

mastrick Matters

Spring 2021

In this issue:

ABERDEEN NORTH
PARISH CHURCH

NORTHFIELD ACADEMY
MEMORIES OF MASTRICK

www.shmu.org.uk/press



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editorial

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

Read on to find out more about the plans for the new joint venture for Mastrick, Summerhill and Northfield Parish Churches, the closure of the James Tyrell Centre and ways you can look after your mental wellbeing.

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 (when it is safe to do so) or submit an article then get in touch with Laura at shmu on **07752586312** or you can email her on **laura.young@shmu.org.uk**.

You can also get in touch with us via our 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

You can be reassured that our distribution company is taking every measure to ensure they are delivering your magazine safely and within government guidelines.

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

Supported by





NORTHFIELD ACADEMY

Northfield Academy staff and pupils fundraising

Throughout November and December, the staff and pupils showed their generosity by raising some much-needed funds and items for local charities.

Staff and pupils donated items for the Rotary Club International Shoe box appeal. Mr Kerry and Ellis from S4 then used the items to fill 20 shoe boxes which were shared across Eastern Europe to ensure others had a gift to open at Christmas.

The Northfield Charities Committee, a group of senior pupils, organised three events to raise funds for Instant Neighbour. A coffee morning with a twist saw the group baking to create treat bags which could be ordered by staff. These were then delivered with a hot drink for a Covid safe coffee morning experience. As

Christmas approached the group sold candy canes, allowing pupils and staff to buy a candy cane to be secretly delivered with a note as a special Christmas surprise.

The group also organised a Christmas jumper day on the last day of term asking staff and pupils to wear a Christmas jumper for a donation to the charity. These events raised a total of over £300.

On the last day of term, a group of 6 S1 pupils supported by Matthew from S5 and Kyle Hewitt the Active Schools Assistant at Northfield Academy participated in a sponsored bounce at Jump In Aberdeen. Pupils bounced for 6 hours non-stop, the equivalent of one school day and raised £310 for Northsound's Cash for Kids Mission Christmas appeal.

Kevin's diary

January 5 2021

The Christmas decorations came down in the street today.

This is the day of the year I hate the most. We've had approximately a month of colour, light and festivities. But now it has suddenly been replaced with darkness and gloom.

February 11 2021

I came down the stairs this morning and looked out the windows to see that it had been snowing further, adding to that which was already there. If my mum is reading this, I recommend skipping to the next entry. Under my breath, I cursed. I can foresee the inconvenience and trouble ahead. The snow was fun when I was little but now that I am a boring adult it's not.

February 12 2021

I was clearing snow off the doorstep when a man went past the house pushing a bicycle. He said to me, *"I wouldn't go biking if I was you."*

I was reminded of the time a few years ago when I was telling an acquaintance of a friend's bike being stolen. *"Unbelievable,"* he said. *"I know,"* I said. *"Where's the community spirit?"* He replied, *"No, not that. It's unbelievable that you have friends."*

Oldmill Military Hospital Concerts

ALAN JOHNSTONE

The hospital buildings at Woodend were originally constructed as a poorhouse institution, opened in 1907 and converted to operate as Oldmill Military Hospital from 1915 to 1919. Many concerts and lectures were held at Oldmill, mostly indoors but sometimes in the open air during the summer months. The first concert was given by the Aberdeen Sailors' Mission Choir in July 1915, only a few weeks after an ambulance train had transported over 100 wounded soldiers from the battlefields of France and Belgium. This postcard depicts a concert taking place in front of the main entrance block, with the band arranged in the centre, patients and nurses looking on from windows and balconies and a large crowd seated along the driveway. There is no date on the postcard to confirm which occasion this was, but it may well have been a visit from the Scots Guards band on Monday 13th September 1915, which was reported upon in the Aberdeen Daily Journal.

"On Saturday forenoon the band and pipers of the Scots Guards did a round of sight-seeing in the city on the Corporation tramways, and in the afternoon took part in the French Flag Day garden fete at the Duthie Park. Yesterday they enjoyed a run up Deeside as far as Balmoral, and in the evening played at a charitable and recruiting concert in H.M. Theatre. The sum of £36 was realised and will go to military charities.

