mastrick Matters Spring 2020

In this issue:

MASTRICK RAINBOWS MASTRICK COMMUNITY COUNCIL LOCAL COUNCILLORS UPDATES www.shmu.org.uk/press

mastrick Matters

spring Edition 2020

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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**.

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 dates for the next edition are as follows:

First meeting – 6th August Second meeting – 20th August Content deadline – 3rd September

All meetings take place on Tuesdays at 10:30am at Mastrick Community Centre and we would like to welcome as many new faces along as possible. Keep an eye out on the Mastrick Matters Facebook page for more information on when we will be meeting.

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

happy reading.

Supported by









FRUIT AND VEGIN THE HEART OF THE COMMUNITY

We all know that eating plenty of fruit and vegetables prevents certain diseases, helps weight loss and boosts your immune system. That's why it's highly recommended to get (at least) your 5 a day. But did you know that your daily dose of health can also reduce the number of people going hungry in North-east Scotland?

Community Food Initiatives North- East is a local charity which operates community pop up fruit and veg stalls across Aberdeen. Your local food outlet makes fresh and affordable fruit and vegetables available to everyone in the community. In Mastrick, Susan runs the outlet at the Community Centre every Wednesday from 09:30 – 12:30.

There is a wide range of produce available to purchase. Why not come along and support your local centre as well as supporting CFINE. All the profit we make goes directly to our charity which approaches poverty in a holistic way. Besides running a busy food bank (distributing more than 170 emergency parcels daily), we help our beneficiaries with benefits, employment and lots of other things that tackles the reasons why they had to visit us in the first place.

You can be the part of this by purchasing your 5 a day at CFINE community food outlets, instead of a supermarket. Why not pop along to Mastrick Community Centre and see for yourself?

If you have any questions, please contact CFINE on 01224 531386 or at Lfarmer@cfine.org.

Able Deen in Mastrick

Able Deen are now based in Mastrick every second Thursday.

This is a service which takes out wheelchairs, scooters and volunteers to different parts of Aberdeen to enable people to access their local services, facilities and shops.

They are now in Mastrick every second Thursday between 10am and 4pm and will be parked up outside Mastrick Library, across from Mastrick Shops.

Look out for the Able Deen van or look them up on Facebook to see when they're in your area.

For more information look up www.abledeen.org.uk, call or text 07436102939 or email abledeen2019@gmail.com

Accessibility in Mastrick

Regular readers of Mastrick Matters may remember we did a feature in our last edition but accessibility issues in Mastrick.

One of our volunteers who is a wheelchair user had noticed that he was having to take convoluted routes around the area to get where he needed to go because of a lack of dropped kerbs.As well as producing an article for the magazine he got in touch with his local councillors and work has started on dropping some of the kerbs he highlighted.

He acknowledges that there are lots of other parts of the community where this may be an issue and it will also be a problem for other communities in Aberdeen and wants to try and make a difference as broadly as possible.

If you know of any problem areas or any other community issues please get in touch and we'll see if we can help bring attention to it. Email laura. young@shmu.org.uk, call 01224 515013 or look up Mastrick Matters on Facebook.



ABERDEEN PLAYFORUM: COME AND PLAY!

Aberdeen Play Forum is a local charity that delivers free and accessible play sessions within the community. It is our mission to promote the important role that play has in children's wellbeing and development. In particular, we focus on outdoor and loose parts play. Loose parts are open ended materials such as, tyres, planks of wood, pipes, crates, sticks, ropes. These can be used in a variety of ways and are only limited by the child's imagination. Children will often spend more time absorbed in this type of play than with more prescriptive plastic toys.

2019 saw us become more ambitious in our delivery of such sessions, including providing pop up term time sessions and covering seventeen local parks in the October holidays. In addition, we delivered a pilot Play in the Dark session at Hanover School on the 29th of November 2019. We aim to continue this work in 2020 with more pop-up sessions planned, introducing weekend and allweather sessions. Look out for us on Facebook to see where we are popping up next!

