by all - library membership is not required. Please ask a member of library staff for further information or contact Aberdeen City Libraries by e-mailing LibraryEvents@aberdecity.gov.uk or phoning 01224 652500.

St Clement's Looking to the future

The landmark church building at the Lang Stracht end of Mastrick Drive was established when the community was first created in the 1950s. We have continued to serve the people of Mastrick in a variety of ways - social, spiritual, and practical - with genuine care and a loving heart for everyone who comes through our open doors.

A Scottish Episcopal Church ...and much more!

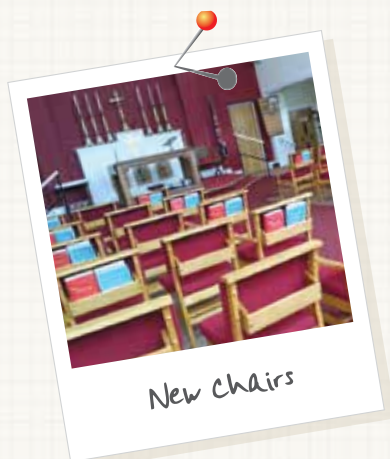
Churches are said to be "out of fashion" and no longer relevant. But, those who experience what churches actually do know how far from the truth that can be. Churches meet the needs of lots of ordinary folk and, importantly, of communities such as Mastrick, Summerhill and Northfield where many people struggle with real and deep needs.

Going to church can take courage. If it's an unfamiliar place we may wonder what to expect. Some may find it difficult to meet new people and to fit in with what's going on. To help, St Clement's is looking to the future. Our buildings are being made more user-friendly and given a feeling of warmth and welcome for everyone. "Come as you are" is the watchword and no-one need feel out of place. St Clement's is an all-inclusive church providing a safe environment in its fellowship.

Young children and babies, youths, middle-agers and oldies are all represented.

Our Hall and Church have been re-decorated. Pews are now replaced with attractive and comfortable chairs.

This also facilitates other uses for the worship space, opening it up to music, drama, group activity etc.



New chairs

Church Interior

Our spacious church Hall is regularly used for a variety of functions and activities and may be hired by anyone in the local community. The Hall's wooden floor has been sanded and sealed, making it "like new."

Soon, a full wheelchair and easy access ramp will be installed at the church, and there are plans to enlarge and upgrade the car park. These long-overdue improvements will be of benefit for years to come.

PILGRIMS ON THE WAY OF ST JAMES

In the autumn, a new Minister, Nick Bowry, will be arriving at St Clement's to serve both Church and community. During the summer months he will be making a spiritual pilgrimage on the well-known "Camino de Santiago" (The Way of St James). Reputedly, the remains of St. James, Apostle and patron saint of Spain, are buried at Santiago de Compostela.

The pilgrims' route, about 500 miles long, usually takes 30 days to walk.

SANTIAGO DE COMPOSTELA CATHEDRAL AND TOWN

Nick will no doubt quickly become a familiar figure in the area, particularly to children and young people in local schools and clubs.

Ken Gordon
Priest-in-Charge
Tel. 07715 169548



Santiago de Compostela
Cathedral and Town



DENIS LAW LEGACY TRUST

STREETSPORT

Streetsport is coming to Mastrick!

Streetsport are now in residence on a Friday evening in Mastrick from 19:30 – 21:00. Providing a wide offering of sport and creativity programmes Streetsport has something that will interest all young people. We are able to provide a number of major sports such as football, basketball and hockey etc. as well as minor sports such as dodgeball, tennis and handball.

Come along with your friends and try something new or just to have something to do for free in your local community. Supported and run by a number of fantastic volunteers trained to lead and create fantastic activities in a fun but safe environment.

Denis Law's Streetsport is a non-profit 'prevention, intervention and diversionary tactics initiative' based at RGU SPORT in Aberdeen that actively reduces instances of youth crime and anti-social behaviour.

Established in 2006, Streetsport delivers free weekly sports and creative activity sessions for young people throughout Aberdeen City. Streetsport deploys mobile activity arenas directly into local communities

and operate during peak times of anti-social behaviour. Streetsports evening sessions currently number at 10 a week just now with a view to this increasing to 15 by the summer.

