

# mastrick Matters

Spring 2017



## In this issue:

NORTHFIELD ACADEMY  
FAREWELL MR HENDRY  
QUARRYHILL PRIMARY  
HOME-START IS 30  
MASTRICK WALKERS

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)

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### 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](mailto: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](http://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.



Supported by







## Quarryhill Primary

Primary 6 & 7 pupils from Quarryhill Primary had a chance to attend a job fair on Wednesday 8th February in the school gym hall. There were over 21 jobs represented at the fair including business manager, health and safety, marketing and communications, surgeon, production operator, smoking advisor, fitness teacher, research scientist, nurse, teacher, engineer, beautician, car mechanic, venue manager, painter, firefighter, policeman, surveyor, project

manager, office manager and a career adviser.

The pupils had the chance to interview the representatives about their jobs and ask lots of questions about their career. We found out about the daily schedule, best and worst bits of the job, whether there were opportunities to progress and qualifications we would need to do that job.

We really enjoyed the opportunity to attend the job fair and start thinking about our futures.

**Finlay Slessor, P7**



## Mastrick Pensioners

The Mastrick Pensioners group had their carol singing event on the 6th of December. They had 30 pupils from Kingsford School come along and sing along with Dave Mackie on his keyboard. Tesco on the Lang Stracht donated a selection box for each child.

If you want to find out more about Mastrick Pensioners then you can join them in the community centre every Tuesday afternoon from 2pm.

## Muirfield Showcases Inspection Success



Muirfield Primary School held a showcase event (Muirfield Celebrates) to celebrate their successful inspection report. The inspectors from Education Scotland were impressed by how far the school had improved in such a short time. Lots of visitors came such as the press, the Director of Education and many parents of the pupils. Since lots of the pupils are

so talented a group sang two songs in front of the visitors, Movin' On Up and Caledonia. Another pupil, Danielle Dupitas, showcased her talents by singing the song Riptide.

A couple of pupils got interviewed to show how the school has improved. The school also created a power point showing the great times Muirfield have had, for example the P7 trip to Cromdale and how they have upgraded the nursery. After the event the parents of the pupils got to visit their child's class to see their work. All the visitors and children really enjoyed the event!

**By Dani, Emma and Charlotte**



## Mastrick Parish Church

Our search for a new minister continues, with some interest in the advert, so we're making progress and hope soon to be successful in attracting the right person as the new minister in Mastrick!

Meantime, church activities continue, with Sunday worship at 11am; tea, coffee and biscuits are served in the church before the service, from 10.30, which gives everyone a chance to chat with new friends and old!

The next Messy Church is on Thursday 6 April from 1 - 4pm when we'll be having Easter fun with games and activities, Bible stories and songs, and lunch for everyone! Messy Church has no age limit though we ask that all children are accompanied by an adult or someone over 16 – and it's free! We're trying something a little different in holding Messy Church on an afternoon during the school holidays so hope that means lots of people can be there.

A new venture for Mastrick Parish Church is a Pop Up Café & Play Session for any parents and carers with pre-school children, living in Mastrick and Sheddocksley: it's a chance to meet new people, and chat over a cuppa while children play together.

Pop Up Cafés are on the last Thursday of the month from 1 - 2.30pm in Mastrick Parish Church Hall, Greenfern Road, Mastrick – do give it a try!

Please keep an eye on the church noticeboard on Greenfern Road for information on worship services, Messy Church and the Pop Up Cafés. Or you can follow/like us on Facebook, Mastrick Parish Church, or check the church website - [www.mastrickchurch.org.uk](http://www.mastrickchurch.org.uk) – for regular updates.

All welcome!



## SILVER CITY SURFERS

Silver City Surfers have been working in the Mastrick community since June 2015 because of funding from People's Health Trust using money raised by HealthKind through The Health Lottery.

We have provided weekly sessions at Mastrick Community Centre to people over the age of 65, enabling them to try out user-friendly technology with a dedicated group of volunteers. This has provided older people in the community with access to learning opportunities to develop and update their knowledge and skills. It has also given local residents a friendly, drop-in tea and IT place to come to on a regular basis. This has helped to ensure older people do not become isolated through lack of knowledge and understanding of technology.

