

mastrick *matters*



WOOTAH

Mastrick
Martial Arts

The Bedroom Tax

A Personal View
By Pete Thomson

Playscheme

Summer
Fun

Northstars

Community
Football Club

Mastrick

Walking
Groups

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editorial

Welcome to the Summer edition of the Mastrick Matters magazine. The content inside is a fine representation of the activities and events which happen on a daily or weekly basis in our community. We are a vibrant and creative community with a big heart. Mastrick Matters is here to give a voice to the citizens of Mastrick, so if you're interested in voicing *your* opinion, then why not get involved in the editorial team? Meetings are held fortnightly at the Mastrick Community Centre - Tuesday mornings at 10am.

And don't worry if you can't manage to our meetings - you can still get involved!! If you have any ideas, articles or photographs you'd like to see in print, please get in touch with Mary Clare at Station House Media Unit (SHMU) 01224 515013 or email maryclare@shmu.org.uk

happy reading.

Supported By



Walking Groups



Firstly I would like to apologise to anyone who has been trying to contact me on the contact number which was printed. I must have had a very senior moment as I gave the editor the wrong contact number for myself. The correct number is at the end of the column.

The weather has been very changeable; some of the group put away their winter walking gear but had to take it out again.

Trek-A-Boots had a walk at Luan Bay. It was lovely day walking down on the sand and we had our lunch at the ruin of the Red Castle.

We went to Drumoak for the next walk and walked along the banks of the River Dee to see salmon leaping.

The trip up to the Forvie Nature Reserve was most interesting - we saw lots of different sea birds and plants - thankfully the weather was good too.

A trip up to Craig Leek near Braemar had us walking in the snow - the hills were beautiful and covered.

The walk at Edzell was very nice - along the river bank to the gorge where we went through the blue door into the Burn Estate. The river was very high and the water falls were spectacular.

The Amblers had a lovely walk at Fraserburgh Beach. We walked on the sands to the Water of Philorth where we had our lunch on the river bank, then we returned by the Board Walk and the Sands Dunes. On the journey home we went in to The Happy Plant for a coffee.

The next walk was up to Glen Tanar - this walk is a favourite with some of the group. Again we saw a lot of wildlife, including frogs and toads on the track.

We went down to St Cyrus Nature Reserve, walked along the beach to the black cliffs which were formed from lava 375 million years ago. After the walk we went to the Charleton Fruit Farm for a coffee and a strawberry tart.

The Strollers went up to The Forest of Deer. We had a lovely walk through the forest. As I had not done this walk for about six years, I managed to get us lost

for a short time, so it was back to the Happy Plant for a coffee to recover.

We did the Ballater Railway Line and went up to the Farquharson Monument to have our lunch there - the photo is of some of the group at the Monument.

We had a trip up Banff, the sun came out as we started to walk from Banff harbour and took the shore line along a track and the beach until we reach Whitehills harbour, where we had our lunch. Some of the group gave the children's slides a try.

Some of the groups are still looking for new members and also spare drivers for the Mini bus.

If you are interested, phone me on (01224) 783627, or Mastrick Community Centre on 788558.

Also email: helenandraymond@hotmail.co.uk

Raymond

Fun Day

On Saturday the 17th August Mastrick, Summerhill, Sheddocksley Community Council, Mastrick Community Centre and Mastrick Parish Church organised their annual Fun Day.

The fun day was a great success, with lots of people attending. There was plenty to do for all ages, especially for the kids, who all seemed to have a ball.

The day activities consisted of a Climbing Wall, Bouncy Castle, Face Painting, Dazzling Diva's Kids Nails and Tattoos, BBQ, Tasty Treats, Strawberry Cream Teas, Car Boot Sale, Bottle Stall's and lots more.

We would like to say a big thanks you to everyone who came and helped out, we couldn't have done it without you. Roll on next year!!



The James Tyrrell Day Care Centre **Refurb Update**

The work to re-clad and refurbish The James Tyrrell Day Centre commenced on Wednesday 8th May - 8 weeks later, the work was completed to the highest standard and our clients moved back into the centre on Tuesday 9th July.

The centre has been truly transformed and we are so grateful to everyone who has played a part in that transformation. A huge thanks goes to everyone who made a donation to the appeal, your generosity at times was quite overwhelming and very humbling. Without your help and support we would never have got the job done.

Thanks to the painters, electricians, plumbers and carpet fitters who worked so hard - particular thanks to

Norman, Andy and Gary it was almost like they took ownership of the centre for the time they were working there. We are extremely grateful to all of you for your hard work and commitment to the centre. Thanks to all our clients, staff and volunteers for being so patient and understanding during the refurbishment.

