

# mastrick Matters

Spring 2019

## In this issue:

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BOOKBUG

MASTRICK COMMUNITY  
COUNCIL

GOLDEN GAMES

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

Cover Image - Andy Brown

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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.

We're also planning on working on a story looking at access in the community and we're looking for residents to get involved. If you, or someone you know, has issues getting about in the area or accessing services please get in touch. We want to have a wide range of views in the article so if you have an experience you would like to share then we would love to hear from you.



Supported by



# The Golden Games

## Have you heard of them?

The Golden Games is a festival of free sport and activity for older adults held in Aberdeen every June. The Games started in 2011 with five activities and 80 participants and in 2018 it had grown so much there were 89 activities held over 10 days with 425 participants!

Some of the activities on offer during the 2018 games included pickleball, tennis, a number of health walks, introduction to the gym, shooting and there was even a dance flash mob! Regardless of your age or fitness level, there is something for you at the Games. Even our care homes get involved in the Care Home Pentathlon.

Meet Sylvia, she is one of the Golden Games Ambassadors.

Sylvia Wood (70) was medically retired at 65 years and following recovery from an operation, she heard about a health walk running as part of the Golden Games and decided to go. She very much enjoyed the walk and heard that regular health walks were to start in the Bridge of Don area where she lives, so she decided to go to these.

The following year, Sylvia decided to try a few more activities during the Golden Games. The ones she chose were held at the Sports Village and she enjoyed these so much she decided to take out an "Evergreens" membership which

is a membership for sports and activities held in the Sports Village for older adults. She attended the Evergreens exercise class and the Zumba class, both of which were busy classes (of up to 100!) and had a range of older people with all different abilities.

One thing leads to another and Sylvia now also has a membership with Sport Aberdeen which allows her to join in the activities she enjoys in any of the City's Sport Aberdeen venues.

Sylvia's week comprises of various aqua classes across the city, a weekly health walk and a steady steps class at Westburn Outdoor Centre.

The Golden Games was the catalyst for this change in Sylvia's lifestyle and Sylvia is a real inspiration to many others. Sylvia suffers from lymphedema following treatment for cancer in 2006 and finds the exercise she does helps her to retain her strength, flexibility and gives her energy. Importantly though, Sylvia talks about the social benefits she gets from her active lifestyle. The groups she attends gives her contact with people she wouldn't otherwise have. They have social outings, have built friendships and are very supportive of each other. Sylvia became a Golden Games Ambassador and along with others,

helps to encourage people to give the games a try. Sylvia and the other ambassadors are around during the games to greet people and ensure people feel welcome. Sylvia won the "Pearl Mitchell Trophy" at the 2017 Golden Games. This is an award given to a person during the games who is seen to be an inspiration to others and is voted for by the participants of the games. So not only has Sylvia been brave enough to take steps to battle her way back to health, she also inspires others to do the same. When asked what she would say to someone thinking about trying the Golden Games she said "Come along and try it. We are a friendly bunch. The ambassadors will do everything they can to help you and IT'S FREE! Aberdonians love a freebie!

There are things on offer you could tick off your bucket list. It's so much fun and we all need fun in our lives" The 2019 Golden Games are running from 5th- 14th June. Bookings are made via the box office who will have an online brochure listing activities, times and venues. The brochures will also be available in libraries, sports venues, GP Practices, Community Centres and other locations across the city in the run up to the Games.





# Grampian Credit Union

Best wishes for Spring to everyone in Mastrick!

Great news - Grampian Credit Union is available for anyone living or working in Mastrick. The credit union offers adult, Christmas and junior savings accounts, which are safe and easy to access. Loans are fair and affordable from £200 to £5,000 - repaid from 6 months to 36 months. We can help you pay for, for example holidays, home improvements, a new car or a family event.

If you live in Mastrick, you are welcome to join Grampian Credit Union - details of savings and loans services are on our website: [www.grampiancreditunion.co.uk](http://www.grampiancreditunion.co.uk) and our office is now at 250 Union Street, Aberdeen.