Streetsport aims to support & empower young people to be confident, capable, independent and responsible citizens within their communities.

The overall aim of our activities is to promote health and wellbeing and encourage inclusivity through sport, physical activity and creative endeavour'.

Streetsport offers fantastic free of charge opportunities both for young people to enjoy physical activity in a fun and safe environment but also giving the opportunity for over 16s to become more involved in their

community and more importantly increase their employability.

Streetsport are "Volunteer Friendly" accredited and provide fantastic opportunities to enjoy volunteering with like-minded people. If interested visit www.streetsport.org or check out our Twitter page @streetsportrgu to see how you can get involved (our free volunteer quarterlies are not to be missed!)

The evening multisport sessions are just 1 programme Streetsport currently runs. With 9 others being rolled out constantly there is something here for everyone from creativity, leadership or positive destinations. Whatever it is you're after Streetsport can help with, just get in touch for more info m.williams2@rgu.ac.uk





Walking Group

It was not a good start to the year for walking with the storms. Mid-January we went to Swanley which is down beside Stonehaven. At the top of hill, we were looking out over Stonehaven and the War Monument, the sea looked beautiful in the sunlight. Then it started to snow, we had our lunch in the forest which did shelter us a bit. Walking through the forest with the trees covered in snow was like a Christmas card. This was one walk which we will not forget.

In February we went on a trip up to Banff to Duff House which sits on the river Deveron, through the gates into Wrack Woods which are full of snowdrops. Over in a secluded part are the graves of the family pets from the 1800s. Looking over towards Macduff we could see The Hill of Doune with the Temple of Venus on the top. Then we passed an ice house constructed in about 1790. Next is the mausoleum which

contains 21 family members, the youngest just 6 years old. The walk continued up to the beautiful Bridge of Alvah which was built in 1772 where we had our lunch. Then up an incline to a dove cote which was a source of food a long time ago. Then back down the old Drovers road to the car park

Also in February we had a walk at Gartly Moor beside Huntly. When we got to Gartly Moor the snow was on the ground, we had a lovely forest walk and the sun came out which made it all the better. After lunch some of the girls decided to make a snowman. We climbed to the view point and got lovely views in-between the snow showers, another lovely walk

The beginning of March saw us go out to Dinnet to walk the Deeside Way, this is the old railway line which starts at Duthie Park and ends at Ballater. When we left Mastrick there was a good covering

of snow on the ground but the further out we went there was less snow, when we arrived at Dinnet there was no snow and the sun was out. The walk was lovely looking over the mountains which were covered in snow. We arrived at the Cambus O' May suspension bridge which was damaged by the floods and is still closed. We had our lunch here it was beautiful sitting there in the sun as you can see in the photograph. After lunch we returned back the way we had come.

We are always looking for new members. One group does easy walks with no hills. The other group does moderate walks with some inclines, so there would be a group to suit your ability.

If you are interested in joining a group phone me on **01224783627** or email **helenandraymond@hotmail.co.uk**

The Mastrick, Sheddocksley & Summerhill Community Council

The Community Council meet once a month at the Mastrick Community Centre (3rd Wednesday 7-9pm). The meeting is set out formally to ensure all issues are covered and recorded but there is scope for any additional business that anyone wishes to bring up.

The main function of the Council is to distribute grants received from the Local Authority. Councillors also attend our meetings and they can provide useful insight into various issues and are happy to provide advice on areas we are unclear of as well as follow up our issues with the relevant Council employees if required.

Recently we have donated to the local primary schools in the neighbourhood. We also donated towards Mastrick Community Centre Nursery Group who were struggling with funding to take the kids to BA Stores to see Santa Claus and his helicopter!

If you know of any community groups that might benefit from CC funding them please let them know we are here and waiting for their requests! Obviously we can't donate to just anything but if we receive a request with a proposal for a certain amount and what the money will be spent on as well as the benefit this will bring to the community, then we discuss at the meeting

and if in agreement the money will be donated

Other functions of the council are to review planning applications and consultations pertinent to the area. If you feel like you don't have a say in how things are changing in your local area then please come along and have your say.

Currently we have 9 members but have the option to take on 3 more members. We can also have an extra 2 members on top of that who are aged between 16 - 18 so please get in touch if you live in the area and you are interested in joining us.

