



mastrick Matters

Spring 2018



In this issue:

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COMMUNITY GROWING
ABERDEEN

CO-WHEELS CAR CLUB
GRAMPIAN PRIDE

www.shmu.org.uk/press

mastrick Matters

Spring Edition 2018

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Front Cover - Andy Brown



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

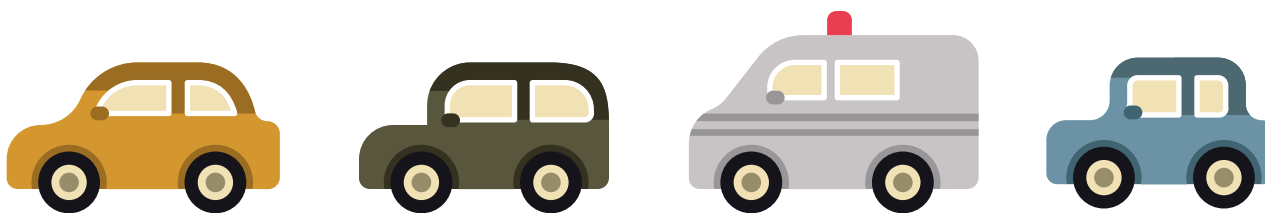
The Mastrick Matters editorial team would like to remind our readers that we are a fully funded magazine and would advise that no donations are needed.

Please keep an eye out on the Mastrick Matters Facebook page for information on our summer meeting dates.

happy reading.

Supported by





CO-WHEELS CAR CLUB

daft wee jimmy

Imagine this scenario. Great Uncle Wilfrid and Great Aunt Gladys are coming to visit from Perth, Western Australia. They haven't been in Aberdeen since not long after the Mastrick area was built. Aberdeen is receiving its normal heavenly rinse, or if you prefer the phrase, it's raining cats and dogs. You suddenly realise that they might not want to wait for a bus at the airport (they're arriving at 1.30 in the morning) nor struggle up from the Haudagain with loads of luggage. You don't own a car, none of your friends are available to help, and the idea of hiring a car from conventional car hire companies isn't a viable option.

Maybe it's not as dramatic as that. It might just be that your wife has been in town, done some shopping, and managed to get the heel of her shoe broken off in a drain grating. Taxi firms want an arm and a leg (with or without the shoe!) to bring her home, and to be quite honest, you feel that you could do better by hanging on to the aforesaid limbs.

The point is, you need transport, and you need it now. This is where Co-wheels Car Club comes to your rescue. You don't want to travel hundreds of miles, you don't want to hang onto the car for a whole day, and you don't want to pay an enormous tariff for what is essentially a short-term problem.

Tony Archer, who is the location manager for Scotland for Co-wheels, reckons this is the kind of situation that tends to affect people and cause them unnecessary anxiety. The whole idea behind the organisation is that you can have the use of a car for short distances and for a short time, and that's what you pay for. There are around forty-eight cars distributed throughout Aberdeen, several of them in the Northfield and Mastrick areas. When you become a member of the club, it's a simple matter to locate the nearest car, book it and return it and be charged only for the use you have made of it. There are cars located in the Byron Square car park, the Middlefield Community Hub car park and on Mastrick Road. These are all clearly marked and have their own parking spaces.

"It's like the final mile of your journey", Tony told me. "Everybody has been in the situation where they don't own a car, but could make good use of one for a short period. Fetching relatives from the airport, the railway or bus station, or making similar short journeys gives you convenience without involving huge expense. Maybe your kids are coming home from school at the end of term with all their artwork, or maybe all those lost trainers weren't quite as lost as all that, and teachers have insisted

on cleaning out all the stuff that has accumulated over the term. There's any number of reasons why you might want a car for a short distance and a short time; being able to get hold of one at short notice just to do the job you intended makes sense, and it can all be done online."

It's a forward-looking organisation, and when it was suggested to him that some disabled people may be able to make some use of it, he was quite interested. Obviously, some disabled people need custom-made adaptations before they can make use of a car, but quite a large number need only modest modifications of the kind that can be attached and detached in seconds. "We need to think about this. Technology is advancing all the time, and hybrid and all electric cars form a reasonable proportion of our stock. This does away with the body about how much fuel has been used, and how to calculate that. Electric cars are quite efficient around town, and that's the kind of market we are aiming at.