We help local people have safe accessible savings and fair affordable loans. Our Christmas savings accounts help you have money available when you need it most. Good money management can help you have enough for the good times, and funds available to fall back on when things need sorting out.

For more information call 01224 561506.

## Healthy Weight Grampian

NHS Grampian and the Grampian Health and Social Care Partnerships have launched a new website called Healthy Weight Grampian.

The website:

- Aims to be the 'go to' site in Grampian for reliable and useful information on a wide range of weight management topics
- Aims to be useful to as many people as possible in Grampian, whether they're looking to lose weight themselves, or they give advice to others on weight management
- Aims to raise awareness of other useful services and websites and information

- How to assess your weight
- Healthy eating
- Physical activity
- Alcohol
- Label reading
- Recipes
- Meal Planning
- Psychological support
- Habits and routines
- The best way to make changes
- NHS services
- Other useful services
- Children
- Pregnancy

To visit the website go to [www.healthyweightgrampian.scot.nhs.uk](http://www.healthyweightgrampian.scot.nhs.uk)

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## Help for people from ethnic minorities living with dementia in Aberdeen

Aberdeen Council of Voluntary Organisations is working on a new project for people living in Aberdeen with dementia from European ethnic minority backgrounds. 'Widening Access for People from European Ethnic Minority Backgrounds' project seeks to identify barriers to engagement in dementia support in Aberdeen and ensure that those with dementia, their family and carers from European ethnic minority backgrounds are able to make the best use of dementia support available across the city.

By working with people with dementia on identifying the barriers to participation and coming up

together with solutions to these issues we seek to ensure that this is not only a right but also reality to get appropriate support for people from European ethnic minority backgrounds living with dementia in Aberdeen.

If you are a person from a European ethnic minority background living with dementia, know someone from a European ethnic minority background living in Aberdeen with dementia or simply would like to find out more about the project please contact Anna, [Anna.Dzianach@acvo.org.uk](mailto:Anna.Dzianach@acvo.org.uk) or 07508437826.





# MASTRICK WALKING GROUPS

We went to Cruden Bay where we did a short walk through the village then up to Slains Castle, back down to the village and along the beautiful beach. This is a favourite walk for the group.

Next was a visit to Forvie Nature Reserve. The sun was out and made the sea shine, the walk took us past the beautiful Hacklay Bay then on to the ruined salmon fishers' bothy for lunch, and a visit to a ruined kirk in the sand dunes which was once buried by the sand. Then we went up to Aden Country Park. This walk was through the woods, around the lake and up the side of the river. We visited the Fairy Wood where there are lots of fairy houses and stories to go with it, well worth a visit.

A must is to visit the Happy Plant before we head home to see the

Christmas decorations and to have a coffee and a fine piece.

First walk of the year was down to Johnshaven to walk to Gourdon on the old railway line on the seafront. Lovely views all around and we got to see dolphins in the bay was a bonus, then into a fish house to get cod roes and fish.

Out to Inverurie next, this is two different walks, which we join up. The first takes us up to Easter Aquhorthies Stone Circle (about 4,000 years old) then on to the second walk which had lovely views of Deeside in one direction and Donside in the other and Bennachie standing out in the sun.

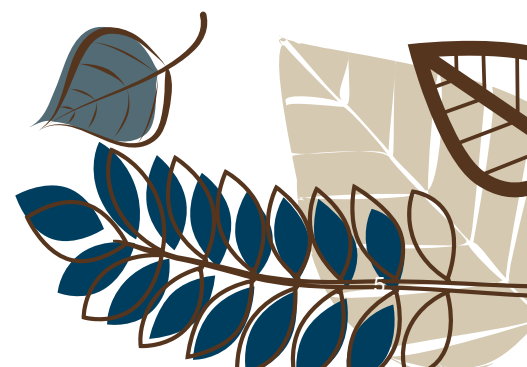
We went to Drumoak to walk the Deeside Way to the Old Crathes Railway Station, again the sun was out. It was a lovely easy walk with views of Durris and Fetteresso hills.

Lunch was sitting in the sun at the old station.