Our learners have thoroughly enjoyed learning how to email, video call or Skype, keep in touch with family and friends on Facebook and search YouTube for favourite songs and much more. Many have said they've been given a new lease of life and are amazed at what they can use technology for.

The volunteer tutors have also found it to be a hugely rewarding experience and have had a lot of fun sharing their skills and having some great conversations with our older surfers.

The funding for the Reaching Out: Going Local project is coming to an end in March. We would really like to be able to leave a legacy in the Mastrick area by finding community champions who would be willing to carry on providing a service for older people in the area.

If you have a couple of hours to spare, like meeting people, know how to use email, can browse the web, can shop online and are active on social media, then you may be suited to volunteering with us at Mastrick and help to keep the sessions going. You don't have to be an expert and it's a lot of fun and very rewarding. Please help if you can.

If you live locally and would be interested in being a part of this well-loved group, please phone or email Suzanne Murdoch on **07519 958293** or **[scsgoinglocal@gmail.com](mailto:scsgoinglocal@gmail.com)**





## PATHWAYS IN MASTRICK

Pathways has been assisting people across Aberdeen City for over 16 years to find suitable employment, consistently helping over 250 people into work every year!

Pathways follow a process to help you find the work you are most suited for and work with you on a weekly basis to create a CV, open email and Universal Jobmatch accounts and assist with job search and completing application forms, along with coaching for interviews. The service is free, private and completely impartial.

The Pathways Keyworker's based in your area are Theresa McKay and Andrea McDougall who meet people at Mastrick Housing Office on Tuesday and Thursday mornings and Wednesday afternoons.

Please phone 01224 643 697 to arrange an appointment or to find out more about how Pathways can help you!

PATHWAYS – Start Your  
Journey With Us

## VOLUNTEERS WANTED FOR THE JAMES TYRRELL CENTRE

The James Tyrrell Centre is based at Mastrick Parish Church on Greenfern Road. We are a charity that provides a social meeting place for older members of the local community. We meet Monday to Thursday each week. Our members come once a week (sometimes more) on their allocated day and are picked up from home and brought to the centre in our minibus. You may have seen it around your neighbourhood!

On arrival, around 10am, the members have their tea and toast followed by a catch up and some games of cards or dominoes. We have a three-course lunch around midday, that is cooked on the premises. In the afternoon, we have an activity which can be anything from a game of bingo, a quiz, boccia (indoor bowling), a beetle drive, board games or various gentle physical games and often a wee sing-along. Following our activity, we have afternoon tea with a 'fine piece' and celebrate any birthdays with a cake and candles. Members are then taken home on the minibus which leaves the centre at 3pm.

We have volunteers who help on each day and the duties are anything from setting/clearing tables, washing/drying dishes and helping with/participating in our various activities. Our main aim is to provide the members with a fun day out.

It is helpful if volunteers are able to commit to a regular morning, afternoon or full day (10am-3pm) so that we know we have enough help on any given day. We would also welcome people who may be able to entertain us with a quiz, craft, activity or just to share any stories or information that may be of interest to our members. We love music and welcome anyone who would have a sing-song with us too. These could be done on a one-off basis or at various times throughout the year.

If after reading this you feel you have something to share with us, please contact us on:

01224 692004 and ask to speak to Jane or Sandra or write with your details to:

**The James Tyrrell Centre,  
Greenfern Road, Mastrick,  
AB16 6TR**

# Northfield Academy

# Heading to Pastures New

After four years working hard to improve the perception of Northfield Academy in Aberdeen by cultivating a positive ethos and telling people to get their jacket off, Mr Neil Hendry's rein over Northfield Academy has come to an end. Mr Hendry announced that he was leaving the school to be the new Head Teacher at Lochside Academy, a new school amalgamated from Kincorth and Torry Academy. All our staff and pupils were devastated to hear of Mr Hendry's departure. He joined the school in 2012 and since then has had a huge impact on the school and the community as a whole. As a parting gift, we decided to interview Mr Hendry on his time at Northfield.