To find out more about this organisation, simply search for Co-Wheels Car Club online. Who knows, it may take the frustration out of the last couple of miles of your journey



The Club at Mastrick Community Centre

The Club was originally a pilot programme that was awarded funding from last years Participatory Budget Funding. It was to be a 20-week pilot programme. Due to the success we have had The Club now has enough money to continue to run. We were recently granted £500 from Aberdeen International Airport Community Fund to help with the projects continued finances and keep the group accessible for the kids.

The Club is open to all, aged 8-14. Thanks to the funders there is no charge. We work with various local tutors, as well as AFC Community Trust where we run a variety of sessions, in sport, music, fitness and technology as well as health and wellbeing. We use these activities as a tool to engage with these young people and discuss many social topics while keeping them busy and active.

The group is run by local volunteers from all walks of life who are keen to help out and share their experiences and ideas. Teaching with a lot of fun and laughs along the way.

To find out more get in touch with Vickie at the community centre on 01224 788288.

Councillor Comments

Last time I advised how the administration were dedicated to improving opportunities for the residents of Northfield/Mastrick North Ward.

On Friday 15th December, along with members of the Northfield Parent Council and Council Officers we conducted the interview process for a new Head Teacher at Northfield Academy. I can announce that following a successful interview Gavin Morrison is our preferred candidate for the post. Gavin is currently a Quality Improvement Officer with Aberdeenshire Council and prior to that was Acting Head Teacher at Peterhead Academy. I feel confident that Gavin will do a

good job and build on the reputation and good standing the school enjoys.

I have been busy working with residents of Quarryhill Court to solve some issues such as heating, water leaks, condition of the slabs and to get new chairs. These have been ongoing, and the chairs apart been resolved.

There have been a number of concerns raised with regards to the old police box. I am working with officers to identify a resolution to this.

Regards

Gordon Graham

01224 523594, 07736 329751

ggraham@aberdeencity.gov.uk

Wellbeing Spotlight on...Fitness MOTs

The Wellbeing Team are based in Aberdeen and are keen to help spread the word about what activities, services and opportunities are available for older adults and how you can get involved in your community.

Are you part of a community group who would like to know more about Wellbeing? Call us on 01224 522270 or email wellbeing@aberdeencity.gov.uk

What is a Fitness MOT?

It is a 30 minute (approx.) one to one session where a person over 60 is asked to complete 6 basic physical tests. Each of the tests relate to everyday movements we need to maintain to keep us independent.

Why do a Fitness MOT?

Some people attend an MOT at the suggestion of their GP. Others

choose to do it to help them understand how they are faring physically as they age. Others to help them get information on appropriate activities for them or to give them the motivation and confidence to get more active.

Feedback from our latest event at Woodside was positive with all participants saying that they "very much" enjoyed the session, that they feel more informed about appropriate activities in the area and feel more confident to take part in these.

If you would like to know more about Fitness MOTs get in touch with the Wellbeing Team 01224 522270 or wellbeing@aberdeencity.gov.uk



Mastrick Matters

This is your community magazine and we are here to give a voice to the people of Mastrick. The editorial team is made up of people who live, work or volunteer in the community and their aim is to represent a wide selection of news, views and activities for people who live in Mastrick.

Mastrick Matters has been arriving through your letterbox since 2011 and has changed its look considerably since that first edition but our key ideas are the same – we want people to look at their local area and celebrate the great work going on by a variety of projects, inform people of services they might not have been aware of, look at things that aren't so great and try and use the magazine as a tool for change. This is your community magazine, so we need you to help it stay that way. Let us know your thoughts, give us some feedback on each edition and come along to a meeting to get to know your local editorial team. You don't need to be a computer whizz, hot shot journalist or a professional photographer – we

just need your enthusiasm and interest in your community.

The magazine is funded by two funding groups - the Fairer Aberdeen Fund and the Community Support Fund, both of which fund a range of services across the seven regeneration areas in Aberdeen. For more information about these funds get in touch with Anne Knight on aknight@aberdeencity.gov.uk.