About the groups... They walk Monday and Friday. We leave at 9.30am and are back about 3.30pm, the walks are easy to moderate with no hills. We stick to forests, around lochs or riversides, in glens and estates.

**Why not give one of the groups a try?**

**For more information**  
**Phone 01224783627, email**  
**helenandraymond@hotmail.**  
**co.uk or check us out on**  
**Facebook "Mastrick**  
**Walking Group"**



# What Do You See? A Cup Half-full or Half-Empty?

**I am privileged in my role to chat to a wide variety of people in our neighbourhood. To all appearances some look comfortably off whilst others seem to have little. But that is never actually the case. That is looking at all people through a lens of scarcity and our 'needs' based on the consumerist approach which sadly seems to dominate our thinking.**

However, once you start chatting to people, being a bit nosey and inquisitive, it is so easy to uncover skills, knowledge and experiences of life that people have that would be of great value to others in our neighbourhood.

I hesitate to call all of these 'gifts' because a gift is something that is given to another person for them to enjoy; something we give without expecting something in return. And quite often these skills, experiences and knowledge are not being gifted. They are a bit like a present bought but left in a bottom drawer.

It is not always because people don't want to offer their skills, experiences and knowledge. It is quite often because they don't realise the value of the skills, experiences and knowledge they hold and how useful they may be to others. And just as importantly, most people know how to offer them as gifts to others.

A few days ago I was speaking to someone who had joinery skills and had an interest in gardening. He would be happy to share his skills and knowledge with others, to help build some raised flower beds, and although interested in gardening this person doesn't have much experience and confidence in growing flowers, vegetables and fruit. This person is willing to offer his skills and knowledge, but would benefit from a gardener's skills and knowledge too.

So, what if we started a dialogue with our neighbours? What if we asked:

What are the gifts of your head?  
What do you know about birds, how to use the Internet, about language, about local history, about maths, etc?

What are the gifts of your hands?  
What can you do well, such as joinery, gardening, playing an instrument, mending things, drawing, cooking, knitting, decorating, etc?

What are the gifts of your heart?  
What do you care about – the environment, children, elderly, politics, poetry, reading, walking, singing, making music, etc?

What if we were then able to connect people together? People with common interests, people with skills to share, people willing to

teach others, people who wanted to learn something new?

I am certain that our local community here in Mastrick is abundant. All of us have the skills, knowledge and experience to make our lives more enriching. We just need to ask each other the right questions. What is it that you know, that you can do, that you care about, that by getting together with others will improve the quality of your life, and of our community?

Are you someone who naturally sees the glass as half-full? Do you fancy helping to ask these questions in your neighbourhood – a few streets at most? If so get in touch with me. I may just have a cunning plan to help this happen.

But you don't need to rely on me. You could write an article yourself in Mastrick Matters, seeing if anyone else cares about the same things as you and starting a group, or maybe posting something on the Mastrick Matters Facebook page for a quicker response?

**NICK BOWRY**

**Email:**

**[curatestclements@gmail.com](mailto:curatestclements@gmail.com)**

**St Clement's Scottish Episcopal Church, Mastrick Drive.**



# MASTRICK COMMUNITY CENTRE

## Hires

We currently have spaces available in our timetable for hall hire. Our costs are £25 per hour. We also have office space for hire that includes a printer, phone line and WiFi, the cost for this is £250 per calendar month. We have an array of mascots available for hire for birthday parties for £25 plus a deposit.

## Activities

Our youth club is on a Thursday evening for ages 10 – 15yrs. This club has a variety of activities each week and is free for the young people.

Our chair-based exercise class is on a Thursday from 2-3pm, it costs £3 and is open to all over the age of 18, for all capabilities.

Our over 50s friendship group is growing and thriving. From entertainers to bingo to trivia quizzes we have a wonderful programme, and all is welcome. The group run on a Tuesday from 2- 3:30pm, cost is £3.

Our Parent and Toddlers have been revised and we now have an activity-based programme running each week with a selection of toys and crafts. It is a drop-in service from birth to nursery school age. The cost is £2 per session and 50p is your child would like snack. We run these sessions on a Monday and Friday afternoon from 12:45pm-2:45pm. Everyone is welcome!