The bandsmen concluded their visit to Aberdeen by giving a delightful performance of music in the forenoon to the sick and wounded soldiers connected with the first

Scottish General Hospital at Oldmill. The weather was lovely and the entire outing was most pleasant. The soldiers were conveyed from the various hospitals in motors, the band also driving from the city to Oldmill in motor buses supplied by the Suburban Tramways Company. The convalescents were accommodated on one side of the main block, on chairs, or where necessary, on couches, and the remainder of the party, consisting of friends interested in the hospital, was stationed on the opposite side. About 500 in all were present.

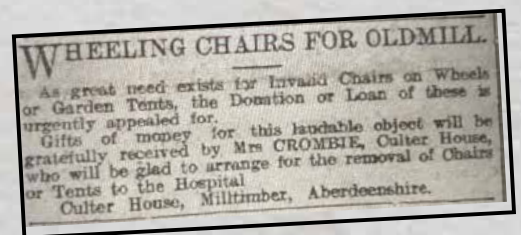
The scene when the bandsmen had taken up their places in front of the main entrance to the hospital, under the tower, was extremely picturesque. A brilliant contrast was established between the scarlet and gold of the uniforms and the glistening white of the main buildings. On the other side, grouped under the spreading trees, the blue uniforms of the patients, with the scarlet and grey worn by the nurses, and the white caps of the latter, made a pleasing variety of colours.

The band and pipers discoursed alternately a charming programme of military music, including "Tipperary". Two items which gave particular enjoyment were the cornet solo "The Rosary" and solo in "Il Trovatore", which was played in the verandah away from the band.

At the close Colonel Mitchell voiced the gratitude and pride which all felt in the presence of the

Scots Guards band. They had contributed much to the pleasure of the sick and wounded, for whom nothing was too good (applause). Captain Lord Coke, replying, said they had been only too glad to accede to the request of Colonel Smith that they should give that performance, and they would always cherish as one of their fondest remembrances of Aberdeen the fact that they had had the privilege of giving the pleasure they were said to have given that day. Lord Provost Taggart called for a vote of thanks for the wounded soldiers and the response by the ladies and gentlemen present and the band was most enthusiastic.

The Scots Guards party left Aberdeen for Inverness by the 2.20 train in the afternoon. They were accompanied to the station by the band of the Gordon Highlanders and the march through the streets attracted great attention."



Winters in Sheddocksley Drive

Terry Rait

I was born in 1957 and lived at 247 Sheddocksley Drive until I got married in 1979. One of the things I remember vividly is how brutal the winters during this time, and how long the snow would lie for before it would disappear.

Our house backed onto firstly, Mr Barrons' farm, which then became Sheddocksley Playing Fields. The rear of the house was exposed to the worst of the winter weather with no trees or housing to break the wind and snow which blew over the top of Springhill.

My brother and I shared the back bedroom exposed to this weather and it was not unusual to wake up with the bedroom curtains frozen to the glass. It should be remembered there was no central heating at this time. The exposure to the elements caused large snowdrifts to build up along the rear of our block of houses. Sometimes my father would open our back door to access the coal cellar only to be met by a wall of snow higher than the door frame. He had no option but to dig a tunnel to the cellar to fetch coal so he could get the fire going in the morning before he went to work.

The drifting snow across the fields also meant that Springhill Road between Mastrick and Northfield was closed to traffic on a regular

basis. This was great for us as young kids going sledging as we didn't have to worry about traffic. However, this one spelt disaster for one of the group! There were signs at the bottom of the hill to indicate that the road was closed, and we used to sledge under them. One day someone miscalculated the height and split their head on the underside of the sign and an ambulance was required while everyone else just carried on sledging. One of my mates at the time, Keith Buchan, had a toboggan which you could steer. I think his father got it on one of his trips in the merchant navy to Canada or America. This made him very popular with the other young folk as everyone wanted a shot. As his mate, I was lucky, and I always remember how fast it would go – far faster than a standard homemade sledge.

You also always had the car drivers, maybe ignorant of the road, who would go around the road closed sign and try to drive over the hill. About 15 minutes later this would result in a driver trudging back down Springhill Road looking for volunteers to give him a push and some of the older lads would make a few bob out of helping.