We don't accept adverts or posters in the magazine, instead we are looking at more general news and human interest stories, celebrating inspirational local people, or sharing information about a new service which is now running in the local area.

All the volunteers involved in the Mastrick Matters community magazine are supported by staff at shmu to pull the magazine together, design the pages and we also organise the delivery of the magazine.

The magazine comes out three times a year and when we are working on an edition we meet every second Tuesday at 10:30am

in Mastrick Community Centre. You are more than welcome to come along to a meeting, say hello and find out more about the magazine. If you can't make the meetings then we would still love for you to be involved – email laura.young@shmu.org.uk, call 01224 515013 or look up Mastrick Matters on Facebook and we can make a plan!

READERS' LETTERS

Have you got something you would like to share with the Mastrick Matters team? Get in touch with the team with your thoughts, good or bad, and we'll share them! We'd also like to hear about the action you're taking to improve your community.

Email laura.young@shmu.org.uk, look up Mastrick Matters on Facebook or post to Mastrick Matters Editorial Team, Station House Media Unit, 202 Ashgrove Road West, Aberdeen, AB16 5EH.

Kevin got in touch to ask people to make sure they pick up their dogs mess. There are plenty of dog poo bins in the area so use them!

Considering how much you've had a 'Write to Reply' with no feedback of any great merit as far as I know of any genuine criticism of all I'd say as a writer getting a little fed up so as to begin beyond my 'Genesis Project' along the lines of what we have of anyone who has had as 'I have a Dream' in reality forming what seems like a simpler heading that and yet still this way for my next trick of the light fantastic would be...

'CIVIL WRITES'

Trying as much as possible to keep one in my head so I'm not and shouldn't have been to be lost forwards far into the future as I am for now I'd be myself I imagine beyond further imagining many having gone before and after those activists too active and deactivated as

AI's go peacefully on to rest with peace in and out of their heart of hearts felt as loving martyrs might matter mattering and muttering most as we might recall those who had fought for their rather preachy beliefs as I remember and wouldn't want to be a Martin Luther King Jnr, Joan of Arc or the Maid of Orleans I never New as far as knowing I existed to exist personally experiencing one of Kate Bush's

most evocative songs very much unlike OMD's idea to celebrate a fighting spirit, as with the John F Kennedy I didna ken either in or out of the ether, Mahatma Ghandi also who hidna maybe kent far he wis gan if his guide or guides hid been spicken the wye ony Tory or Labour leader might have led to his fast recovery from then to being closer to Gods if not the one God had he chosen to stick to a specific type of character or buddy somewhat as Kieran or KT if he has no intention of following something closer to the Hindu forms of believing to have a better selection to

choose from the ultimate or supreme beings

I guess more or less to be as devoted as say a Mother Teresa who followed a childish path if as I believe without checking in some way to find whether rightly or wrongly she'd stuck with the children rather than getting too involved with the adult versions of all we could be as I prefer thinking myself hardly knowing if she concentrated her civic or civil duties on them more than us in her compassionate capacities as a saint no less more than a few years beyond her passing go having gone somewhere she hadn't been prepared for as I've prepared my mind as far as knowing nothing as Socrates would've recommended to any philosopher worth his salt in my humble opinion as a servant at least observant not so subservient child of God who won't have to stand out as long as I'm no longer lost in the crowd for the longest time as your host of heavenly bodies could've become more air apparently preaching far less as a preacher myself having preached non ceremoniously with amore individualistic form of personnel belief and by the way think of me as an Abraham Sandwich Link on type of guy you and me might never get shot of?



MASTRICK WALKING GROUPS

Walkers Wanted

Why do you not start off the new year by joining a walking group, this will improve your fitness, make new friends and see our beautiful countryside.

The Friday group are looking for new members, members should be 50 or over but we are now accepting under 50s as guests on the walk.

The group is actually two groups in one. They both go out in the same bus but do different walks.

The Strollers walk at a leisurely pace, the walk has no hills and plenty of stops for a breather and to look at the views. Some of the group say it's great to walk in the countryside and have a blether.

The Wanderers walk a wee bit quicker and there could be a small hill.