**For more information call the centre on 01224 788288.**



## Mastrick Friendship Group

**On Tuesday the 13th of November Mastrick Friendship Group held an event to commemorate the 100th anniversary of the end of the First World War.**

**Members of the group dressed up in clothes from that time and danced and sang to the songs of the era.**

**They had a great time and wanted to share some pictures with Mastrick Matters reading.**

**If you would like to find out more about the group contact the community centre on 01224 788288.**

## WORD SEARCH

**Spring 2019 – compiled by Kevin Morrison.**

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

The answers are found in the above grid. They can be found horizontally, vertically, diagonally and backwards.

## BUTTERCUP • LAMB

CLEAN • LEAP

DAISY • LIGHT

## FORWARD • ROLL

FLOWERS • VIVALDI

## KEVIN'S ODE

Welcome along to another edition of your community magazine, 'Mastrick Matters' "It's your magazine; read on to find out what makes folk natter "We are quite informal here; feel free to contribute "It's very casual; you don't even have to wear a suit."

# THE PINES

## Fireworks go whizz and bang and boom

**Make people so scared that they curl up like in the womb**

**She pines for the old days when a coat would be put over a puddle**

**It's archaic and would generate  
puzzlement; her goal is to befuddle**

## Like a starving dog, given a rubber bone

**Or a stranded person without a phone**

## Like a tree after a hurricane has blown

Or a child who has lost an ice-cream cone.

[illegible]



# BOOKBUG IN MASTRICK

Storybook adventures are coming to life with the Bookbug sessions in Aberdeen. The free sessions use songs, stories and rhymes to provide some social fun for both the children and parents involved. Bookbug sessions currently take place in every library throughout Aberdeen. Each session will run for half an hour from 10:30am every fourth Wednesday in Mastrick Library.

Bookbug sessions are aimed at young children between the ages of 0-5 years. Sessions that fall during the school holiday period however are open to older siblings as well.

The Bookbug programme provides an environment that both the children and their families can enjoy.

Margaret, Early Years Librarian said: "At the end of the day it's a lovely way for a parents, carers,

and grandparent, to spend half an hour, relax, meet new people and make friends. Being a parent at homes with a new baby can be isolating at times. "

The work that Bookbug does helps to create a fun learning environment from an early age. With songs and rhymes designed to make the sessions more accessible whilst teaching the children early development.

Margaret said: "Songs like head and shoulders is great for teaching kids where the different body parts are as well as teaching them hand eye coordination. We use baby touch rhymes to try and make sure that the sessions are as accessible as possible."

The Bookbug project also contains a project called the Bookbug bags. These bags aim to get children reading from a young age.

Ruth Taggart the Bookbug Programme Coordinator said: "The research about language development programme is aimed at the earlier years. As this is the age when, all that important brain development is happening."

Find out when your next Bookbug session is by calling the library team on 01224 788-558 or email [mastricklibrary@aberdeencity.gov.uk](mailto:mastricklibrary@aberdeencity.gov.uk).

**More information is on the Bookbug sessions is available on the Aberdeen City Council website and in libraries across the city.**

**Mastrick Library is open 10am – 7pm every Monday and Wednesday, 10am – 5pm Tuesday, Thursday and Friday and between 10am – 1pm and 2 – 5pm every Saturday.**



# Mastrick Community Council

The Community Council is a group of local people who meet monthly to discuss issues affecting the local area, from local planning applications, how we manage green spaces, changes to the local surgeries as well as wider consultations on various issues such as City Centre Master Plans and reducing the residential speed limit.

The Community Council receives a grant from Aberdeen City Council (around 11p per resident which adds up to a decent amount of cash!) that the members then agree to distribute. Local charities and groups can apply to us for funding at any time so if you are one of these or know someone who are in need of funds, please let them know and again, contact me as below. Recently we gave money to scouts groups, football teams, playgroups and groups for older people. All local residents of Mastrick, Sheddocksley and Summerhill are welcome. There is no commitment required as a member of the public, you can attend one meeting and never come back or you could choose to attend regularly and if

keen, you can join as a member of the Community Council.