There were also problems in the snow with the Mastrick bus getting

up Mid Stocket. It would either not turn up or if it did get through, the conductor would announce that on the way back into town the bus would not stop anywhere on Mid Stocket Road. You either got off at the top of the road or at the bank building at the bottom. When I went to the Grammar School this was always a great excuse for being late or not going at all.

My favourite memory of winters in Sheddocksley was when my brother went away to university in Edinburgh and I had the bedroom to myself. My mother bought an electric convector heater for my bedroom and there was no more curtains frozen to the window! Because of the cost of running it, I was only allowed to have it switched on for limited periods - 15 minutes in the morning before I got up and for a total of an hour in the evening, but it was wonderful to look at the snow outside and not see your breath in the cold air inside.

Looking back now, none of this was a hardship, it was great times and now great memories which I wouldn't have swapped for anything.



Memories of Mastrick

Mastrick Matters is a community magazine and we need ideas and stories from local people to fill the pages. When we reached out on social media and asked you what you wanted to see in this edition we got lots of nostalgic messages which people wanted to share in the magazine. If you would like to submit something for future editions of Mastrick Matters please email laura.young@shmu.org.uk.

Irene Adomson

I grew up in 60 Fernhill Drive from the age of two and went to Sunday School every week as well as being a brownie then a girl guide. All the kids used to play outside happily though their names escape my 66-year-old brain. They were happy times mostly and I lived there until I got married.

Linda Burrows

We lived in North Anderson Drive until I was 10. I remember them building the Mormon church building and they said if we helped we would be rewarded. We were disappointed to hear that our reward would be in heaven!

Maryrose Pendle

I lived in Mastrick for over 35 years from the mid 50s right across from the Episcopal Church. I saw many changes over the years and still drive around to reminisce when I visit and always go by the old house.

We moved here in the mid 50s when it was a new estate. There was no Whitemyres, only grass fields which was our playground. As there were hardly any cars at that time we had great fun sledging down Mastrick Drive and we never felt in danger. Our family lived in a row of six houses with all nice neighbours who took pride in their gardens. We eventually had a small play area built across from the

house which could be fun but also was a gathering place for some older kids at night which was not always a good thing (I don't mean you brother)! Eventually in my early 20s got an evening job in the Cocket Hat pub which was great fun and got to know some really nice locals. I have lots of memories of Mastrick when I think times were a bit more innocent and gentler.

Jacqueline Munro

I remember playing at Summerhill School when the new block was getting built. We used to climb the ladder that would take us on to the roof of what was the science block and I remember my mum saying if she caught me over there I would be in trouble. I once fell about 5 feet off the ladder and tried to hide it from my mum - I don't know what was the worse the fall or the hiding I got from her!

The area where the curling rink is now used to be full of gooseberry and raspberry bushes and ew used to pick them and sell them to the cooks at the Wooden End Annex where Tesco now sites. Those bushes were also great for catching caterpillars and there was many a happy day spent there. These are some of my happy memories of growing up in Mastrick.



Local Veteran Celebrates 100th Birthday

Despite the lockdown members of North East Scotland Disabled Veterans Association (NESDVA) were delighted to visit Mr. Gordon Anderson to celebrate his 100th birthday outside his house.

Gordon is a longstanding member of NESDVA. He served as an Airforce Technician in "The Fleet AirArms" and has many tales to tell of his long and exciting life.

He travelled to many countries and was part of a crew on various navy vessels including aircraft carriers.

During usual times he enjoys meeting other veterans twice weekly at Mastrick Community Centre, where the veterans enjoy soup, sandwiches, tea and fancy pieces whilst playing pool, dominoes and sharing experiences and memories of their times in the services prior to the lockdown which, unfortunately has isolated many of them.



Mastrick Community Council

Since the last edition we have been continuing our monthly online meetings, trying to get funding out to those who ask, and working on projects to improve the local area. If you have any suggestions on how to do that please get in touch.

From our Council grant and Festive Fund we managed to fund Christmas Hampers for locals, training equipment for Northstar Football Club, gardening equipment for Orchard Brae and Springhill Community Gardens and purchased and installed a community tree in the centre of Mastrick shops concourse.

As you can see it is very bare for the moment but the idea is that we can use this as a community focal point for events. We could decorate the tree for any number of celebrations from Easter, Diwali, Halloween, St Andrew's Day and of course Christmas – we are open to suggestions on how best to make use of this new asset and hope to involve the local community (in a Covid safe way for the time being, until we can gather again safely).