We walk all over the North East, each week is a different. The walks we do are beach walks or forest walks then there are the Glens, including Esk, Clova, Fearder, Dye and Tanar and a lot more.

In December we went to Dunecht Estate. It had snowed the night before, so it was lovely walking on fresh snow, the walk took us past the Loch of Skene which was frozen right across and the geese were walking over the frozen loch. We also saw a red squirrel leaping about the trees.

At the start of the year we went out to Tarland where there are many trails. The walk we did was through part of the village then into a wood, we had our lunch beside a 4,500-year-old stone circle, lovely views all around from the circle. Then back through another wood

to the village to visit a hotel for a coffee.

There are many beautiful lochs that we walk round, and river banks to walk along. We get to walk round most of the estates in the area, but one of our favourites is Balmoral Estate, we often see the royals on our walk.

So why not give it a try or if you know of someone who you think would like to join, tell them to contact me.

**You can follow us on Facebook
"Mastrick Walking Group"**

**To join a group phone
01224 783627 or email
helenandraymond@hotmail.
co.uk**

Raymond

A time to plant...

21st April 2.30 pm at St Clement's Church Hall, Mastrick Drive.

In the Autumn edition of Mastrick Matters I said I was interested in finding out answers to the following three questions.

- 1. What is genuinely good about Mastrick, what works well here?**
- 2. What do you think would make Mastrick even better?**
- 3. What could you offer that would help make Mastrick better?**

I went on to say that we would run an event in 2018 to bring local people together to ask these questions, and help conversations and ideas flow. The hope is that as a result of those conversations individuals and groups may identify some actions that they would be willing to support.

Spring is naturally the time to plant and grow, so it seems the right time to invite people from the local community to come together, to enjoy conversations and listen to each other's answers to the three questions, and start to create things that will make Mastrick even better as a place to live, work and play, and for young people to flourish. The phrase, 'Nothing about us, without us' is a good summary of what this event is aiming to achieve; positive changes to our community, developed by and for our community. As this magazine title makes clear, Mastrick Matters!

Watch out for more information about this event in the weeks to come.

I am writing this article in the middle of February, just as Lent starts; a period of 46 days (if we include Sundays). Some people perceive Lent to be a time when Christians should go around with long faces and be giving up on some of our favourite habits such as eating chocolate or drinking alcohol until Easter Sunday. Well, there is nothing wrong with giving up something to symbolically show that we are not total slaves to our worldly habits, but really Lent is a time for personal reflection and looking to stop doing things that get in the way of us being the best of who we can all be. So maybe it is giving up on staring at a smart phone so much and enjoying a conversation or starting to read a book instead, or getting out for a walk now there is more daylight and enjoying some gentle exercise? This Lent you will see me out walking a bit more – I have adopted a retired sheepdog whose days chasing 500 sheep around a Scottish hillside are now over. Short walks and plenty of TLC are the order of the day for her, and she will attend quite a few morning and evening prayer services in church, I suspect.

Revd Nick Bowry
St Clement's Scottish Episcopal Church, Mastrick Drive.



COMMUNITY GROWING ABERDEEN

A community food growing project in Aberdeen City is underway. Aberdeen City Council has allocated £145,000 to help develop sustainable growing spaces for the public to enjoy. These spaces are not your typical allotments however but spaces to be shared by the local community. Vegetables, fruits and herbs can be grown alongside all kinds of other plants to create relaxing, recreational gardens within Aberdeen. The focus of the project is in the regeneration areas of; Tillydrone, Mastrick, Northfield, Middlefield, Torry and Seaton.

The project is driven by the Community Empowerment Act 2015, and the requirement for Aberdeen to prepare a Food Growing Strategy over the coming years. The food-growing projects will help to inform the strategy as it takes shape.

Some projects have begun already. There is a site in Sheddocksley behind the sports centre which is

open to anyone who lives locally, including Mastrick residents.

Another project moving forward is based within three local schools in the city; Woodside, Bramble Brae and Tullos primary. Bob Donald of One Seed Forward is creating small growing spaces within the schools. The idea is to encourage outdoor learning and build relationships

between children and the food they eat.