Or you can attend the meeting as a member of the public anytime and there is no pressure to join officially.

If you are not keen on the meetings you can contact the Secretary at any time who will make sure that your idea or issue is distributed to the rest of the members and discussed at the next available opportunity. If your issue is not something we can help with then we will direct you to the relevant Councillor or Council Department to contact.

**Contact – Louise McCafferty,
Secretary on [loumccaff@
hotmail.com](mailto:loumccaff@hotmail.com)**

**Meetings - 3rd Wednesday
of the month @ Mastrick
Community Centre 2-9pm**



Mastrick Senior Citizen's Tuesday Club

This club is open to all senior citizens. We meet every Tuesday afternoon club starts between 2 -3.30pm but we are there any time after 12 noon so it is not a problem if you come early. We have an average of 45 members every week. The club is run by a committee who meet every month to discuss club matters. The cost of entry to the club is £2 every week except your first week. We have live entertainers most weeks but try to keep one Tuesday a month for bingo. We go out on afternoon runs about twice a year, our last was to Banff to visit the spotty bag shop which was very well attended and enjoyable

During our summer drive last year we went to Dundee for most of the day and at Christmas we have a Christmas meal followed by a lovely party which costs you nothing.

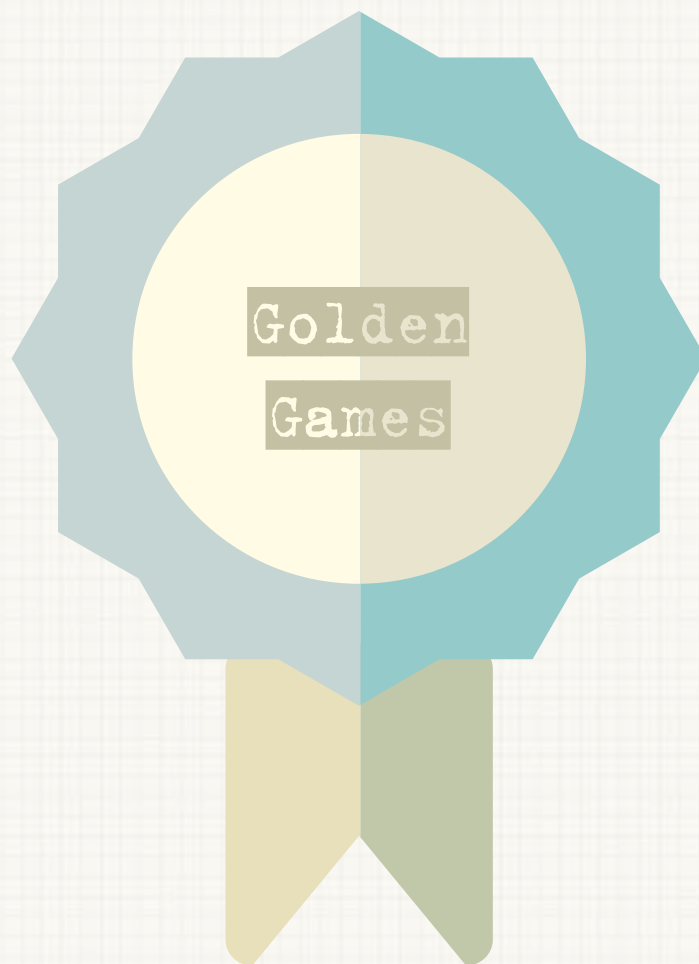
The group has been on the go for over 40 years. Jim, 92, is one of the longest standing members and has been attending the group for the past 31 years. As well as coming along for a chat and a fine piece he also calls the bingo numbers.

Jim said: "I love the club, just wouldn't ever miss it."

If you are free on a Tuesday why not come along and see what it is all about.

Golden Games

ABERDEEN'S FREE SPORT FESTIVAL FOR OVER 65s



After being widowed for 5 years I barely went out socially. The only time I left the house was the necessary chore of buying food or clothing. One day while in the city centre I was approached by two members of Aberdeen City Council's wellbeing team and handed a small flyer entitled Golden Games.