We appreciate that the Community Council is a very small group of volunteers, that doesn't fully represent our local area, so if you are interested in getting involved, or applying to be a co-opted member, you can do this by emailing me

at loumccaff@hotmail.com or by contacting the Community Council Liaison Officer KFinch@aberdeencity.gov.uk.

We have been discussing the possibility of purchasing and installing a number of community defibrillators in the local community, ideally one in each area for Mastrick, Sheddocksley and Summerhill. Each defib needs a set of replaceable pads and replaceable batteries and a locked external cabinet and all in it's going to cost around £1500-1600 up front. Maintenance costs will be met by the Community Council. These are vital life saving devices that can be installed to the external wall in a high footfall area in a locked container, the code to unlock is given by the operator when you call 999. If you have experience in this type of project before and want to help, or just want to know a bit more, and maybe get involved with the planning and fundraising, then please email me on address above.

We are due our next grant in April 2020 and still have some funds remaining from our last grant so any local groups or charities looking for funding for current projects can get in touch with their proposal, the Community Council will discuss ensuring the project meets our

criteria (it's local, it explains who will benefit from the funding and information on how it will be spent, the items are not overpriced or unsustainable, the request is within our budget). I look forward to hearing from some of you readers in the very near future!

Louise McCafferty, Chair of Mastrick, Sheddocksley & Summerhill Community Council



James Tyrrell Centre

JANUARY 1988 – DECEMBER 2020

On 16th March 20 we closed the James Tyrrell Centre to protect our members, staff and volunteers from Coronavirus, which was just emerging as a life-threatening condition. Little did we know that the closure would herald the closing down of the James Tyrrell Centre. Since then, we have not moved on at all with lockdowns, fear and anxiety rife in the community.

The decision to close the James Tyrrell Centre was taken with a heavy heart as we knew how much this would mean to our members, staff and volunteers. Some of us are keeping in touch with the members who are keen to chat on the phone and although we cannot meet at the moment, we do hope to at some point.

The James Tyrrell Centre was a fun place to be with lots of games, chat, music, crafts, cups of tea with home bakes, and lunch. Outings in the minibus were a huge favourite with perhaps afternoon tea at Banchory or Stonehaven, a hot afternoon was

best spent having a run in the bus down to the beach for an ice cream cone. We would have an afternoon's entertainment when we had puppet shows, music and dancing to an entertainer who came in to sing and play for us. Birthdays were celebrated with cake for all of us. Sometimes we had a fish and chip lunch, from the Rosehill chipper, enjoyed by all.

It was a great place to make friends and just chat about the happy and not so happy times in our lives. We consoled our friends when they were going through bad times, we laughed with them at the high points in our lives. We missed them when they were unable to attend but delighted when they were back and feeling up to attending again.

We have to thank all the wonderful people who gave so much to the James Tyrrell Centre over the years. To all the staff and volunteers, who gave their time willingly and lovingly to enrich the lives of our members, held their hands, cried when

they cried, celebrated with them, commiserated with them. Most of all they were there when it mattered most to our members.

We will miss the James Tyrrell Centre and all that it was to us, but the pandemic has shown that the time has come for change. We are now part of the new congregation of Aberdeen North Parish, Church of Scotland and who can say what will happen in the near future? Lots of ideas are buzzing around about how we impact the community in different ways.

There will be new opportunities and with real determination and energy we will create something new that will be just as forward thinking as The James Tyrrell Centre was in 1988. We really have to take a step out in faith and hope and pray that God will show us that we really can prepare for a new and exciting life after the pandemic has past and we can be together.



A new Church and Community Facility for Mastrick, Northfield and Summerhill

The creation of a new church and community facility to serve these areas has been made possible by the proactive vision of the congregations of Mastrick, Northfield and Summerhill Parish churches. They realised that their congregational numbers and their existing church buildings needed radical action to develop and nurture a new and innovative way of being a church. They have chosen to come together and become one church, so from Monday 1st February 2021 they are known as the 'Aberdeen North Parish Church of Scotland'.

People living in the Mastrick, Northfield and Summerhill communities may know of community facilities which are disappearing, but the Church of Scotland is planning this new church building in the area. This will firmly plant a pioneering community of faith in line with the local plans for of the Presbytery of Aberdeen and Shetland, and with the Church of Scotland's vision to "reimagine and renew" congregational life nationally for the 21st Century.