For more information about Aberdeen Play Forum , look them up on Facebook or get in touch by phone 01224 518 578 or email: Karen.Shepherd@ aberlour.org.uk or melanie. jaffrey@aberlour.org.uk



Mastrick Rainbows are looking for new leader to help run the group.

The new leader would need to be over the age of eighteen and free on Mondays (during term time) between 5:45 and 7pm.

It is a voluntary role but full training is provided and there is no cost to yourself.

If you want to challenge yourself to something new in 2020, get creative, have fun and be an inspiring role model to girls and young women then this is the opportunity for you. As unit leader, you'll be responsible for running the unit, leading a team, and planning and delivering a highquality programme of activities and events.

- Previous Rainbow leaders have said:
- "It's a rewarding way to make a difference to my community."

"It's amazing to see the joy it brings the girls and how they grow and learn through all that we do."

"We like to have fun! We like to go on trips and we like to encourage visitors to allow us to learn some new skills."

Quotes from the Rainbows:

"I love Rainbows! It's so much fun. I really like when we get to colour in."

"Rainbows is my favourite thing to do after school, I've learnt lots of things. Last night we learnt about the people that may lend us a hand in our community."

For more information please contact Kimberly on mastrickrainbows@outlook.com or 07591686828.

B we discover, we grow





Hello! from the Mastrick and Northfield Locality Team

We form part of the Locality Partnership which encompasses - Middlefield, Mastrick, Cummings Park, Northfield and Heathryfold.

Locality Partnerships have been set up to help residents and professionals work together to tackle community issues.

Our work is based around goals set out in the Local Outcome Improvement Plan (LOIP), a 10 year plan setting out how we will improve outcomes for local people and help everyone to have the same opportunities, regardless of their background or circumstances.

Recently we have been busy doing lots of work with local people in our community.

In November, we ran Speedwatch, a speed awareness event along with pupils from Quarryhill Primary School.

Two police officers, four pupils and one teacher stopped cars on Provost Fraser Drive that were speeding. The drivers were given an opportunity to be asked questions by the school pupils about their manner of driving. The children asked the drivers some hard hitting questions such as, "Why were you speeding?" "Did you know there was a school nearby?" and "How would you feel if you ran over me or one of my friends?"

The message the children gave was very powerful, with one driver being in tears. All drivers that day advised they would not speed through the area again.

In December, we ran an awareness raising campaign around festive shoplifting. We increased presence in and around the Northfield and Mastrick shops and businesses with high visibility patrols offering crime reduction/ prevention advice.

The campaign was very well received by the community and we saw success with a 35% reduction in reports of shoplifting from the previous festive period.

In January, we ran a community drop-in surgery in response to concerns from residents about anti-social behaviour and drug misuse in communal areas in and around Cairncry Court. We spent time in the communal area where we made ourselves available for residents to come report anti-social behaviour, drug related crime or to simply say hello.

We had a busy session with many residents coming along to discuss concerns and issues. It was refreshing to also have the opportunity to say hello and meet some local people including those new to the area and others who had been residing in the building for many years.

Looking towards Spring, we hope to focus on continuing Speedwatch with our local schools and working with our partners to see Streetsport return to the area and provide focussed activities for local young people.

If you have information about any crime, you can contact the Local Community Policing Team or Locality Team on 101. You can also give information anonymously to the independent charity Crimestoppers on 0800555111.



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!

At Pathways we work with people from 16 years old to our oldest client who was 74!

Theresa had been working with a client who had only recently left school and had only had a temporary Christmas job to add to his CV. He came to Pathways to get help with online applications and to find out how to get his CSCS card so he could look for work in the construction industry. The first thing Theresa did was to do a complete rewrite of the client's CV and created an account for him so he could upload his CV and apply for jobs directly from his phone. Theresa then assisted the client to apply for an Individual Training Account (ITA) for funding to pay for his CSCS training course. They client then attended and successfully passed his exam and got his CSCS card and was able then to apply for numerous jobs. This resulted in him gaining

the employment he wanted, working full time in the construction industry. The client said, "Thanks for your help, I know where to come now for help when I need it."