Jayne Boyle then explained that Aberdeen City Council were trying desperately to get older, lonely and retired people out of their homes to join in with small groups to do light exercise and participate in various suitable sporting activities over a two day programme and was absolutely free of charge.

After reading the flyer in the comfort of my home I decided to attend and booked in to participate in several of these session such as grass bowls, golf, table tennis,

swimming, putting, each walks, Zumba, croquet, ten pin bowling, light hill walking and even having a try at climbing the extreme wall at the beach centre. Not only does it give you a chance to try different sports but I met scores of new people and since then I have made regular friends with dozens of them and most of all it got me out of the house. Most of these exercise sports are also made available weekly or monthly throughout the year at a very small cost.

To sum up my experience I thoroughly recommend to anyone or any couple that's lonely out there to make time and to go along and meet the very, very friendly wellbeing team and you can make new friends and enjoy taking part in the various enjoyable past-times laid on by the team.

Since my first 'games' experience I have since joined Aberdeen

Silver City Surfers and through that group I am attending projects in primary schools throughout Aberdeen as a volunteer and enjoy every second of the sessions. If I had not met Jayne and her companion that day in the city centre I would have probably never have stepped out of my front door and I would not be in the positive frame of mind I am in today. So my advice to anyone feeling along out there is don't just think about it, fill in the 'Golden Games' form when it comes out and take part and you too can meet new people and perhaps make new friends and enjoy a healthier lifestyle.

By Kenny Bonner who has been a Mastrick resident for over 45 years.

Grampian Women's Aid



Practical and
emotional
support



Information on
housing, benefits
and legal issues



Support finding
a new home

Grampian Women's Aid have moved

Grampian Women's Aid are a charity offering a free, confidential and non-judgemental service to women who have experienced domestic abuse. Their office is now based at 25, Greenfern Road, Mastrick.

Domestic abuse is when a partner or ex-partner makes you feel scared or frightened. You might be hurt physically, sexually or emotionally. It often gets worse over time and although it can impact on anyone, it is most often experienced by women.

One in four women will experience domestic abuse at some point in their lives. One in two women are killed every week in the UK by a male partner or ex-partner.

The charity offers:

- One to one practical or emotional support
- Support, whether you choose to stay with or leave your partner
- Safety planning
- Somewhere safe to stay either in refuge (where available) or other housing options
- Information on your legal rights, housing options, welfare benefits
- Support in finding a new home
- Counselling
- Safety measures for a new home
- Employment and training support

If you would like to find out more about Grampian Women's Aid you can call 01224 593381 or email info@grampian-womens-aid.com

Pathways in Mastrick

Pathways have been actively working in Mastrick helping people to find work for a number of years now and our Employability Keyworker, Theresa Mackay, meets with people looking for help at Mastrick Housing Office, Spey Road on Wednesday from 1.00pm till 5.00pm and on Thursday 09.30am till 11.30am. As there is currently a waiting list please call 01224 682 939 for an appointment.

Theresa has helped many people to find work across a number of industries and types of jobs. One of Theresa's clients came to see her for assistance having just lost a job she had for 25 years due to health reasons. The first thing Theresa did was to get all the relevant information to create a new CV for the client and also set up accounts with various web sites including Aberdeen City Council and NHS Grampian. Theresa also advised the client to hand out CV's to companies she was interested in working for and one of these gave her an interview and she was successful in getting the job.

Pathways help people from the age of 16 upwards and from all backgrounds and help to identify the job or training that is right for you. We also help you to develop a plan to reach your job goal, help with CV's, assist in completing application forms and we also have access to funds to remove barriers to work e.g. clothing or equipment needs.

If you would like help to find work you can contact Theresa MacKay by phone on 01224 682 939 or by email at t.mackay@pathways-online.org.

Tyrell Centre

The James Tyrell Centre has been a big part of the Mastrick Community for 28 years after opening in 1988. It was set up to prevent social isolation in older people but at the time there was a high rate of unemployment in the city so it gave people a worthwhile voluntary placement for people who were looking to get back into work. Older people from around the city attend the group and there is a minibus which picks up people who are living in the wider Mastrick, Northfield and Stockethill areas.

Dorris – “I’ve been coming for nearly a year. My husband was here before me and he passed

away. After that happened I was lonely so I asked if I could come and I’ve just slotted in to the group. I’ve made good friends and I look forward to the group. You feel your sores sitting in the house but you never feel them here!”