The ministry team, the Rev Susan Sutherland and the Rev Michael Shewan, has been actively working to bring the congregations of Mastrick and Summerhill together since 2017. They have held shared services and social events including holidays away which have allowed members of each church to get to know each other. They appreciated the need to come together to ensure the continuity of a church community in the area. More recently, the Northfield congregation has also been working with the other two congregations to help bring all three together as one. The Northfield minister, the Rev Scott Guy, retired at the end of 2020.

Rev Susan Sutherland said: "Ministers can often feel isolated and become lone workers but working together in a team ministry means we can bring our different experiences and different gifts to our roles. We are better together."

Rev Michael Shewan agreed with this and stated: "We both have experience of being involved in a new build church. The mission of the church is to reach out to people with the message that

God is there to care for them. A purpose-built building will give us the opportunity to make this new space a convenient and welcoming place for people from all sectors of the community.

All three churches currently offer facilities for different community groups and uniformed organisations with regular visitors from their communities. This is important and can be vital for the mental, emotional and spiritual well-being of individuals. It is intended that this new venture will enhance this provision with modern facilities and ample car parking space and it will be funded through the sale of the present buildings.

There is a feeling of excitement amongst church leaders and church members as they recognise that the Church of Scotland is investing in creating "well equipped spaces in the right places". And it is evident that this positive development for the years ahead is helping church communities to get through these pandemic times and to look forward to a brighter future.



Pathways in

Mastrick

With the latest Covid restrictions (February 15th) our team at Pathways are working from home, but we can still help and we are still helping people into employment, albeit lower numbers than usual, and dependent on vacancies available.

One Mastrick client who was working with a Keyworker from Pathways had been out of work for over a year and didn't have a CV. The client also wanted to work locally and her Keyworker explained this would be a challenge but they could work together to see what they could find.

A CV was created and Pathways helped the client to register with a number of job websites and complete online applications. This led to a few interviews and the client was successful in gaining not one, but two part time jobs right on her doorstep!

The client said: "I can't believe I got two jobs right on my doorstep. I can't thank Pathways enough for all their help, and I know I can always go back if I ever need to."

Here is how we can help you... CV's, job search, online applications, interview techniques, training courses, funding, in fact everything around employability and helping you get into work or sustaining employment. If we can't do it, we can signpost you to other organisations for specific help!

Contact us by emailing info@pathways-online.org or message us on Facebook - www.facebook.com/PathwaysAberdeen1A

You can still call the office but it may be a couple of days before voicemails are responded to 01224 682 939.

NEWS FROM MASTRICK LIBRARY

Unfortunately, to comply with the Scottish Government's current stay at home guidance, we have had to close our libraries once again for public access.

Although the following information is correct at the time of writing, the situation is rapidly changing. Accordingly, we suggest that you check our website for up-to-date information or phone 01224 788558 before visiting a library.

At present, our Click & Collect Service will continue to operate from Central Library, Airyhall, Bridge of Don, Cove, Dyce, Mastrick, Tillydrone and Culter. Your nearest library is Mastrick. To use Click & Collect, you must first book an appointment. You can order a selection of books for adults, children and families and collect them from your preferred library. Click and Collect pick-ups will take place at the main entrance of the library selected for collection (Media Centre entrance for Central Library).

In addition, if you are unable to visit the library due to disability, illness, shielding or because you are caring for someone, the Home Library Service is still available to deliver items to your home; please contact your nearest open library if you need more information.

Our Bookbug team are still providing special online sessions for families to enjoy. These sessions are promoted on our social media pages where you will find a link to the sessions on YouTube.

For those unable to visit the library, we have a large collection of resources available to download or access via your computer or mobile device, including eBooks and eNewspapers. Please visit www.aberdeencity.gov.uk/services/libraries for more information. You can download the Aberdeen City Libraries app for your phone or tablet from www.yourlibraryapp.com/aberdeencitylibraries/ and follow us on social media @ [silvercitylibs](https://twitter.com/silvercitylibs) or [facebook.com/Aberdeen.City.Libraries](https://www.facebook.com/Aberdeen.City.Libraries) for up to date information.