There could be a growing space near you! If you want to be involved please contact your new Community Growing Officer, Neil Woodward, based at CFINE:

communitygrowingaberdeen@cfine.org or call 01224 596 156



Andy Brown





TWO BROWN BINS

Spring is here and the grass has begun to grow. Soon we'll be using our brown bins for garden waste as well as food waste. Some properties with larger gardens may have more than one brown bin. Residents should present no more than two brown bins at a time for collection. This will help to ensure crews have enough time and waste capacity to finish their allotted rounds.

Leaving your garden waste outside your property boundary in a back lane or footpath area is fly-tipping and therefore illegal. Please ensure your garden waste is kept within your property boundaries. It may seem an innocuous practice, but it can have a negative impact on local fauna and flora.

Please don't put rubble, soil or turf - unless most of the soil is knocked out of it, in your brown bin. Home composting is a more sustainable alternative if you're consistently filling your brown bin. The benefits include fabulous home-made compost to use in your garden, as well as freeing up space in your brown bin.

Most large DIY shops and garden centres stock compost bins of various designs and sizes. There are also various ways you can build your own compost bin, reusing items you may already have. Search "How to make a compost bin" on YouTube to get a few ideas.

It may take a little planning and a bit of time, but making your own compost is a very satisfying process. Good gardeners know that well fed and nurtured soil grows healthy, strong plants therefore making your own compost is worthwhile. When composting you are exposing your

biodegradable garden waste to oxygen, helping it to decompose aerobically meaning very little methane is created – a greenhouse gas we want to avoid making. Pick a reasonably sunny, out of the way spot and place your compost bin on bare soil. It's important that you place your compost bin on bare soil as it allows beneficial microbes and insects access to the rotting material, allowing better aeration and drainage – essential for successful composting. If you have worries that vermin will become a problem, add a wire mesh across the base of your bin and ensure the lid stays closed.

There's no real secret to good compost, it's all down to what you put in. The recipe is simple; 50% "greens", 50% "browns." The "greens" are materials that will rot down quickly and release nitrogen and moisture, such as hedge clippings, cut flowers, coffee

grounds and grass mowings. The "browns" are materials that are slower to break down that provide carbon and fibre to the mix and allow air pockets to form. They can be autumn leaves, cardboard egg boxes or straw. Please don't be tempted to put used cat litter or dog faeces in your compost bin.

The result after nine to twelve months is free, nutrient-rich compost. Don't worry if your compost looks a little different from shop-bought compost, that's perfectly fine. Digging in your home-made compost improves the soil structure, helps maintain moisture levels and can keep your soil's pH balance in check as well as suppressing disease. Happy composting!

More information and a handy FAQ can be found at <https://www.recyclenow.com/reduce-waste/composting>.

Greens

Quick to rot and provide important nitrogen and moisture

- ✓ Animal manure with straw
- ✓ Annual weeds
- ✓ Bindweed
- ✓ Bracken
- ✓ Brussels sprout stalk
- ✓ Carrot tops
- ✓ Citrus peel
- ✓ Coffee grounds
- ✓ Comfrey leaves
- ✓ Cut flowers
- ✓ Deadly Nightshade
- ✓ Fruit peelings and pulp
- ✓ Fruit seeds
- ✓ Grass mowings
- ✓ Hay
- ✓ Hedge clippings
- ✓ House plants
- ✓ Ivy leaves
- ✓ Nettles
- ✓ Old bedding plants
- ✓ Perennial weeds
- ✓ Poisonous plants
- ✓ Rhubarb leaves
- ✓ Seaweed
- ✓ Soft prunings and plant debris
- ✓ Tea leaves and bags
- ✓ Urine
- ✓ Vegetable peelings and pulp

Browns

Slower to rot, provide carbon & fibre and allow air pockets to form

- ✓ Autumn leaves
- ✓ Cardboard
- ✓ Christmas tree
- ✓ Corn starch liners
- ✓ Cotton towels
- ✓ Cotton wool
- ✓ Egg boxes
- ✓ Egg shells
- ✓ Evergreen prunings
- ✓ Hair
- ✓ Natural corks
- ✓ Nuts
- ✓ Paper bags
- ✓ Privet
- ✓ Straw
- ✓ Sweetcorn cobs
- ✓ Thorny prunings
- ✓ Used kitchen paper
- ✓ Vacuum cleaner contents
- ✓ Wood ash
- ✓ Wool