Andrew – “I’ve been coming for five and a half years. The doctor referred me and I’ve never missed a day. I like it here and I come on a Monday, Wednesday and Thursdays. It’s better than sitting in and watching the box – you’ve got much more comedians in here!”

Sheila – “I was a volunteer for 14 years but I broke my hip so I’ve been promoted to being a

member of the group. I just came in all those years ago and asked if they needed any help. The group is something to get out of bed for.”

Ronnie and Douglas – “It gets you out of the house or away from a spouse. On a serious note it can give them a break as well.”

Alan – “It’s a different kind of atmosphere and you get to mix with people you wouldn’t normally mix with. We get to watch the gogglebox from time to time as well.”

If you would like more information about the Tyrell Centre you can contact Jane Wilson on

01224 692004.

Beautiful Aberdeen

Beautiful Aberdeen is a litter picking project which is run by two students who have lived in Aberdeen for over 5 years now. We originally began in Mastrick where we managed to collect over 31 bags of rubbish from the area and recycled just short of 250 items in 1 year. The project began after we were inspired by a Facebook page which is operated by a woman in America who picks up trash off her local beach (The Daily Ocean). We began to look at our local area and think that someone ought to clean it up too – eventually we realised that we were somebody and we were could pick it up and so Beautiful Aberdeen was born. We’ve found some interesting items on our walks – sadly we have yet to find gold but there’s always time. We recently moved house so it’s farewell to Mastrick and hello

to Old Aberdeen, but we hope that the work we have done will inspire everyone in Mastrick to continue to take care of the area. You can view photos of the work we did in Mastrick as well as our ongoing work in Old Aberdeen on facebook at: www.facebook.com/beautifulaberndeen/

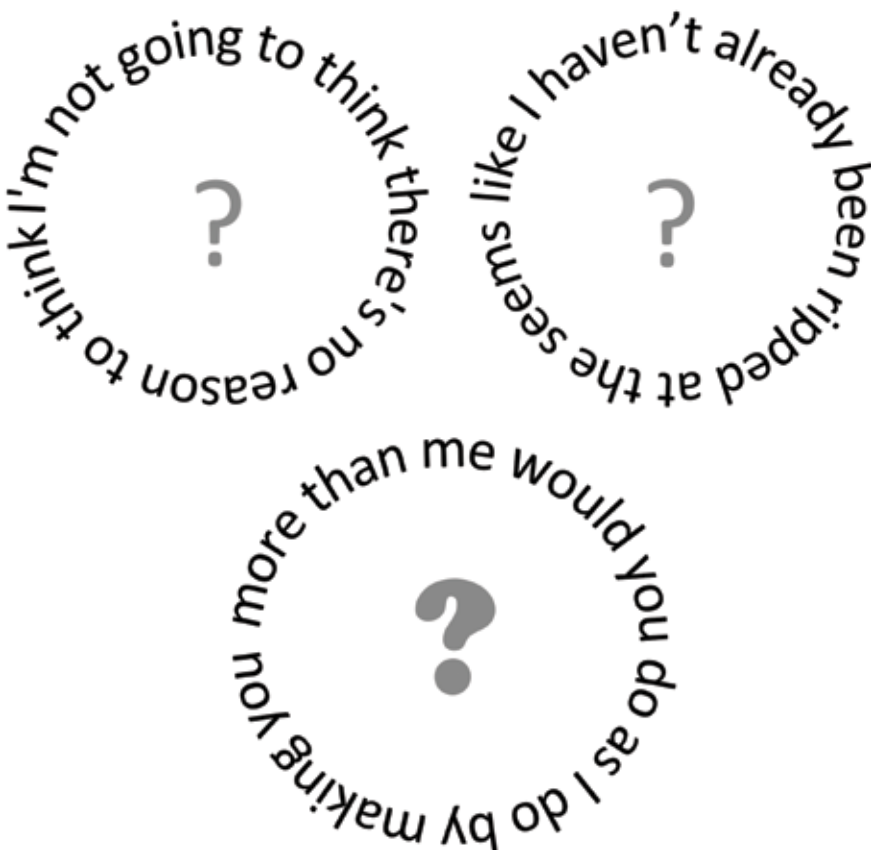
As another small note, a Friends of Aberdeen beach group is in the process of being set up by volunteers from around the city. If anyone is interested in helping to clean up the beach please keep checking our Facebook page for forthcoming details.