The centre was officially re-opened on Thursday 25th July, followed by afternoon tea. The centre was open all afternoon for those who wanted to look round and see all the wonderful changes.

Rose Clayton MBE
Property Convener
Mastrick Parish Church



Food for Thought

The cupboards at 62 Summer Street are worryingly bare.

The address is that of Aberdeen Cyrenians, the charity which aims to meet the needs of people who are homeless, at risk of homelessness or affected by homelessness in any way. Part of that mission is to supply food parcels to those in need and right now 200 food parcels are handed out every month, hence the ongoing need for donations of the following items:

Tins of soup, beans, custard, fruit, vegetables, including potatoes and kidney beans. Packets of rice or pasta. Instant soup. Jars of pasta sauce. Teabags. Cereal. Tins of fish, meat and meals such as Irish stew.

Every donation is recorded and stored by date – there are cupboards labelled 2013, 2014, 2015, 2016 and yes, even 2017 - and the parcels are made up of the foods with the closest use-by dates. A small army of volunteers sort all donations, not just food but toiletries, clothes and bedding.

Aberdeen Cyrenians advice and information workers have to sanction each food parcel. Amongst their other responsibilities is running a drop-in advice service four afternoons a week where anyone can go for information about budgeting, accessing welfare benefit or transition into or from employment and with assistance in the management of arrears, debt or household budgets.

Aberdeen Cyrenians has come a long way since it began in 1968 with a soup kitchen run in the city's Castlegate organised by students from Aberdeen University. Over the next four decades an estimated 50,000 homeless people or people at risk of homelessness have been supported by Aberdeen Cyrenians.

Can you help fill up Aberdeen Cyrenians food cupboards? Donations can be dropped off at 62 Summer Street during office hours, or contact the organisation or 625732 or at info@aberdeen-cyrenians.org for more information about other ways in which you can help.

Mastrick Senior Citizens' Club

We at Mastrick Senior Citizens have had a lovely time from January to June. We have seven new members, with the hope of some more after August. We have also done some fundraising for our group's fund - we held a 'bring and buy' sale on the 7th of May at which we raised a staggering £250.00, which enabled all the members to have a fish & chip lunch from Hilton Chip Shop which they also delivered - everyone enjoyed that!!!!

We also raised £94.00 by doing a Car Boot Sale on a Saturday

morning in the Community Centre. The money raised was used to take 51 members of the club to Inverurie Garden Centre for afternoon tea and a shop around the town square, which was enjoyed by everyone as it was lovely weather.

Our annual drive this year is to Dundee for a shopping trip then to Letham Hotel for high tea, which brings our club to a close for the summer holidays - we start back on the 9th of August.

Our programme for the latter end of the year has not been made up so far but I do have lots of

new entertainers lined up it is just a case of getting them fitted into the date suitable for the club. Our Christmas is all arranged for the 11th December, starting with lunch and surprise entertainers – these are the kind of things go on in the Mastrick Senior Citizens' Club.

We are always looking for new members, so if you have a couple of hours to fill in on a Tuesday afternoon why not come along and join us.

Doreen McMann
Club Chairperson



Get Messy

Calling all young families to join us for a fun time of games, crafts, stories, celebration and a light meal held in Mastrick Church, Greenfern Road. We next meet on Thursday 29th August from 5pm until 7pm and thereafter on the last Thursday of every month. It is great fun and an opportunity for all ages to come together. Grandparents, uncles, aunts, mums, dads, kids - all are welcome! There is no charge but donations welcome.

Children under 11 years old must be accompanied by an adult.

For further information call Elizabeth on 07788-294-745 or Jean 07745-471-434.



WOOTAH

Since featuring in the last edition of the Mastrick Matters, class numbers are up and we couldn't be more delighted. We have a few new additions to the class Marley is doing really well and is in the lead for best attendance prize. Kelly has passed her green belt grading, showing knowledge of form and knife and sword defence and stand up and ground sparring. Also the gentleman in the black

belt is Brian who is 72 years old. Brian has been a fantastic edition to the club.

The group always welcomes new members so if you are interested in taking part then pop along to the Mastrick Community Centre on a Wednesday night from 7:30- 9:30pm. If you have any other queries, please call David on **07738 423209**.





Northstar Community Football club

Northstar Community Football Club was started as a way to give the children of Mastrick and the surrounding areas a way into playing football. We felt that too many clubs in Aberdeen City area were only allowing players to join their existing teams based upon their skill levels and the ability of their parents to afford the fees these clubs charge.