## What will you miss the most?

Mr Hendry, who is a people person, has said, "I will miss people", as when he first takes on his new role as Head Teacher of Lochside, all he will have is a building site and a hard hat. He said this will be weird for a Head Teacher who has been so involved with talking to young people in a school and getting to know people in the Northfield area. Mr Hendry has also said he is looking forward to the first day of Lochside Academy being filled with pupils as that is when the building starts to function as a school and not just a fancy building. Lastly, Mr Hendry says a fond farewell to the whole Northfield community including local sports clubs and local councillors. He will miss being part of the community as a whole.

## Best Moment?

Mr Hendry said: "One of the greatest nights in the school's calendar is the Celebration of Success' Awards Evening, which highlights just how successful pupils at Northfield Academy have become. Year on year the event just gets bigger and bigger with more of our young people receiving awards for being successful in and around our school and city. This event also brings the whole community together to make it feel like one giant Northfield family."

This event also helps to showcase just how many things have changed since Mr Hendry took over the role as Head teacher at Northfield Academy. This message is echoed out to the wider community and across the city.

## What has been your greatest achievement?

Mr Hendry mentioned his three goals when he first took on the role; making the community proud of their school, creating and allowing more opportunities and increasing the school roll.

Focusing his first goal, Mr Hendry said: "I think we have all really worked hard to do that and people are now proud to be at Northfield Academy."

His next goal has been achieved through the various connections the school has made under Mr Hendry's direction. Finally, the number of students has increased by around eighty since Mr Henry

took over from his predecessor, completing this goal too. However, his belief in the school motto, 'Aspire to be Outstanding', holds true.

"I'll leave the school in reasonable heart. Not finished yet, but in reasonable heart." This leaves it without question that no matter how well he had done he believes he could always do more, one of the reasons why he has been so successful.

## What is the most valuable lesson you have learnt?

Mr Hendry told us that he couldn't name one specific thing but rather the many little things he has learnt along the way. Expanding on this, he went on to mention the school's aspirations and how the school has also learned from change too. He said: "It's been about raising aspirations and that's key... We've created that culture."

When asked about the Northfield tartan and if he has any plans of creating a tartan at his new school, Mr Hendry smiles and, almost without hesitation, responds, "No. Northfield turned 60 just last year and the tartan was introduced to acknowledge and honour the aspirations to be outstanding, of pupils past, present and indefinitely into the future."

The thought hadn't even crossed his mind, he said that Northfield deserved to be recognised with their own tartan and he'll continue to showcase the colours in his new school. The firm sense of



a proud man is noticeable with every word.

He continued: "I will always wear the Northfield tartan with pride and I'll never forget my role as Head Teacher here."

Northfield will never forget either as the tartan is just one of the many things Mr Hendry accomplished that set the school above and beyond the others. It's a legacy that'll never be taken away.

Looking back on the many accomplishments of the school and the incredible, ever improving, reputation that's come about during his tenure, what advice would he give the person who has to follow in his footsteps? Whereas Mr Hendry had answers to all previous questions almost instantaneously, he seemed hesitant with this one.

He said: "I don't know if I would give them advice." In his opinion, the role of Head Teacher is one of leadership. If his staff didn't work to the standard they do, if they didn't allow for achievement to be possible, if they didn't deliver each day, then he believes that he would not have been able to accomplish as much as he did. He's handing over a school that's "in really good health, with some fantastic young

people and a really committed staff that go the extra mile." If whoever decides to take to the stage and become Northfield's next Head Teacher remembers this, then they can't go far wrong. Continue to try to ripple out to the wider community, get Northfield children to the Northfield school and increase opportunities for all, and Northfield will continue to thrive for years to come.