No thanks

Certain things that should never be put in your compost bin

- ✗ Bones
- ✗ Bread
- ✗ Cans
- ✗ Cat litter
- ✗ Cigarette ends
- ✗ Cling film
- ✗ Coal ash
- ✗ Crisp packets
- ✗ Dairy products
- ✗ Disposable nappies
- ✗ Dog faeces
- ✗ Dog food
- ✗ Drink cartons
- ✗ Meat and fish scraps
- ✗ Olive oil
- ✗ Plastic bags
- ✗ Plastic bottles
- ✗ Soiled tissues

MASTRICK PARISH CHURCH Spring News

Our minister, Rev Susan Sutherland, and Teresa Broere, Parish Assistant, continue to develop Mastrick Parish Church within the community.

Pop Up Café & Play Sessions proved popular last year, so they now take place each Thursday during school terms, in the Church Hall from 1 – 2.30pm.

Café and Play Sessions are open to all those caring for pre-school children to get together over a cuppa, and make new friends, while children play together with different toys. We also enjoy

stories and singing, playing the bells, tambourines, drums – in fact, anything that can make a noise! – great fun for children and adults alike!

Car boot sales are held each month, from 10am to 12 noon. Entry 50p, tea/coffee and a 'fine piece' £2. If you would like to book a table, contact Linda Barron on 01224 681184. Come along and grab a bargain!

The Angel Trail before Christmas was well received by local shops and services and attracted a number of entries: we were

delighted to speak to shoppers when, along with folks from St Clements Church, we distributed Christmas cards inviting everyone to Christmas services.

We are now preparing for Holy Week and Easter so look out for us at the shops on Good Friday, with the story of that day, and information about Easter services!

Please see the Church notice board, website www.mastrickchurch.org.uk or Facebook page for information about these and other community events, and about church services.

POLICE SCOTLAND Anti-social behaviour

Over the last few months Mastrick Local Policing Team have been working with our colleagues in Hazlehead to tackle a noticeable rise in anti-social behaviour on the Lang Stracht and surrounding area. This is unusual for this time of year, as normally the dark cold nights encourage our young people to remain at home, however due to the dry and mild weather this year we are seeing our young people venturing out early.

Mastrick and Hazlehead Community Policing Teams are keen to tackle this behaviour and improve the quality of life for the residents in these areas. To achieve this, we have had dedicated police patrols out

engaging with those we find out on the streets, within school grounds and around shopping areas in an attempt to deter further incidents and to tackle new offences that are found.

The local policing teams have involved the services of the Police Scotland Youth Volunteers who were keen to assist in tackling this issue and have carried out a leaflet drop to over 500 homes in the area, encouraging residents to report incidents when they occur and offering support and assistance.

Sergeant Ricky Burr who ran the operation said: "Having been part of Mastrick Local Policing Team for over 3 years, I'm aware that these types of incidents arise sporadically throughout the year, and we are keen to tackle them before they cause problems for the resident. I would encourage all parents to make sure they know where their children are and what they are up to, when they go out in an evening, as they don't want them being taken home by the Police for Anti-

social behaviour. I have also been impressed by the positive attitude of the youth volunteers, who have given up their time to assist the community in this matter and have shown how positive a contribution our young people can make to local issues."

If you have information regarding anti-social behaviour please alert the Police via Tel 101

Local policing issues can be followed through Facebook:
www.facebook.com/policescotland and Twitter: @NorthEPolice - #MastrickCPT and #HazelheadCPT





aberdeen to host uk's most northerly pride

Organisers of Grampian Pride are pleased to be putting together a celebration of diversity in the city next May. They have announced Hollyoaks actress and Aberdeen-born Annie Wallace will lead a parade down Union Street on the 26th. There will be various local bands and speakers from around the Grampian region at the Grampian Pride Village and are really excited about the headline act, Sandi Thom.