We currently have three positions available to any local resident who would like to be co-opted on, which means you will become a full voting member. If you would be interested, please contact me on the email address below or write to me via Mastrick Community Centre. Meetings are held every third Wednesday of the month, venue to be confirmed at our next meeting but it will be in the Community Council area. Notice of meetings are displayed at the community centres, local library and posted on our Facebook page.

Louise who has been a member of the Council for a number of years now has written a little bit about why she joined:

*"My name's Louise and I have lived in Mastrick for about 5 years now. I joined the community council back in 2015 and became Secretary. I have recently been elected Chair and will hold that position for three years.*

*"My motivation for joining was to find out more about what happens*

*in the local area and to understand how the community council can contribute to improvements or make people aware of potential changes to housing, services, roads etc.*

*"It's also great as a member of the community council to be able to receive requests for funding from local groups, to find out what their aims and objectives are and who they help and then providing them with some funding to carry on their work. "This year we hope to be even more involved in the local community and plan to develop a questionnaire survey for distribution through our Facebook group but also asking people in the street what their thoughts are on the local area and how they would like to see it improved."*

*"We would love to see some new faces at our future meetings so please check the noticeboards and Facebook for updates. If you have any questions, please get in touch with me."*

**For more information email [loumccaff@hotmail.com](mailto:loumccaff@hotmail.com) or look up Mastrick, Sheddocksley and Summerhill on Facebook.**

## Best Start Grant

### What is the Best Start Grant?

Package of three payments which gives extra money to lower-income families at key stages in the early years of a child's life.

### Who is eligible?

All claimants must be living in Scotland and receive benefits from the list below:-

Income support; Income based Jobseekers Allowance; Income-related Employment and Support Allowance; Pension Credit; Universal Credit; Housing Benefit; Child Tax Credit; Working Tax Credit

Also, if you are under 18 or aged 18 or 19 and in full-time education or training and are dependent on someone else.

### When are the payments made and how much are the payments?

First payment of £600 can be claimed when the mother is 24 weeks pregnant and before the baby is 6 months old. £300 can be claimed for any subsequent children. Second payment of £250 can be claimed when a child reaches the age of 2 -3.

Third payment of £250 can be claimed when a child starts school. There is no cap on the number of children per household who will be eligible to receive the grant but there is usually only one grant of 3 payments paid per child.

### How can you apply?

Freephone helpline on 0800 182 2222

### In paper form

Online at [mygov.scot/pregnancy-and-baby-payment](http://mygov.scot/pregnancy-and-baby-payment) (translations into over 100 languages are available on line)



## ATTENTION ALL EXPECTANT MUMS AND PARENTS/ CARERS

**If you are on benefits or have a family income less than £16,190 per year you may be entitled to Healthy Start food vouchers and/or the new Best Start Grant.**

### **Healthy Start Vouchers**

Healthy Start is a UK wide scheme that enables low income families who receive certain benefits an opportunity to access vitamins\* and vouchers that assist you to buy cow's milk, fresh or frozen fruit and vegetables, and first stage infant formula.

To qualify for Healthy Start you must be pregnant or have children under 4 years of age and be in receipt of the following benefits:

**Income support OR Income-based Jobseeker's allowance OR Income related Employment and Support Allowance OR Child Tax Credit** (with a family income of £16,190 or less per year)

**Universal Credit** (with a family take home pay of £408 or less per month)

If you are under 18 and pregnant, even if you do not receive the above benefits, you qualify for Healthy Start.

You can pick up your Healthy Start forms from your local GP surgery, the Department for Work and Pension, or you can download and print the form from [www.nhsgrampian.org/healthy-start](http://www.nhsgrampian.org/healthy-start) and send to the freepost address advertised on the NHSG page. Your form must be countersigned by a midwife or health visitor or practice nurse prior to sending but you can take your form to your GP surgery and they will get someone to sign it and send it off without you having to make an appointment.