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. **Give Theresa a call on 01224 682 939.**

PATHWAYS - Helping You Find Work!

MASTRICK

A programme of building work commenced at the library in February to replace our old windows. We're looking forward to the visual improvement and being cosier in the winters. There will be a reduced service on certain days during February and March, while the work is being carried out, but we aim to stay open for the majority of the time. Give us a call on the library number if you have any queries during this time.

Our Creators' Club is up and running and proving to be very popular with our young building brick enthusiasts. Booking is essential to avoid disappointment.

Bookbug Sessions continue every fourth Wednesday. Due to the building work the session on 11 March will be held at Northfield Library, Byron Square, Aberdeen Tel. 01224 695104. We will be back at Mastrick Library on 8 April. All sessions start at 10.30am and last for around 30 minutes. Bookbug sessions are free, friendly and fun sessions of stories and rhymes for babies, toddlers, preschoolers and their families and carers to enjoy together. Mastrick Library Greenfern Road Mastrick Aberdeen AB16 6TR Tel. 01224 788558 Email mastricklibrary@ aberdeencity.gov.uk

Opening hours: Monday: 10am - 7pm Tuesday: 10am - 5pm Wednesday: 10am - 7pm Thursday: 10am - 5pm Friday: 10am - 5pm Saturday: 10am - 1pm and 2 - 5pm



WHAT ARE THE COMMUNITY COUNCIL UP TO IN 2020?

Well, the Community Council has a few projects on the go at the moment, if you are interested in getting involved in any, or have ideas for new projects please get in touch.

Eric Hendrie Park Street Art

Mural – this project has taken a few years to develop. We asked local primary school kids from Fernielea to draw some pictures of what they liked or wanted to see in the local area, and this was done along with a local sheltered housing complex residents. The drawings have been passed to a group of local artists, many involved in NuArt, who will use the drawings for inspiration for their designs. The wall should be completed by summer and funding was received through Tesco Bags of Help scheme.

Sheddocksley Playpark

Fundraising – The playpark at Sheddocksley is receiving a very much needed facelift, brand new play equipment and resurfacing. Unfortunately, there was no seating planned in the Council budget for this, so we are looking to raise money to purchase two bench seats and a picnic table. We have set up a Just-Giving page for people to donate directly, and we plan to have a pub quiz and car boot sale to raise money as well as a litter pick to get the local community involved. The Community Council has offered £100 to start the donations off!

Residents Survey – the Community Council has developed a basic survey to find out what residents want from their local area and what the Community Council can do to help. We will send this out via Facebook but also look out for us at Mastrick Shops where we will be asking passers by their thoughts.

Community Defibrillator for Mastrick – The Mastrick Community Centre has raised £600 for a defibrillator but we need £1200 to purchase and install it. We plan to speak to local Mastrick businesses and ask them for donations. If you own a local business or know someone who does, please let them know. The Community Council has offered £100 to start the donations off! I would also like to see defribrillators in all our local shopping areas so if you want to help fundraise for this really vital equipment please get in touch.

Donations – we are about to receive our financial grant from the Council for 2020, but we have funds leftover from previous grants that we are looking to spend. If you run or know of anyone who runs a local group, be that for older people, young people, disabled groups or otherwise, please let them know that we have funding available. It's a simple application process, only a single A4 sheet to be completed with details of what the money is for and who it will benefit.

We would love to see some new faces at our future meetings so please follow Facebook and the community centre noticeboards for updates. If you have any questions please get in touch with me – loumccaff@hotmail.com or on our Facebook Page – Mastrick, Sheddocksley and Summerhill Community Council.