Over the past four years we have been privileged to have such an ambitious and inspiring man as our Head Teacher - Mr Neil Hendry. Before Mr Hendry arrived, our school was not well spoken of in Aberdeen. Telling people that you went to Northfield Academy and in return receiving a disgusted look, was never a nice feeling. But since the man of the hour arrived in 2012, more parents have felt comfortable with putting their children to our school and children have been willing to join the Northfield family. He has really turned the expectations of Northfield Academy and Northfield area around. The students can now proudly say, with a large grin on their face that they go to a school which has changed dramatically and achieved an incredible amount since the

beginning of his time at Northfield Academy. The whole school are especially grateful to have had an incredibly successful and funny man to run our school, but if you were to ask him how he did it, he is sure to say that we all played our parts in making the school and community better.

Thank you, Mr Hendry, for the incredible amount of effort that you have put in, for encouraging all students to stick in and achieve their goals and for making the school a place where all students feel comfortable and proud to be in, Mr Hendry. Good luck at your new school and make sure to continue wearing our tartan with pride.

**Aspired to be outstanding; and was.**

**Thank you,  
From all of us at  
Northfield Academy.**

***Article written by Glen Christie,  
Calvin Dunbar, Ryan Raitt, Kyle  
Shepherd, Ashlyn Hardie and  
Leona McKay***





**Support and friendship  
for families**

## **Home-Start Aberdeen: 1987 - 2017 Family support charity celebrates 30th anniversary - and Mastrick roots**

A milestone birthday is always a good time to reflect and, in the case of Home-Start Aberdeen, we have many fond memories flooded with faces and locations from Mastrick.

As many readers will know, our charity – which provides vulnerable families with support in their own homes – started life as a small project based at Mastrick Church. Our steering group included representatives from the local social work and health departments, the community centre and the church itself. The group was led by George Bell, who sadly passed away a few years ago. Some families might remember some of our earlier team Gill Parsons, our first co-ordinator, or maybe Judith MacCallum or Patsy Jardine? Both Judith and Patsy worked with Home-Start for many years. Some of you might have come along to the groups led by Tess, Jenny, Annette and Jeanette?

Over time, Home-Start HQ moved from the church across the road

to a flat next to Mastrick's main shopping centre. We remained at this base until last year, when the charity's growth demanded that we moved to larger, more central premises.

As we prepare to celebrate our 30th birthday, we would love it if any readers who have a Home-Start memory or story would share it with us – and with others. The simplest way to do so is via social media – search for Home-Start Aberdeen on Facebook, Twitter or LinkedIn – and you should find us easily. You can post to our page, or simply tag us when you post from your own account. Alternatively, you can email us on [admin@homestartaberdeen.org.uk](mailto:admin@homestartaberdeen.org.uk), or send information via post to us at **1A Alford Place, Aberdeen AB10 1YD**.

One final plea: A growing number of families need our support – and for that we need a growing number of volunteers. (We are delighted to report that our longest-serving volunteer of 21 years, Audrey Lawrence, is a Mastrick lass!). To

Audrey and all our volunteers we are very grateful.

As part of our 30th anniversary year, we've launched a new '30 in 30' campaign to recruit 30 new volunteers in 30 weeks. Our aim is to drive down numbers on our waiting list. Volunteers will provide local families who may be vulnerable or suffering from isolation with emotional and practical support in their own homes. Home-Start Aberdeen currently supervises the efforts of over 100 volunteers who provide around 200 families and 300 children with weekly home-based support. The family and volunteer are matched by their Home-Start Aberdeen co-ordinator. Volunteers usually have parenting experience themselves but full training is provided before you are expected to work with a family and there is ongoing support for all our volunteers.

Gette Coban, Scheme Manager of Home-Start Aberdeen said: "People may be struggling, through no fault of their own, to







cope with family life. We receive family referrals on an ongoing basis from health visitors and social workers, who see first-hand what a positive difference that Home-Start Aberdeen can make. No qualifications are required to become a volunteer – we provide full training and ongoing support. All that is required in return is a willingness to help and a time commitment of 2-3 hours per week.”

Training courses will be running throughout the year to support the charity's '30 in 30' target.

If you – or someone you know – might be interested, please email [volunteering@homestartaberndeen.org.uk](mailto:volunteering@homestartaberndeen.org.uk) or call us for an informal chat on **01224 693545**.