**For more information and to check whether you qualify for Healthy Start please visit our local Healthy Start page at [www.nhsgrampian.org/healthy-start](http://www.nhsgrampian.org/healthy-start)**

***\*every pregnant mum in Grampian is entitled to free vitamins throughout their pregnancy***



## Neglected mixed recycling bins

### Can we persuade you to use the mixed recycling bins more?

The mixed recycling service is a one stop shop for household recycling material. Lots of households use it and like it. We ask for loose recycling as the processing plant does not and cannot open bags.

What we are seeing when we look at overused general waste bins is a lot of recycling not put into the mixed recycling bin. The general waste bin fills quickly and the mixed recycling bin is lucky to be a third full. Here are some tips:

- Request one of our bags for mixed recycling (if you live in an area served by communal bins). Printed with reminders as to what we will accept, easy wipe for any unexpected spills, folds away and can open up to be used as a recycling bin at home. Free, colourful and paid for from your Council Tax.
- Don't let the bag fill to the top!
- Take your recycling on the way to work a few bits at a time, on the way to school with the children, going for your morning walk, when you take the pooch out.
- Cut boxes up into cereal box size pieces. Please don't leave them at the side of the bin. Just a wee bit rain or a passing pet can make this unpleasant for the crew to collect! And they're not obliged to collect anything outside of the bin, that's technically fly tipped and a crime.
- The absolute golden rule: If we don't ask for it we don't want it.

Environmentally you can make a big difference. Not just in material recovery but the look of your area too. It's far nicer to see properly used mixed recycling and general waste bins than bins with lids propped open with bin bags and the gulls ripping them open to spill litter all over the road.



## A Greener Year

### Andy

Now Christmas is a long-gone memory we may now have lots more items stored in our house gathering dust. What should we do with them? The worry is that we now live in a throw-away society. Unfortunately, some of the materials the items are made from can't be recycled easily.

Five things everyone could do to save on products and items you buy:

- If the items are needing to be maintained or repaired make sure you do this to the manufacturer's requirement. This will extend its life and save it going into disrepair or scrap.
- Think a lot about an item before you buy it. How much you are going to use it. Could you borrow it from friends or family?
- If you have items at home that you don't use much, think about loaning them out to friends and family? This is great for things like hand tools.
- If you really don't need them then sell them or donate to a local charity. Someone else can get the use of them.
- Think about buying a quality item. They can have a longer life and sometimes better guarantees.

If you have anything you would like to move on think about posting on [www.facebook.com/groups/greenboxaberdeens](https://www.facebook.com/groups/greenboxaberdeens) which is an online community to reuse and upcycle. Our mission is to give items you have a second life.

Household waste can be tackled the same way. The main thing is to have no waste going into your landfill bin. Also, you can reduce food waste in your compostable waste bin

Five things you can do to reduce household waste:

- Buy items with less packaging. Sometimes buying bigger can save plastic waste and cost.
- Buy items with easily recycled packaging. They will go back into the system and a percentage can be used to produce new packaging.
- Reduce food waste by buying less, cooking food for freezing or freezing food that is on the last day of use.
- Give items to food banks.
- Maybe think of composting in your own garden. Instead of buying, this reduces the carbon footprint for transport.

On the whole reducing, redistribution, recycling can help reduce the waste

# CUCKOOING: POLICE SCOTLAND NEEDS YOUR HELP TO IDENTIFY PEOPLE AT RISK FROM DRUG DEALERS

Police Scotland are launching a new initiative in Aberdeen to identify persons who, through no fault of their own, fall victim to organised crime groups as a result of cuckooing.

‘Cuckooing’ is a term used to describe someone having their home taken by an organised crime group for the purposes of utilising the premises in the course of criminality, particularly for drugs. The term ‘cuckooing’ is taken from the cuckoo bird who invades the nests of other birds and utilises it for its own purposes. This activity is a blight on our communities and brings with it significant harm to many.

It is known that individuals involved in serious organised crime gangs from areas such as Liverpool, West Midlands and London travel to other parts of the country, including Aberdeen. These individuals will then take over the property to assist with their illegal operation, be it for storing or dealing drugs. This is often achieved through the use of threats and actual violence towards the occupants or their loved ones.