Keep it Clean Aberdeen!
From, Beautiful Aberdeen Team



John's Creative Section

something with this featured future section of mine when I'm asking, nae begging you, where you might be interested in my please check this out as I've checked out the internet to see how I might fair with fairly looking online as might be fair for those of the most complicated short poems. And as it was, when it was, I seemed to find there's no true comparison to the some total of the most complicated short pieces I've written and write here and elsewhere. Though you might want to judge for yourself, if you do or don't judge me all that complicated with a select few items for you to discover and compare with whatever you'd choose in comparison my three with some other three of sum unlimited quantity or quality?



The Mastrick Bowling Group was established in the early 1980s by Frank Robertson. Frank was an elder in Mastrick Parish Church at the time and worked in Archibalds. During this time he managed to secure two household carpets for the group to practice playing bowls on in the hall. Although this was a great addition to the team they needed professional carpets. In the next couple of years Jim's wife became president of the group and managed to get the group professional carpets which they still use.

The group meet every Wednesday afternoon between 2 and 4pm in the Mastrick Parish Church Hall. Although the group meet in a church it is open to everyone and they would like to invite people to come along and give bowls a try.



DISSC

Alex Rae Interview



Alex Rae has been a member of Mastrick based, Disability Inspiring Sports and Social Club (DISSC) since he was 9 years old. Recently he has been ranked Number 1 Table Tennis Player in Grampian and Scotland and the Mastrick Matters editorial team caught up with him to find out about his achievements.

Question 1, from John: how did you first get involved in DISSC?

My mum was in town at the Carers Centre in Belmont Street, where she picked up information on the Summerhill Disabled Club which later became DISSC, I was just a child of 9 years old at that time the rest is now history.

Question 2, from Bryan: What does DISSC mean to you?

DISSC means a huge amount to me as I have learned many things, but mostly in sport. My confidence has grown over the years in DISSC and I enjoy the family style atmosphere.

Question 3, from Kevin: How much support do you get from DISSC?

I have had fantastic support at DISSC from a very young age to develop my skills at playing different sports mainly carpet bowls. My main sport is table tennis which I've had great support with to develop my game. I have completed my Grade 1 coaching certificate so I now help members at DISSC to play table tennis.

Question 4, from Kerry. What does it mean to you to be ranked number 1 player in Grampian and Scotland?

I have developed my table tennis for over 19 years. George Keith who is the head coach in Grampian for table tennis has been a great inspiration in helping me to develop my game and also to get into coaching the sport. It a great honour to have reached the position of Number 1 Learning Disability athlete in Grampian and Scotland.

Question 5, from Kevin: With all you have achieved, what are your future goals?

My future goals are to help members in DISSC in any way I can as I am the Chairperson of DISSC. I have taken a squad to the Wishaw Games which was a great experience for me.

I would like to take a table tennis squad to a Special Olympics as the current coach (George Keith) is retiring soon.

Question 6, from Rose: What is your motivation behind your table tennis achievements?

The motivation has to be the people in DISSC such as Bryan and George Keith outside DISSC, they both have had a big influence in my life. My mum, dad (who sadly passed away very recently) and my wife Kara, who plays table tennis with me. All these people in one way or another have motivated me. Bryan in DISSC has

helped me since I met him and but I treat him as a second father figure.

Question 7, from Laura: What advice would you offer to anyone who was in your position before you started DISSC?

I would approach anyone who has a learning, physical or sensory disability, ask them if they would like to attend DISSC for a taster day and if they enjoy it, then they can join DISSC and try the sports. Wearing my DISSC shirt and my Special Olympics shirt has given me great pride in what I do and who I am doing it for.

Being in DISSC has given me options and also my table tennis has given me the chance to be selected and to represent Grampian at the Special Olympics, in Leicester and Crewe. I have been selected to play in the National Table Tennis Championships in Crewe twice before, winning a range of medals. One other achievement is in winning the Team Trophy with DISSC at the Wishaw Games 2 years running and we are hoping to win it again this year to make it the hat-trick.