The Council will continue to monitor and review the situation, taking account of the changing government guidance.

Please visit www.aberdeencity.gov.uk/services/libraries for information. Updates on re-opening will be announced when known.



If you are struggling to manage your mental health please reach out to an organisation who can help you.

Samaritans – 116 123

Mind – 0300 123 3393

Breathing Space –
0800 83 85 87

If you are at crisis point please call 999

Young Minds Crisis Messenger
www.youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

YM to 85258

Improving your Mental Wellbeing

Covid-19 and the various restrictions that have been placed on us for our safety over the last year have had an impact on our mental wellbeing. Below are steps for improving your mental health, as recommended by the NHS. Trying these things could help you feel more positive and able to get the most out of life.

Connect with other people - good relationships are important for your mental wellbeing in order to help you build a sense of belonging and provide emotional support. If you can, take time each day to be with your family or arrange a call to catch up with those you haven't seen in a while. If you live alone, you are allowed a support bubble in order to tackle feelings of isolation.

Be physically active - being active is not only great for your physical health and fitness. Find activities that you like doing, whether that's going for a long walk, running, cycling, home workouts or dancing around your living room. Being physically active is important and good for you but don't force yourself to do an activity you don't enjoy.

Learn new skills - research shows that learning new skills can also

improve your mental wellbeing by boosting self-confidence, raising self-esteem, helping you to build a sense of purpose and helping you connect with others. Try learning to cook something new, work on a DIY project, take on a new responsibility at work, sign up for an online course or try new hobbies. Whatever it is make sure you pick something you enjoy!

Youth Mental Health

Are you a young person or a parent/carer who is concerned about a young person? It is really important, no matter what age you are that you know you are not alone.

Young Minds have developed some coping strategies for people who are struggling and we wanted to share them with you.

Square breathing – breathe in for four seconds, hold for four seconds, breathe out for four seconds, hold for four seconds and repeat.

Going through your senses – name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

Take a break from the news - It can be tempting to constantly check the

news during times like this, but if you notice this is having a negative impact on your mental health try limiting how often you check the news.

Balance work and rest - If possible, try to keep work/school life and home life separate. Use another room with a door preferably, so that when the workday begins, a productive day begins. Then, when your workday ends, you can close the door and enjoy your evening.

Journaling - getting your internal dialogue onto paper can help you feel like you are taking back a little bit of control amid the uncertainty which can make things feel easier to deal with.

Write down things you are grateful for – do this every morning and night as this will keep your spirits up and remind you that everything isn't all bad, even if it may feel that way sometimes.

Remember, that nobody has it figured out completely – you are not alone and there will be a light at the end tunnel. Take time for yourself, be kind to yourself and most importantly, please talk to somebody if you feel as though your mental health is suffering.



COVID-19 VACCINE

As you will all know the vaccination programme against Coronavirus in Scotland has begun.

The vaccine helps build up immunity to the virus which helps reduce your risk of developing coronavirus and make your symptoms much milder if you do get it.

The effectiveness and immune response of the vaccine is being monitored during the rollout of the programme. The vaccine is delivered in two doses with the first dose offering protection for twelve weeks before the second dose. After you get the vaccine it's still important to follow the latest government guidance.

As the vaccine has been developed quicker than usual there have been some concerns over its safety so here at Mastrick Matters we wanted to provide information to reassure you.

We have worked with NHS Grampian to collate this information:

You cannot catch Coronavirus from the vaccine.

NHS Scotland will only use a vaccine if it meets the required standards of safety and effectiveness. The Medicines and Healthcare Products Regulatory Agency (MHRA) has to assess all the data and also ensure a vaccine works and that all the necessary trials and checks have been completed.

This has been done as quickly as possible without cutting corners, because the COVID-19 vaccines are a priority. The MHRA will only approve a vaccine for supply in

the UK if the expected standards of safety, quality and efficacy are met. The safety and effectiveness of the vaccines continues to be checked while in use.

Some people may experience side effects after the vaccine. These are usually mild but can include tenderness or swelling at the injection site, headache, muscle ache, feeling tired and a fever.

It is important to get two doses of the vaccine even if you have side effects from the first one.

By getting as many people as possible vaccinated it will drive infection rates to the lowest level possible.