Looking forward to seeing you all at our next meeting: 15th April @ Mastrick Land at 7pm (Ground Floor Meeting Room – please press buzzer 53 for access)





councillor comments

As with most of the ward work of a councillor it is individual queries which are dealt with, mainly related to potholes, street lighting, car parking, etc. and as such are often very specific to the constituent concerned. As such, highlighting these in Mastrick Matters or other local newsletters, is not necessarily appropriate as they are specific and individual cases rather than issues which are of broader concern in the community. However, sometimes there are issues of wider concern which could benefit from being highlighted more and currently there is one which I think would benefit from exposure in this publication.

There has been over the last few months a rise in petty vandalism and antisocial behaviour in the area linked to a small minority of the young people living locally. This has taken the form of underage drinking in public, noise, vandalism of parked cars – walking over cars, damaging wing mirrors, being verbally abusive then running away, congregating outside Tesco on the Lang Stracht and generally making a nuisance of themselves.

The individuals involved probably do not see their actions as antisocial, but I can assure them that they are. In general Aberdeen City, and the Mastrick area in particular, are safe and pleasant places to live. Our crime statistics are not necessarily bad but what I refer to above is, at best, an irritant and at worst an unnecessary and unacceptable expense to the car owners whose vehicles are damaged by this mindless very few local youths who no doubt see this "as a laugh". Within our communities we all have a responsibility to maintain a safe environment in which to live. As individuals, those who are acting

in this anti-social manner it does not promise for a pleasant life in the future as their communities will reject them. Their parents are possibly unaware of their behaviour and I assume that they would not wish to be the victims of this antisocial behaviour.

On a positive note, the Community Safety Hub, the ASBIT Team and Police Scotland are taking this seriously. Hopefully this is a minor blip in behaviour which will stop soon, and sense will prevail once more. I am confident this can be resolved; normal behaviour will resume, and we can all live in relative harmony in our community.

COUNCILLOR DAVID J CAMERON Kingswells/Sheddocksley/ Summerhill Ward Phone: 01224 346612 Email: dacameron@ aberdeencity.gov.uk Mobile: 07876 760760

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

The main point of my attention at the beginning of the year was finding out that the Headteacher at Northfield Academy had left to take up a position at Marischal College by mutual agreement. I attended a meeting with the Director of Education at Marischal College and then a meeting with senior council staff and the parent council at Northfield Academy. Although saddened by the loss I was heartened by the parent councils support for the Depute Heads, hopefully by the time you read this we will have appointed another Headteacher. Whilst on the subject I would encourage people to join the parent council. Let me know if you are interested and I will pass it on to the parent council.

I am glad to hear that Mastrick Community Centre are having their toilets improved and new windows installed. I have been trying to help get these done for a while now and glad to see works finally getting the go ahead. Fingers crossed the car park will be next.

As a member of the Fairer Aberdeen Board I was delighted to award £10,000 to Priority Budgeting event. This follows on from previous awards that have been welcomed by the Community. Look out for official notification and get your bids in.

GORDON GRAHAM

Councillor For Northfield and Mastrick North. Vice Convenor Operational Delivery Committee. Regeneration Spokesperson. Phone: 01224 523594 Mobile: 07736 329751 Email: ggraham@aberdeencity. gov.uk

Why Doesn't She Just Leave? It's NEVER that simple.

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 may still love him. This can be the most challenging barrier to overcome.

There are many more reasons a woman will not leave. Or, leaves after many years. These are just some. What's certain is, it's never as simple as it may seem.

If you, or someone you know, is experiencing domestic abuse, or you are unsure and just want to talk, contact Grampian Women's Aid for free, confidential and nonjudgmental specialist advice.

Telephone: 01224 593381. Email: info@grampianwomens-aid.com. Or, you can contact us via our website here: http://grampian-womensaid.com/contact-us/



MASTRICK WALKING GROUPS

We went to Cruden Bay and the first part of the walk is up to the lovely ruins of Slains Castle, reputed to be where Bram Stocker had the inspiration for the novel Dracula. It was then back to the beach but after a short distance the rain came on very heavy, so it was back to the bus and a trip over to the Happy Plant Garden Centre for a coffee.