We are seeking your help to help identify where cuckooing is

happening. Some signs that could indicate this are:

- Other people being in the house, especially non-locals.
- New associates and increased visitors throughout the day and night
- Increased or unusually high number of vehicles outside the property - including taxis or hire cars – registration plates are always helpful
- Bags of clothing or extra bedding in people’s homes
- Increase in antisocial behaviour – examples include a build-up of rubbish in communal areas, increased noise and evidence of drug misuse.
- Barricades within the address, including weapons.

If you have any information on cuckooing or drug dealing in your area or know someone who you have concerns maybe a victim of cuckooing, you can contact Police directly on 101 or anonymously by calling Crimestoppers on 0800 555 111. All information will be treated with confidence.

## Pathways in Mastrick

**PATHWAYS** has been assisting people across Aberdeen City for over 20 years to find suitable employment, consistently helping over 200 people into work every year!

The Pathways Keyworker based in your area is Theresa McKay who meets people at Mastrick Housing Office on Tuesday mornings and Wednesday afternoons. She is usually very busy, so it is always best to phone and make an appointment.

One of Theresa’s recent clients came to see her for help to update her CV and discuss the kind of work she would enjoy doing. The client had several years’ experience in the care sector but was interested in trying something different, such as retail or hospitality. After some research the client decided this was not for her and they began looking for roles as a Support Worker. After making several applications she was successful in gaining some interviews and from these she was offered a position with NHS Grampian where she is very happy. The client said that the support from Theresa, especially on interview techniques really helped and she was glad that she had come to Pathways for additional support.

If you would like help to create or update a CV, apply online for jobs or help with interview techniques 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**

## IntoFilm Club at shmu

We recently launched our new shmu Youth TV Into Film Club which is running every Wednesday from 5-7pm for 11 to 19 year-olds, this opportunity is free to those who are living or attending the local schools in the regeneration areas across the city. The programme consists of watching a movie one week and on the following week the group review the film and learn about the different aspects of film making. To enhance the experience for the young people involved, shmu secured the use of a full cinema kit through a partnership with Cinema for All which has enabled the group to view the movies at a high standard, giving that real-life cinema experience. This has proved to be a great asset to the sessions and will hopefully help towards increasing the number of young people taking part in the sessions.

We're keen to get out into the communities and local schools to speak to as much people as possible about this new opportunity in the hope of attracting new people to the sessions.

We will be returning to our redeveloped shmu building just off Great Northern Road around the end of February, so we feel this is the best time to get out there and promote our youth opportunities to the young people who can benefit from taking part and access our new facilities.

For more information please get in touch with [denise.reid@shmu.org.uk](mailto:denise.reid@shmu.org.uk)

**shmu youthTV**

Into Film Club

Live TV broadcasting

Aberdeen BFI Film Academy

Film making courses

Every Wednesday evening  
5-7pm at shmu, 202  
Ashgrove Road West

For more information  
contact [lori.wilson@shmu.org.uk](mailto:lori.wilson@shmu.org.uk)

These opportunities are for young people aged 11-19 years and living in the following areas - Northfield, Cummings Park, Middlefield, Woodside, Tillydrone, Seaton and Torry

shmu



## *John's Page having been adapted from an altered universe city education*

State us as a star date  
of all our yesterday's  
today as was 15-02-2019  
5:16 AM-A landline wanted  
another man's shed & an  
Angel sheds light from the  
dark believing we should  
only equalise women while  
I want ELF like to continue  
SELF social equalities  
liberties fraternities alike  
whilst a stewed dent our  
pride princess teaches  
what seems exclusive  
for the rest of a woman  
to the humanities feeling  
like striking a pose in  
repose out of a soft touch  
hard hitting balls with a  
shmuker queue screwed  
back to front a fool & yet  
still empty your pockets.  
5:21 AM-Inclusion as an  
Exclusion throughout the  
outcries of Gods emotional  
intelligence being a turmoil  
change to a molls gangster  
rap term in all illness and  
terminology having been  
to be well out of our minds  
5:37 AM-A landline would  
teach me to write like you  
& I've yet to read the writes  
like the likes of me as I'd  
be wrong about Angels  
believing I should jump  
through hoops to draw the  
crowds to bog or log off  
standard yet a bigger rocky  
road picture show as a  
Chunk of change & small  
mindedness develops little  
& largely horrors further up  
& down with the student  
teachers less on to be  
paid off for the voluntary  
work she does for him as  
well & the teacher's pet  
hate ideas could seem like  
love's nothing & everything  
to say about my SELF