Sandi Thom who was born in Banff said:



"I'm delighted to headline the first Grampian Pride in Aberdeen, a lot of my closest friends are gay, my sons godfather is gay. We need to

celebrate our differences and our uniqueness and how each of us as individuals are extraordinary. I'm proud to be a part of this wonderful event."

The entire length of Union Street in Aberdeen is to be turned into a colourful parade route as Grampian Pride, the region's main lesbian, gay, bisexual and transgender (LGBT) event, gets underway on Saturday 26th May. This will be the first ever march for Pride through the city and is expected to attract thousands from the area and across the UK.

Annie, who plays Hollyoaks High's headteacher in the hit soap, was born and raised in Aberdeen and said:

"I'm beyond excited to not only be asked to speak at Grampian Pride but to lead the Pride Parade through the city, it's an incredible honour and I'm very privileged to march with LGBT people from my hometown, standing up for equality and calling out discrimination. It'll be a fabulous day celebrating equality and I hope everyone comes out to join

us in the march – if you believe in equality and you're an LGBT ally, come along and get involved, everyone is welcome!"

Marching in the parade down Union Street is open to anyone including organisations and groups, you won't require a ticket, but if you'd like entry into the Grampian Pride Village, at Queens Links from 1pm, then you'll need to grab your FREE ticket from our website: www.grampianpride.org



Spring is in the Air!



Spring is finally here so why not take some time to make sure you spring clean your finances? Cash in Your Pocket can help you! We are holding two free Information and Advice Drop - In sessions at Mastrick Spar, on Thursday 26 April from 2.00 – 4.00 pm, and at Mastrick Customer Access Point on 24 May from 10am – 4pm.

This is a chance for Mastrick residents to get free advice about a wide range of money matters,

for example, benefits, budgeting, fuel bills, and low-cost loans with the credit union. As well as Cash in Your Pocket, you can talk to staff from Scarf's Home Energy Advice Team. You can also pick up information to help improve health and wellbeing.

Cash in Your Pocket is funded by the Fairer Aberdeen Fund to help people in need to access the right support and advice to improve their finances. We do this by providing a single point of contact and can refer you on to the most appropriate organisation(s) to get the help you need.

To get help, or for more information about these event, you can contact Cash in Your Pocket on our Freephone number 0800 950 4330, follow us on Facebook or look at our website www.ciyp.co.uk.

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.

Make a Budget – the first step towards good money management.

Check your bank account regularly – try having separate accounts for household bills and disposable income.

Make some changes – Look for deals and offers that help reduce spending as well.

Budget for special events – if you're having a day out take the amount

of cash you can afford to spend so you are not tempted to overspend on your debit or credit card.

Deal with your debts - speak to support agencies like Cash in your Pocket or the Citizens Advice Bureau to help with debts.

Open a Savings Account – credit union members can save as little as £3 a week to put towards their goals.

Call us on 01224 576990 or go to 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.

Pathways in Mastrick

PATHWAYS has been assisting people across Aberdeen City for over 17 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 help you achieve this goal. The service is completely free, private and impartial.

The Pathways Keyworker based in your area is Theresa McKay who meets people at Mastrick Housing Office on Wednesday from 1 – 5pm and on Thursday mornings from 9.30am till 12 noon.

One of Theresa's clients came to see her for assistance in getting back into employment having been paid off from her last job. She was unsure about how to start a CV and wanted support with online applications. Theresa worked with the client to put together an up to date CV for her and also set up a new email account. After this they started applying for suitable vacancies online with major retailers in Aberdeen. The client was successful in gaining an interview with a large supermarket chain. She wasn't successful in getting the position applied for but had done so well that she was offered another role within the company which she was happy to accept.

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



The BIG move

In our last edition we updated you on the shmu extension and our move to the former Rosehill Day Centre. Work to extend the existing shmuHQ building is well underway and staff and volunteers are all settled in at our temporary home.

The preferred contractors, CHAP, started work on the development in August this year and have made great headway as you can see from this photo. We have secured a significant amount of funding to pay for the fabric of the building, but we are currently working hard on a fundraising strategy to ensure we have enough money to pay for the equipment to turn it from a fantastic building to a state of the art community media centre.