I would like to thank the Mastrick Matters Editorial Team for setting the questions for me and I hope I've answered them for you in what being part of DISSC means to me in my life.

Northfield Academy



ECO GROUP SHOE BOX APPEAL

Northfield Academy's Eco Group encouraged the school community to spread some joy this Christmas time. The generosity of pupils, staff and the community amazed us again this year, as sixty four shoe boxes packed with festive fun for children in need around the world were donated to the appeal.

CULTURE CAFÉ

Supported by the Youth Work in Schools Team at Northfield Academy, a group of Prefects have started a Culture Café on Wednesday lunchtimes. The purpose of the café is to support vulnerable young people and offer them a safe environment which will help to enhance their transition into the school community. Culture Café also provides additional volunteering opportunities for the Prefects which will contribute

towards their Saltire Award and help them to further develop a variety of core skills. Starting in September the Prefects have met on a Tuesday after school to prepare some home baked goodies for the following day. As well as selling home baking and hot drinks, the Prefects also prepare a range of activities such as movies, board games, quizzes and crafts. The café has been very successful with approximately 25 – 30 young people of various ages dropping in during the lunchtime. It has also seen a good support from teachers in the school who often pop in for a hot chocolate.

STV CHILDREN'S APPEAL

This year our Charities Committee have chosen two charities to fundraise for throughout the year. Red International and STV Children's Appeal are the charities that Northfield will be fundraising in aid of this year. Both charities are very worthwhile causes that help children within our local community and in India. The STV Children's Appeal is committed to helping children and young people affected by poverty in Scotland. Every single penny

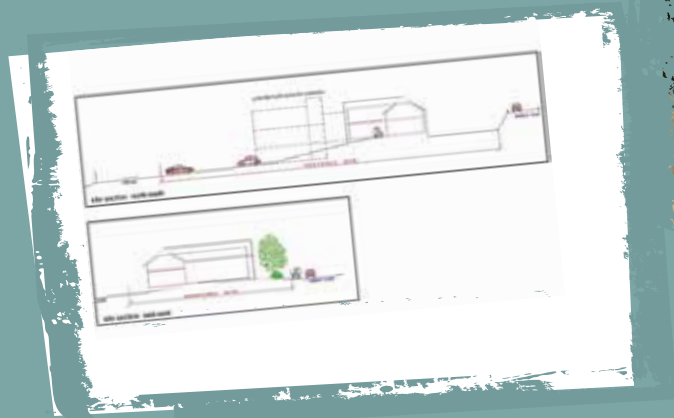
raised by the STV Children's Appeal stays in Scotland and 100% of donations are spent on the children who need it most.

When STV heard that Northfield Academy's Charity Committee chose the Children's Appeal, they invited members of the Charities Committee to attend the Live STV Children's Appeal launch night held in the STV studios here in Aberdeen. The committee were given a guided tour of the studios and had the opportunity to speak to news anchors and some famous STV faces. Pupils met with other charitable groups around Aberdeen and shared different fundraising ideas.

The First Minister Nicola Sturgeon appeared at the launch to speak about the Scottish Government's promise to match the fund up to the first £1m raised.

The Charities Committee were thrilled to meet the First Minister and told her about their business plans for the upcoming year. They were ecstatic when they got the chance to take a 'selfie' with the First Minister herself





Million pound makeover for shmu!

Aberdeen City Council will work in partnership with Station House Media Unit [SHMU] to extend the existing community media hub in Woodside after members of the Finance, Policy and Resources Committee gave their seal of approval.

The facility at Station Road will undergo a makeover to the tune of £1m following a successful bid to the Scottish Government Regeneration Capital Grant Fund (RCGF). The project will turn Station House into a cutting edge, internationally acclaimed centre for community media, enabling shmu to play a key role in the cultural development of the region; gain further recognition as a hub for employability and criminal justice programmes; as well as deliver a unique approach in community development and youth work across a range of communities.

The purpose-built accommodation will be adjoining the existing Station House Media Unit building and will lead to at least a 100% increase in usable activity space.