Centre being soft to the  
hard hearted ones of a  
blue planet's read about  
burning a blistering red  
through busting ins &  
out all over to begin with.  
5:48 AM-Incidentally coming  
to guide an inclusion  
exclusively as an Angel's  
more interested at least in  
not actually following my  
outgoing segregatory ideas  
of SELF decision while  
I'm a being undecided?  
6:54 AM-Inclusively as an  
exclusive kind of a you who  
and me all together now  
from the future to one's  
past having surpassed  
oneself assessment?  
6:58 AM-I think she had  
wanted & still wants me to  
say what he doesn't want  
for you down here until  
we're there up against  
God's illness being a better  
bitter sweet judgement?  
7:14 AM-I'm out of the  
includ Sean zone as my  
mother & father figure  
understands what I relate  
to as an uncle to a nephew  
having been through being  
an unbe unbeen & an  
unbeing knownst to me &  
you bootleg yet another  
brother to walk the line  
running a sister in-law act  
outside the laws of physics  
& metaphysical aspects  
of what's known to know  
avail & availing myself-  
awareness of merely having  
been aware of one for all  
God knows?

I think I've spoken to speak  
a lower kind of empty rather  
than a thoughtfully higher  
form of English?

Cuppa

With A

Purpose

Fancy a blether with someone  
who has walked your path but  
made some changes to find a  
different direction? Want to find  
out what they did and where  
and how they found the help  
that made the difference? Want  
a platform to voice your ideas  
and thoughts? Have you or  
your family been affected by the  
addiction and behaviours of a  
loved one? Would you like to  
speak to someone who knows  
your sorrows? Join us for a  
"Cuppa With A Purpose" at  
these local venues.

### **MONDAY**

**10.30 AM - 12 NOON**

**AiR Community Rooms**

**@ Elim Church**

**Access via Theatre Lane  
(off Regent Quay)**

**AB11 5AW**

### **WEDNESDAY**

**1 PM - 2.30 PM**

**AiR Community Rooms**

**@ Elim Church**

**Access via Theatre Lane  
(off Regent Quay)**

**AB11 5AW**

### **FRIDAY**

**11 AM - 1 PM**

**Tillydrone Community  
Flat**

**3b Alexander Terrace  
Tillydrone**

**AB24 2QT**

# 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](mailto: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](mailto:cimcrae@aberdeencity.gov.uk)

07500 999617

## Cllr Gordon Graham (Northfield and Mastrick North):

01224 523594

07736 329751

[ggraham@aberdeencity.gov.uk](mailto:ggraham@aberdeencity.gov.uk)

## Cllr Jackie Dunbar (Northfield and Mastrick North):

01224 522522

[jdunbar@aberdeencity.gov.uk](mailto:jdunbar@aberdeencity.gov.uk)

07733 300570

## Cllr David Cameron (Kingswells/Sheddocksley/Summerhill)

01224 346612

[dacameron@aberdeencity.gov.uk](mailto:dacameron@aberdeencity.gov.uk)

07876 760760

## Cllr John Wheeler (Kingswells/Sheddocksley/Summerhill)

01224 526631

[jowheeler@aberdeencity.gov.uk](mailto:jowheeler@aberdeencity.gov.uk)

07500 999593

## Cllr Steve Delaney (Kingswells/Sheddocksley/Summerhill)

01224 694469 – home

[sdelaney@aberdeencity.gov.uk](mailto:sdelaney@aberdeencity.gov.uk)

01224 346614 - Town House