# John's Ongoing Creative Section

Furthermore distinct to my instinctive being like that nothing evermore known to know before during and after nothing might please me most through everything I've gone onto thinking page one for this or more

Indirectly speaking as I'm being directed to speak as John says Houston you old see dog day afternoon as highly connected as an interstellar kite we have a problem paging an agony uncle in pain according to what I'm feeling has been described well enough for me to believe in the book of life meeting death with and without cause of a prior notice of noticing all and nothing like that and this would feel like even now I'd still be then again what does that mean as this to you could be far from normal as you've perhaps believed yourself to be

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## Police Update

Police Scotland continue to receive and respond to feedback from our local communities through the 'your view counts' campaign. The process is straight forward, you can provide feedback about local issues by undertaking a survey which takes no more than 10 minutes of your time. All views are gathered and ultimately influence how we police within local areas. Visit the Police Scotland website and fill out the 'your view counts' survey, your view is important to us.

In Mastrick we have used this to identify local problems affecting the local community and by targeting policing work into these problem areas we seek to reduce offending behaviour and enhance the quality of life for local residents.

Officers continue to patrol in local areas and have run local initiatives to tackle anti-social behaviour at a local level. Anti-social behaviour can present itself in many forms and we are aware of local concerns about anti-social driving and vehicle crime. To target this we continue to work with partners to tackle vehicle theft, misuse of motorbikes and poor driving standards.

We are locally committed to focusing on road safety and regularly support campaigns such as Operation CEDAR aimed at challenging driving behaviour, educating road users, detecting offences and ultimately reducing accidents. As a result of long term ongoing work, fatalities and injuries have reduced significantly in the past decade, however there is still work to be done in this area.

During the longer nights we have seen opportunistic thefts, from unlocked cars or homes and I would like to take this opportunity to encourage you to look after your property, removing valuable items from view and ensure cars and homes are locked. This will remove the easy opportunities for the thief. By working together, sharing concerns, implementing security and safety advice we can all reduce crime and enhance the quality of life in the area.

Finally we continue to challenge drug misuse and drug dealing activity, responding to information from the public, reporting offenders to the courts and working with partners to support those in greatest need. We can only do this with your support and I would encourage you to contact us on 101 or via Crimestoppers on 0800 555 111, if you have concerns about drug misuse in the local area.

**Inspector Jon Millar, Mastrick CPT**

## Cash In Your Pocket -

# Get help when you need it

Changes in circumstances such as a sudden deterioration in health, family breakdown, redundancy, homelessness, unexpected costs, caring responsibilities etc. can be situations when help or advice is needed.

The Cash In Your Pocket Referral Service offers easy access to a wide range of benefits and services. Anyone make a referral, for themselves, or someone they are helping. The quickest and simplest way to do this is by phone, using our Freephone number 0800 953 4330.

### Tom

Tom was made redundant in December and signed on as unemployed on 03.01.17. He lives alone in rented Council accommodation.

On 16.01.17, having received no benefit payment Tom contacted the Jobcentre. He was advised they could find no trace of his original claim and that a new claim would have to be made. Struggling with no money, the Jobcentre adviser gave him CIYP's freephone number.

Tom contacted CIYP that day. He was advised of possible eligibility for a crisis grant. A referral was made to the Scottish Welfare Fund for consideration and information on foodbank opening times/locations also provided. The Scottish Welfare Fund contacted Tom on 17.01.17 and payment of £130, to cover living expenses until benefit payment due on 10.02.1, was awarded.

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## Introducing Changes to Your Waste and Recycling Services

Beginning in March, Aberdeen City Council will introduce changes to household waste and recycling services.

Residents will also start using a wheeled bin for their recycling, replacing the kerbside black box and white bag. All recyclable materials will be collected from a single wheelie bin so there will be no need to separate them, making the service even easier to use.

The Council's Waste and Recycling team will deliver new, slightly smaller general waste bins to households. Existing waste bins will receive a sticker and will then be used as mixed recycling bins.

Brown bin collections for recycling food and garden waste will continue unchanged. As well as your garden waste, your brown bin can also take all cooked and uncooked food waste.