Our next walk was to Corrie Fee. As we drove through Glen Clova we found the road ahead closed so back to Dykehead for a walk around the Airle Estate. It was a lovely walk along the riverside and in the forest with some great views of the mountains all around us.

A trip to Balmoral Estate saw us walk in Ballochbuie Forest. The first part of the walk is along the side of the River Dee then over the Old Invercauld Bridge into the estate. The track through the forest takes us to a small lochan. We usually see some of the royal family and sure enough the Queen gave us a wave as she drove past, the photo is of us having lunch at the lochan.

It was then down to Glen Esk/ Glen Mark to walk along the side of Loch Lee. We passed the ruins of Invermark Castle which was built in 1526. Its purpose was to control the Highland Marauders. We then passed the ruins of a kirk and cemetery where some gravestones go back to 1600s.

It was a lovely walk with the loch on one side of us and mountains on the other side.

Helen and I went to Braemar to check out a walk for the groups.

We followed the River Clunie then up the track known as the Queens Avenue. Queen Victoria used it to visit John Browns' relatives. We had a lovely walk as we climbed the hill through the forest.

We saw lots of red squirrels in the forest and red deer on the side of the hill and a golden eagle soaring high above us, definitely one for the group.

Why don't you join one of our groups and see our beautiful countryside? We are not a fast walking group and the walks are easy to moderate.

Check us out on "Mastrick Walking Group" Facebook or contact me on 01224 783627 or helenandraymond@hotmail. co.uk.

Kirsty Blackman MP

As the newly re-elected Member of Parliament for Aberdeen North, I am looking to get out in the constituency and visit groups and organisations who help out their local communities and do what I can to get involved and promote their work.

Over the past year, I have visited organisations across the City including the RAF Veteran's group based in Mastrick Community Centre and popped into the Carers café and drop-in run by the Dementia Resource Centre, based in the James Tyrrell Centre, who are supporting older residents in Mastrick and the surrounding area. If you work or volunteer in a local organisation that you'd like me to know more about, please get in touch.

I also hold regular surgeries throughout my constituency, as well as a monthly surgery at my office on John Street. These give constituents the opportunity to meet with me and discuss any issues they may have, however, if you can't manage to attend a surgery many things can be easily dealt with by my office staff. If you have any issue you believe I may be able to assist with or group that you want me to get involved with, please feel free to get in touch.

Address: 46 John Street, Aberdeen, AB25 1LL Tel: 01224 633285, Text: 07464606650, Email: kirsty. blackman.mp@parliament.uk

MASTRICK COMMUNITY CENTRE

Hires

We currently have spaces available in our timetable for hall hire. Our costs are £25 per hour. We have an array of mascots available for hire for birthday parties for £25 plus a deposit.

Activities

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

We have a Wednesday club for P1-P5 school children. The cost is £1, its 5pm-6:30pm. A variety of games and activities are on offer for the kids. Our youth club is on a Thursday evening 6-8pm for ages 10 – 15yrs. This club has a variety of activities each week and is free for the young people due to funding from Youthlink Scotland.

Our playgroup is for ages 18 months – 2 years. Sessions are £5 per day which includes a healthy snack. There are different sessions for different ages. We provide a fun, nurturing environment for our little ones.

To find out more please contact 01224 788288 or mastrickcc@hotmail.co.uk



GRAMPIAN CREDIT UNION

Are you a member of Grampian Credit Union?

Do you live in Mastrick and need quick access to cash?

Why don't you contact us today and see how we can help?

We are also happy to hear from you if you are not yet a member – it's easy to join the credit union.

Grampian Credit Union is a savings and loans co-operative for everyone living or working in the Grampian area.

Joining now will give you a start on saving for the year ahead and summer, which is always a great idea!