It is anticipated the extended building will feature fit for purpose radio studios to accommodate the

organisations FM community radio station, a TV studio for live broadcasting, a music recording studio, digital editing facility and a digital learning centre.

Amenities such as additional office space, a new multi-purpose community/social space including a small scale performance area offering work experience will also form part of the extension plans.

Welcoming the news of the grant award shmu Chief Executive Murray Dawson said: *"We are absolutely delighted with this grant award. Our five-year strategic plan, developed three years ago, set an aspiration to operate out of state of the art, fit for purpose facilities. This grant award will turn that vision into reality and will provide a fantastic boost to all of our volunteers, service users and staff."*

"We have delivered exceptional programmes and services for more than 15 years from a relatively poor facility base. The prospect of operating from a building designed specifically for our programmes, in conjunction with our stakeholders, is a really exciting proposition."



Meetings of 36th. Aberdeen Company will continue until the end of June in the St. Clement's Scottish Episcopal Church Hall, Mastrick Drive on Tuesday evenings. The Anchor Section is for boys in primaries 1 - 3. The Junior Section is for boys in primaries 4 - 6 and the Company Section is for boys and young men in primary 7 - secondary 3. Last autumn, a newly qualified Lieutenant spent a week with the Royal Marines in Devon which had been arranged through Boys' Brigade Scotland. This was the first time that someone from the

Aberdeen area had been accepted on this.

The 36th Boy's Brigade was formed in March 2014. Since 2014, one member gained the Queen's Badge (the highest award available in the organisation) and one other member gained the President's Badge (the second highest award available in the organisation). A third member has nearly completed the work towards his Queen's Badge.

It is planned to hold the Annual Presentation Night in the Church Hall in late May 2016.

Anyone looking for more information about the company should either come along on a Tuesday evening, telephone 07919 106665 or E-mail maclennan103@yahoo.com.

An Indoor Table Sale in aid of Company Funds will be held in St. Clement's Church Hall on Saturday 25 June 2016. Admission is £1, including refreshments. Tables can be booked (£7 each) by telephoning 07919 106665 or by sending an E-mail to maclennan103@yahoo.com.

Do You Want to STOP Smoking?

Support to help you STOP smoking is available at Cummings Park Flat, 122 Cummings Park Drive, Northfield every Tuesday 2pm – 3pm or Mastrick Clinic Every Friday 12pm – 1pm

Your local STOP smoking advisor Stuart Robbie will be there to support you. Sessions are free and confidential. We offer group, one to one or telephone support. You are 4 times more likely to quit with the right product and support.

For more information contact the Smoking Advice Service on freephone 0500 600 332

Or contact:

STUART ROBBIE

NHS Grampian, Smoking Cessation Advisor
stuart.robby@nhs.net | Mob: 07826859022

We can help! However you won't know until you give it a try – Go on you can do it!





AFC Community Trust

By Marion Douglas

In 2013 I started at Pittodrie when it was Aberdeen Football Club (AFC) in the Community for a health walk one day a week. Soon numbers were rising so in 2014 they increased it to two days a week with the second day being an activity. They became a charity in 2014 and so AFC Community Trust began. They are the charity partner of AFC.

We were given red t-shirts printed "with support and opportunity we can change lives for the better." They certainly do. One lady that comes has spondylitis and loses 3ins in height a year. Since starting with the trust her consultant is so pleased as she hasn't lost any

more height. The participants find their health improving, a reason to get up and out, feel good factor, socialising, meeting like-minded people, new friends and having fun. 2015 meant the programme was increased to three days a year. AFCCT has made such a difference to me that I asked if they were looking for volunteers so I could give something back. I was given a form and never looked back, so much so that in October 2015 I was fortunate enough to win a "sports award" for "volunteer of the year" 2015. I was rather awestruck that night so I'd like to thank Ally Prockter, Steven, David, Dean, Iain, Tommy,

placement students who come for more experience and all backroom staff for helping to change so many lives for the better. Our programme has run from the 5th of January this year, all weathers for anyone who is aged 65 or over. It is free apart from maybe going on a trip. We often have a cuppie. We are also dementia friendly so come along or phone 01224 650400. I'm sure you'll enjoy yourself. We have such a varied programme. The over 65s get outdoors programme is only a very small part of AFCCT.