You can find out more about the changes at [www.aberdeencity.gov.uk/mixedrecycling](http://www.aberdeencity.gov.uk/mixedrecycling). Contact the Waste and Recycling Team for more information or advice:

**E:** [wasteandrecycling@aberdeencity.gov.uk](mailto:wasteandrecycling@aberdeencity.gov.uk)

**T:** 03000 200 292

**F:** [www.facebook.com/recycleforaberdeen](https://www.facebook.com/recycleforaberdeen)

**T:** [www.twitter.com/AberdeenCC](https://www.twitter.com/AberdeenCC)





Cruden Bay

## Mastrick Walkers

I have asked the members to write about one of the walks they attended.

### Irene

I enjoyed a walk with the Amblers to the summit of Scolty in Banchory. This is a very popular walk. We walked through the forest at the beginning before we started to climb the hill through the easy trail.

We passed lots of Rowan trees full of berries and the ground was covered in heather and blueberries.

The last part is steep and you see the tower at the top standing out against the blue sky.

We had our lunch at the top looking at all the hills, it was a great day out.

### Helen

Raymond and I went to Cruden Bay to look for new trails for the group.

The first track which is made from crushed shells took us to Slains Castle which is very imposing. We ended up on the beach which was a great place to eat our lunch – even if it was mid-January! It was a really beautiful walk.

### Sarah

Before I joined the group I read the Mastrick Matters and would read the walking page first to see what

walks they had done and read about the wildlife and scenery they had seen. I plucked up the courage to join them and it is one of the best things I have ever done.

**If you would like to give it a try like Sarah phone me on 01224 783627 or email [helenandraymond@hotmail.co.uk](mailto:helenandraymond@hotmail.co.uk).**

**We are also on Facebook “Mastrick Walking Group”**

# RINGS A BELL

Nick Bowry

I started as the curate at St Clement's Scottish Episcopal Church on Mastrick Drive at the beginning of October 2016. As with all new 'jobs' the first week or so was spent getting to know people, understand some of the history and working out exactly what my job was!

It was only in my third week that I slowed down enough to actually notice that in the front entrance to the church (which is actually at the back of the church when coming in from the road) two bell-ropes were hanging down, and kept out the way by a hook on the wall. I asked some members of the congregation when the bells had last been rung, and it seems it had been a fair few years since there had been any regular ringing of them. Incidentally, the history of the bells is very interesting, but that is a story for another time

I got someone to show me how the bells were to be rung – I didn't fancy flying up holding on to a bell rope for dear life if I got it wrong. I fairly quickly got the hang of how to ring the bells, and then started ringing them about ten minutes before each morning prayer and evening prayer weekday service, and on Sunday mornings. It just felt the right thing to do, and especially for a church whose front door, though open and welcoming, cannot be seen from the road. I felt that ringing the bells was one way to proclaim that we are open 6 days a week, not just one in seven.

However, the bells had a deeper significance than I imagined they would have. A few weeks into my daily bell-ringing routine, I was visiting an elderly member of the congregation who can no

longer easily get to church on Sunday. She lives on the other side of North Anderson Drive, in one of the tower blocks. As we were chatting, she asked me whether she was hearing the bells of St Clement's being rung each afternoon at about 5.20. I said to her that yes, I had started ringing them. This lady was really happy to hear them; it brought back such happy memories for her of when the bells were rung each day for services, and for someone who was no longer able to get to services, it gave her a connection again to the church she had faithfully attended for many years.

So, each morning and evening, as I grip on to the bell rope, I think of the lady across the road who gets great pleasure from hearing the bells ringing out, and knows that prayer is about to commence inside the church she attended for so many years.

So, perhaps, inspiration for starting to ring the bells was not misplaced, and brings joy and pleasure to quite a few people who hear them each day, and know that prayers are being said for our local community soon after, as a church service begins. Don't ask for whom the bells ring, they are ringing for us all (with apologies to Ernest Hemmingway).



# MASTRICK, SHEDDOCKSLEY AND SUMMERHILL COMMUNITY COUNCIL

The above council is made up of residents who meet to discuss Issues which may affect the local community.