Website: www. grampiancreditunion.co.uk

Email: admin@ grampiancreditunion.co.uk

Telephone: 01224 561506

Office: 250 Union Street, Aberdeen AB10 1TN

Contact us or come into our office – we are always happy to help!

We have lots of members from Mastrick and hope more will continue to join us.

Shmu

MichelleTakesonThirdKiltWalk

Michelle Morrison, a Mastrick quine, is set to take on her third kilt walk this year to raise money for Station House Media Unit (shmu). Michelle's husband, Kevin, volunteers with the Mastrick Matters magazine and on shmuFM and we are so chuffed Michelle has decided to take on this challenge to support us again. Well done Michelle, we're behind you all the way (albeit on the couch!).

KM

How many Kilt Walks have you done?

MM

I have done two so far, the first in 2018 and then I did last year as

well. The first one I did was five miles in length. Last year I did the 26 mile one. This year I will do 15 miles.

KΜ

For which charity have you done the Walk?

MM

I walk for Station House Media Unit (shmu).

KM Why do you do it?

MM

I did it because I like to keep fit and I raise money to help shmu do the great work they do. I heard about shmu through my husband, who volunteers for them. His confidence increased when he started doing his radio work.

I would encourage others to do the walk for shmu in the future; you can still donate to this year's cause. You can find my link here: aberdeenkiltwalk2020. everydayhero.com/uk/shmu-crew

With there being the three lengths to walk there is something for everyone.

If people feel unable to do the walk, I urge you to support those who are – either by donating or by cheering them on throughout the walk.





For more information about Positive Transitions, email michelle.trail@shmu.org.uk or call 01224 515013 and ask for Michelle, Kirsty or Yvette.

WORD SEARCH

All the words below will be found in the puzzle below – except one.

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

Can you spot the word that is not there?

The words:

ASH ● BEECH ● CHERRY ● ELDER ● ELM ● HOLLY ● LIME ● MAPLE ● OAK ● PEAR ● PINE

F	D	Ι	S	Р	0	S	I	Т	I	0	Ν
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В	R	0	W	Ν	А	R	0	0	Μ	К	L
U	Н	Т	0	R	Т	Е	Т	G	В	Ζ	S
R	Н	0	Р	Е	Х	Р	L	0	D	Е	F
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FURROWED BROW

The sunlight dances with the sea and listens

A child holds a shell to the ear, stops and listens

All is serene, quiet and calm

A mother walks by while pushing a pram

Only broken by a cat's meow

And concern indicated by a furrowed brow

He is not a young man any more

How he harks for days of yore.

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The missing word is CONTROL.

Community Contacts

Alcohol	
Alcoholics Anonymous	0800 9177 650
Drinkline	0300 123 1110
Crime	
Crimestoppers	0800 555 111
Drugs	
Alcohol and Drugs Action Helpline	01224 594700
Aberdeen in Recovery	07936 008808
Narcotics Anonymous	0300 999 1212
Dentist	
Emergency - G-Dens	111
Doctors	
NHS 24 Emergency	111
Police	
Non-Emergency	101
Electricity	
If you have a power-cut	105
Gas	
Gas Emergency	0800 111 999
Water	
Scottish Water Emergency	0800 0778 778
Housing	
Emergency Repairs	03000 200 292
Family Planning	/
Aberdeen Community Health	0345 337 9900
and Care Village	/
Family Information Service	01224 346034
Samaritans	
	'4 488 or 116 123
Social Work	
Social Work Duty Team	0800 7315520
and Emergency Out of Hours	
Young Carers	
VSA	01224 212021
CFINE	01224 596156
Pathways	01224 682 939
Financial Advice at CFINE	0800 953 4330
Citizens Advice	0808 800 9060
Northfield Academy	01224 699715
Quarryhill School	01224 692390
Kingsford School	01224 693554
Mairfield School	01224 696671
Mastrick Parish Church	01224 694121
St Clement's Church	01224 662247
	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) <u> 0122</u>4 694469 – home sdelaney@aberdeencity.gov.uk 01224 346614 - Town House