While both Covid-19 and the Covid-19 vaccine are new the technology used to develop vaccines against the virus is not new. In addition, scientists already knew a lot about the family of viruses that Covid-19 belongs to so they were able to use this prior knowledge and apply it to Covid-19.

Trials for the Covid-19 vaccine (and any vaccine) involve thousands of people in order to ensure that results which show the vaccine work are real and are not due to chance.

NHS Scotland will be in touch with you to arrange your vaccination appointment when you are eligible. The vaccine is free to everyone in Scotland and you are being encouraged to take your vaccination when you are offered it.

For more information on the vaccine please visit www.covidvaxgrampian.com.

HOW TO MAKE A VACCINE IN RECORD TIME

In January this year the rollout of the University of Oxford and Astra Zeneca vaccine began. The university have put together a video explaining how they made the vaccine in record time.

Before Covid-19 even hit the headlines back in 2020 researchers at the university were aware of the threat of pandemics and were researching the issue. They had been working on vaccination trials for 'disease X' which was based on a different type of Coronavirus. This meant when we realised how serious Covid-19 was they were able to start running tests immediately. Different phases of vaccine development were running simultaneously and volunteers for clinical trials were screened before the vaccine was officially approved. This meant that as soon as the vaccine was cleared for trials they could begin right away.

Commercial partners were ready to work with them to mass produce the vaccine as soon as it was proved to be safe and regulators and funders made the covid vaccine their top priority. It is still a complicated issue and the science takes as long as the science does but when all these resources are thrown at the problem we have managed to do it in such a fast time. All the teams developing vaccines are not in a race against each other, they are working together in a race against the virus.

University of Oxford

Kingsford School

The Positives and Negatives of Online School!

Hello, my name is Stephanie. I'm 9 years old and like most children my age I'm doing online school right now. People are saying that kids are struggling, and maybe some kids are but I'm not and neither are my friends - so it's 50/50, just like it is at normal school!

I love online school because I get to stay in my pyjamas, I don't have to wake up too early, I get to go on dog walks every day with my mum, and there's no distractions like people shouting out or being rude.

The tasks online are fun, and I have enjoyed doing them. Of course, there are some negatives about online school for example I miss my friends, being in the classroom with my teacher and playing in the

playground! But there are ways to fix this like having video calls with your friends, going on walks or having a chat with your teacher. I'd say sofa school rules! I do want to get back to school but not until it's safe for everyone!



My Lockdown Learning Experience 2021

Anna

We couldn't go back to school because the virus was more dangerous than before, so we had to do home schooling and be part of online school sessions.

My favourite assignment was when we were talking about emotions and how these affect our behaviour as that was really fun. I also participated in online martial arts classes and after months of hard work I was awarded the brown senior belt which is one step closer to my black belt. Another highlight of my lockdown learning experience was passing my Grade 1 violin exam. Preparing for

this exam was challenging but rewarding.

After weeks of home studying, I managed to pass the Ultimate Challenge in maths which made me happy. I kept myself fit by attending the Joe Wicks online PE lessons every morning. I also went out with my family biking around the neighbourhood or walking for some fresh air in the forests and parks around our area.

To summarise I really enjoyed the learning experience during the lockdown this time around. It seems to be the new normal.



Mastrick Walking Group

As I write this at the start of 2021 we are in another lockdown. I hope you are all well after a very difficult year for everyone and just pray that this year is better.

The walking groups were hit badly and all the walks at the start of the lockdown were cancelled. We were allowed to meet up in twos and threes for exercise and do local walks and when the tier system was low in the summer we did get out with the minibus but had to work with social distancing on it so we could only get six members on board. We went to Torphins a few times with different members.

Obviously, some members do not want to take part because they are vulnerable, or they living with someone who is vulnerable. When the tier system went up, we could not use the bus so we would take cars with one passenger. Some of the walks we did were Balmedie Beach, Culter Riverside, Fetternear at Kemnay, Dunecht Estate, Banchory Riverside, Sheddocksley and Tollahill.

As we get the vaccine, we can only pray that it will get us back to a new normal.

**Please take care and stay safe.
Raymond and Helen.**



Radio SQAs

In 2020 our volunteers were offered the opportunity to complete an NPA in Radio Broadcasting. With a few already started before lockdown we offered the opportunity to other volunteers who wanted to keep themselves busy in lockdown.