We can liaise with the local councillors who attend our meetings and who can offer advice on matters being discussed or take our queries to the appropriate council department to get answers.

Police officers also attend our meetings and report on what is happening in the area. This gives the members the chance to ask questions.

The community council is in receipt of a small grant from Aberdeen City Council which enables us to make donations to local groups in the area.

Local residents can attend the meetings and are welcome to join in the discussion, and if interested can apply to be co-opted on to the Community Council.

Like any other organisation there are changes in the community council during our term of office due to illness, moving to another area or work requirements, so we are always keen to fill any vacancies as soon as possible.

This is an opportunity to have a say in the community.

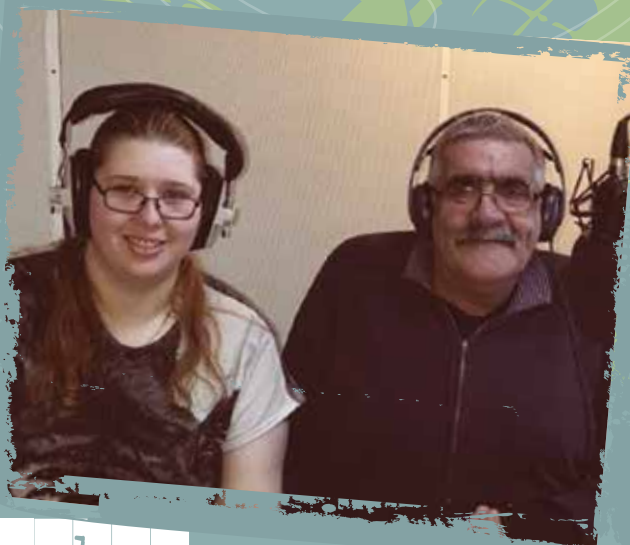
**Venue: Mastrick  
Community Centre**

**When: Third Wednesday  
of the month**

**Time: 7pm-9pm**

**Bert Donald  
Chairman**





## Radio Training at shmu

Three of the editorial members from the Mastrick Matters team have recently undertaken radio training at shmuFM. We caught up with them to find out about their experience.

**Kevin**

I began radio training at shmuFM in August 2016. Within three months, I was presenting my own show on a Thursday, which I prerecord.

Over the last few weeks I have been entrusted with hosting live shows, including Monday's packed Lunch and Seaton Speaks, following the departure of the regular presenter.

I feel that I have improved immeasurably from when I did my initial show back in November 2016, though there is always room for improvement, I find. I listen back - on 99.8fm or online - to give myself feedback and to see how I can better my performance from the previous week.

I believe I am more outgoing and confident now than I was prior to beginning; it is my opinion that volunteering at shmu had an influence on this. There are times when I wish I had encountered shmu and the radio station earlier in life.

**Bryan and Kerry**

Bryan and Kerry have been volunteers here at shmu for a combined total of 10 years. They are now hosting a live radio show called "Access to Ability." Kerry and Bryan got involved with

shmu to raise awareness of their disabilities and promote the hard work they and some of the other groups they're involved with get up to. The show focuses on distributing information to the public and disability and sport, a topic which is close to both their hearts.

When asked what it was like hosting a live show, Bryan said he found it challenging, but very rewarding. He also spoke very highly of his "sidekick", Kerry, and spoke of how brilliant she is for not letting her learning difficulty hold her back. Kerry is already excited to go live again after their first session and believes they will continue to strengthen as a team and produce great radio.

Both Kerry and Bryan agreed that the best thing about hosting their show is how it feels as though they are helping by getting information out there.

Bryan retired due to ill health in 1982 and has been volunteering for 25 years. He has always thought that he is "doing something for them" by volunteering and has recently realised how much information and respite he has given to parents, carers and people in general through his volunteering. Kerry agreed that she loves the feeling of doing something that is helping someone else out and giving back to the community.

Listen to Kerry and Bryan's "Access to Ability", the newest show on the shmuFM schedule, on 99.8 FM.