Our aim is to enhance the facilities we already have so we will install two new radio studios and we will have a big communal social area, similar to what we had in the old building but we're also going to have an IT training room and a TV studio with a control room. We want to use the expansion of the building to expand our existing programmes to reach new people in our target areas.

Murray Dawson, Chief Executive of shmu said: "We identified a need for this state of the art

facility in our 2012-2017 strategic plan as we have been short of space for several years. Our new space in Rosehill Day Centre is much bigger than shmu so we're able to trial some of the new programmes we would like to run and use it as an opportunity to grow into the new space before moving back to Woodside."

We are aiming to be back in our Woodside building by Autumn this year where we will then look at phase two of the redevelopment. Our aim for the existing building is to make it into a multipurpose space which can be used for cultural events in the evening, for example a small cinema or theatre and for workshops or teaching during the day.

Murray added: "The building was a core part of our strategic plan and it will allow us to develop other aspects of that plan. We want to do more of what we already do, we don't always need to be expanding and increasing in size but with the work we are currently doing in Aberdeenshire we need to look at what that means for us as an organisation. We need to have a clear sustainable financial plan for this and make sure that we don't take our eye off the ball with the key core work that happens in the regeneration areas of the city."





Grampian Women's Aid

Why doesn't she just leave?

When we talk about the brave women who found the courage to escape domestic abuse, we're often asked the same question: why didn't she leave sooner?

For many people, it seems like the obvious solution, but for women experiencing domestic abuse, it's never that simple. There are a number of reasons why they stay.

Fear

Most of the women we talk to have stayed with their partners because they're terrified of the thought of attempting to leave, for fear that they will be in further danger. Simply leaving the family home doesn't immediately mean safety and perpetrators will often do everything in their power to retain control and persistently intimidate from afar.

Children

Often, the women we support also have children to think about. Taboos surrounding refuge accommodation can be a barrier between women

moving themselves and their children to safety, especially if it means removing children from a comfortable and familiar family home.

Shame and guilt

After months, and sometimes years, of abuse, perpetrators know exactly how to make women feel ashamed and worthless. It can be difficult for women to believe that they haven't done anything wrong and don't deserve the abuse. Often, women stay simply because they don't want anyone to know what's going on behind closed doors and worry that they won't be believed.

Financial dependency

Domestic abuse isn't just physical. Coercive control is a pattern of controlling behaviour that intimidates, humiliates and isolates victims, and financial control is a key part of this. By limiting access to money, perpetrators can easily isolate women from their friends and family and ensure they are

financially dependent on them for food, clothing and essentials for their children.

Hope

Many women believe he can change or that things will get better eventually. Often, perpetrators will switch between two personalities which can be confusing if the perpetrator is upset and remorseful after abusive incidents.

Love

Despite everything, she still loves him. This can be the most challenging barrier to overcome.

If you think you might be experiencing domestic abuse, we can help. We'll never judge you and can find a safe place for you and your children.

Safety planning is the most important thing when considering leaving an abusive partner, so call us on 01224 593381 for free, confidential advice and one-to-one support.

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**

On May 4th 2017 six councillors were elected to represent the wider Mastrick area. Remember, even if these individuals were not your first choice, they have been elected to represent you and support you with any issues in the area.

You can get in touch with them via the following ways:

Cllr Ciaran Macrae (Northfield and Mastrick North):

01224 346630

cimcrae@aberdeencity.gov.uk

07500 999617

Cllr Gordon Graham (Northfield and Mastrick North):

01224 523594

07736 329751

ggraham@aberdeencity.gov.uk

Cllr Jackie Dunbar (Northfield and Mastrick North):

01224 522522

jdunbar@aberdeencity.gov.uk

07733 300570

Cllr David Cameron (Kingswells/Sheddocksley/Summerhill)

01224 346612

dacameron@aberdeencity.gov.uk

07876 760760

Cllr John Wheeler (Kingswells/Sheddocksley/Summerhill)

01224 526631

jowheeler@aberdeencity.gov.uk

07500 999593

Cllr Steve Delaney (Kingswells/Sheddocksley/Summerhill)

01224 694469 – home

sdelaney@aberdeencity.gov.uk

01224 346614 - Town House