With the course now online, the group had to look at other ways to achieve the outcomes and worked really hard to gain new skills.

Each participant was at a different level, so we worked around this by creating radio shows to match shmuFM themed weeks and this proved to be such a success that the group have asked to keep going with this after completion of the course.

We now have Dave Ironside, Natalie Hood and Kevin Morrison finished the course with others very close behind them. We have had a great response for the shows that were broadcast and the group are keen to continue help mentor the next batch of students for the course.

We have been incredibly proud of the achievements of all the group so far and look forward to starting with a new group soon!

shmuTRAIN Training Academy

shmuTRAIN are currently working with both Northfield and Hazlehead Academies to deliver an online leavers programmes for pupils in senior phase who are due to leave this Summer. This is also open to those who have passed their leaver date and are currently 'in limbo' on the school roll but not engaging in the curriculum. The programme will be delivered online while lockdown restrictions are still in place but we hope to be able to move to face to face delivery as restrictions ease. The programme will use short media-based projects and challenges to engage pupils and develop basic employability skills, we will supplement this with sessions supporting pupils to do their own personal skills analysis and track the development of their skills throughout the course.

The intention is that the pupils will leave school with the appropriate skills and knowledge to enable them to engage with post-school employability programmes, college or even employment. Many will progress to our own programmes but we will support pupils onto other providers where appropriate.

Welcome Ross

Welcome Ross! Big hello and welcome to the shmuCREW, Ross! Ross has joined us as a new Community TV Development Worker. He will be helping us develop and launch our new Community TV platform, as well as sharing his expertise and skills in other strands. Welcome to the shmu family, Ross.



WORD SEARCH

Compiled by Kevin Morrison

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

The 10 words that are there are found horizontally, vertically, or diagonally. In some instances the words are backwards.

Can you spot the one word that is not there?

The words:

BANANA • HORSE • MIDNIGHT • MURDER • PINCH • PLANET • PROMISED • RECIPES • SCIENCE • STATEMENT • TOMORROW

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



The missing word is **TOMORROW**.

R												
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SOLUTION

Councillor comments

We have been living in very different times from late March 2020. The world has changed, and these changes are the result of the Covid-19 pandemic which is affecting all our lives in ways we could never have imagined. On a positive note, in general my experience has been that strangers are more friendly when passing (at a minimum distance of 2 metres) while I am out walking.

Throughout this period of time, we have drifted into and out of various degrees of lockdown, all of which influences how things can get done, or not as the case may be. The watchword has to be “patience” which, as time marches on, is more difficult to accept. For us all to survive this and come out the other end intact we must follow the rules and be patient.

Life does thankfully go on and problems arise which need to be dealt with so please do not hesitate to contact me at any time with issues which you feel I could help solve. Over this last 10 months the number of enquiries I have received from constituents in Mastrick and elsewhere in the ward have certainly increased.

Anti-social behaviour seems to have increased. When everybody is at home and the vast majority of us are obeying the rules, anti-social behaviour of a small minority becomes even more unacceptable than in normal times. There is no need for it, if you are responsible for these behaviours please stop being selfish and allow your neighbours to live with the peace and quiet, they are entitled to and deserve, especially as we all cope with the restrictions currently imposed on our lives.

Please stay safe and look after yourself, your loved ones and your neighbours so that we can emerge from this pandemic stronger, wiser and with an increased sense of community.

Councillor David J Cameron
**Kingswells/Sheddocksley/
 Summerhill Ward**
 dacameron@aberdeencity.gov.uk
 07876 760760

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

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 - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

VSA Carers Support - 01224 358631

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

Mastrick Doctors

01224 662933

YOUR LOCAL ELECTED OFFICIALS ARE:

Local Councillors

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Councillor Gordon Graham

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Councillor Jackie Dunbar

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Councillor David Cameron

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Councillor John Wheeler

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Jowheeler@aberdeencity.gov.uk

Councillor Steve Delaney

01224 346614

Sdelaney@aberdeencity.gov.uk

DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by: Your husband or wife, your boyfriend or girlfriend, your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

Police Scotland

If you are in danger and it is an emergency, call 999. For non-emergencies call 101

National Domestic Abuse Helpline Free and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932. Website: rapecrisisgrampian.co.uk