# Regeneration Matters

**Real lives, real needs, real people – working together for change.**

The Regeneration Matters Group celebrated their 10th anniversary last year and at their residential review from the 1st and 2nd of October reflected on the work they have covered over the past 10 years. The group's first meeting was held at the Town House on the 23rd of November 2006.

The focus of the group would be:

**Enable cross community working and integration on issues of common interest and concern**

**Have a strong and unified voice with a focus on community regeneration**

**Share information, good practice and plans for developments**

**Improve communication across communities**

**Improve communication and consultation with service providers/agencies**

**Increase their capacity to influence and develop/improve services within their communities**

**Have a focus on change, improvement and action and not to be a 'talking shop'**

The group has members from each of the regeneration areas: City Centre, Cummings Park, Mastrick, Northfield, Middlefield, Seaton, Tillydrone, Torry and Woodside.

Seven members of the group are also on the Fairer Aberdeen Board which allocates £1.6m of funding to over 50 projects/organisations in the regeneration areas. Details of the projects can be accessed in the following link: [www.communityplanningaberdeen.org.uk/wp-content/uploads/2014/04/Fairer-Aberdeen-Annual-Report-2014-15.pdf](http://www.communityplanningaberdeen.org.uk/wp-content/uploads/2014/04/Fairer-Aberdeen-Annual-Report-2014-15.pdf)

**For more information about Regeneration Matters please contact Anne Knight on 01224 523532 or email [aknight@aberdeencity.gov.uk](mailto:aknight@aberdeencity.gov.uk).**

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# Grampian Credit Union

We are all about helping local people have safe accessible savings and access to fair affordable loans. Good money management is the way to make sure you have enough for the good times, and funds to fall back on when things need sorting out.

Looking after your money - start with good habits:

- **Make a budget**
- **Monitor your bank account**
- **Make some changes**
- **Budget for special events**
- **Deal with your debts**
- **Open a savings account**

Call us on 01224 576990, or go to [www.grampiancreditunion.co.uk](http://www.grampiancreditunion.co.uk) to learn more about opening a savings account with Grampian Credit Union.

Regular saving with Grampian Credit Union could help you get a loan in future. Loans are subject to status and affordability.

Grampian Credit Union is authorised by the Prudential Regulation Authority and Regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Firm Reference 213701

# Community Contacts

## Alcohol

Alcoholics Anonymous 0800 9177 650

Drinkline 0300 123 1110

## Crime

Crimestoppers 0800 555 111

## Drugs

Drugs Action Helpline 01224 594700

## Dentist

Emergency - G-Dens 111

## Doctors

NHS 24 Emergency 111

## Electricity

If you have a power-cut 105

## Family Planning

Aberdeen Community Health and Care Village 0345 337 9900

## Gas

Gas Emergency 0800 111 999

Gas emergency with a meter 0845 606 6766

## Housing

Emergency Repairs 01224 219 282

Call Centre Emergency 0845 608 0929 or 116 123

## Police

Non-emergency 101

## Samaritans

Need to talk 01224 574 488 or 116 123

## Social Work

Social Work Duty Team 0800 7315520

Emergency Out-Of-Hours 01224 693936

Young Carers 01224 212021

## Water

Scottish Water Emergency 0800 0778 778

CFINE 01224 596156

Home-Start 01224 693545

Pathways 01224 682 939

Cash in your Pocket 0800 953 4330

Citizens Advice 01224 569750

Northfield Academy 01224 699715

Quarryhill School 01224 692390

Kingsford School 01224 693554

Muirfield School 01224 696671

Mastrick Parish Church 01224 694121

St Clement's Church 01224 662247

Tyrell Centre 01224 692004

Community Information for Mastrick

Mastrick Community Council

Meetings take place on the third Wednesday

of every month at 7pm in Mastrick Community Centre.

Contact: loumccaff@hotmail.com

## Mastrick Community Centre

9am – 9pm

Contact: 01224 788288

## Mastrick Doctors

10am – 4pm

Contact: 01224 662933

## Mastrick Library

10am – 5pm

Contact: 01224 788558