We realise not every household has the financial means to pay upwards of £200 for their child to play football and certainly not if they have more than one child wishing to play, so we set about starting a club in the local area where all children - regardless of ability or financial status - can be given the chance to play football.

We don't see why a child should be denied the opportunity to play just because their parents might be struggling financially, we run

a weekly sweeper based on the national lottery which is licensed by Aberdeen City Council which is our only source of income to pay for equipment, training facilities etc. and allows children to play for free. We also rely on the donations of sponsors to allow us to continue with our endeavour to bring football to all the kids who want a chance to play.

We are always looking to take on more children who want to learn and develop at football - at the moment we are running training sessions from 4-year-olds to 13-year-olds. We still have spaces available at all age levels, anyone thinking of putting their child to football training can contact us on Facebook or can contact the chairman Alan Kelly on **07527 682239** or secretary **Joanne Wright** on **07546 410019**.

Active Ageing

Active Ageing is an initiative set up by Sport Aberdeen creating opportunities for older adults to remain active as they age. We have a range of activities across Aberdeen to be active. Sessions are specifically designed to cater for older adults to enjoy in a friendly social environment.

Walks are FREE and for beginners as well as those who can't manage very fast or very far. We then stay for a chat over tea and coffee after the walk. These walks take place in various locations including Northfield Community Centre (Tuesday 1.30), Rosemount (Thursday 2pm) and Ferryhill (Friday 10.30).

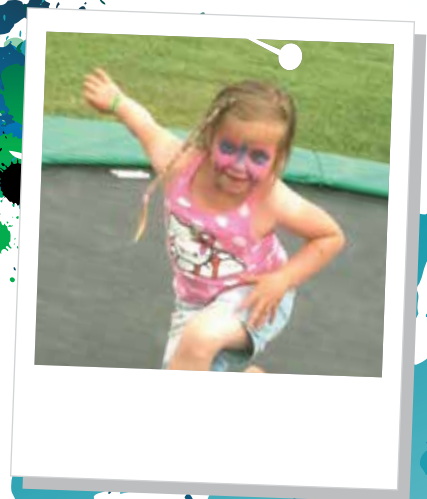
Active Ageing Swim Time: Northfield Swimming Pool, Monday's at 1.45-2.45, all year round. Thursday's 11-12 during the Summer holidays. Hazlehead Swimming Pool, Sunday 2.30-4pm during the Summer holidays.

Free with an Access to Leisure (Accord) Card. Want to get some more exercise and love swimming? Join us at one of the pools for a relaxing Swim Time.

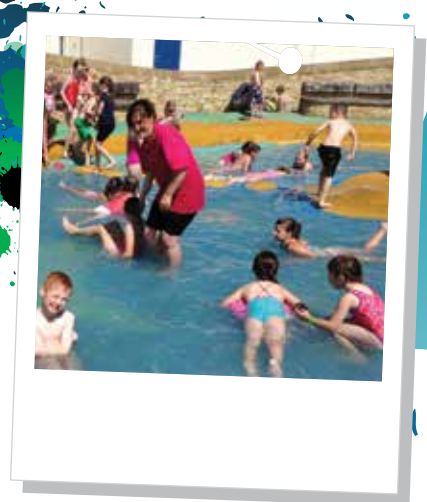
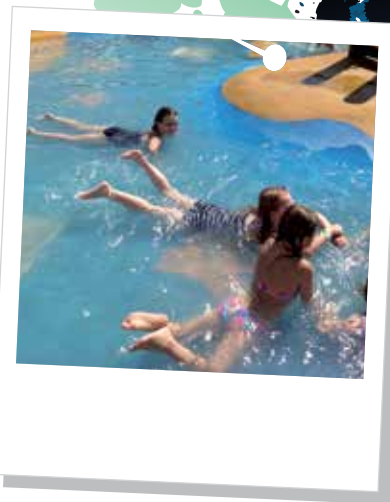
Active Ageing Swim times: Northfield Swimming Pool, Mondays at 1.45-2.45pm. Thursdays through the Summer, 11-12pm. Free with an Access to Leisure Card.

Remember these sessions are designed for older people so if you don't think you can, come and try anyway and see how easy it is.

For more information contact Stephen on 01224 577738. sgammack@sportaberdeen.co.uk



Playscheme



This year's summer playscheme was even more jam-packed with activities for the kids than previous years.

The playscheme this year consisted of the kids going to Aden Park, Carnoustie, Camperdown Park, Active Kids Perth, Arbroath, Monikie Park, Montrose and Landmark.

All the kids were extremely well-behaved and had a great time going to all the different trips throughout the weeks.

This year the Management Committee ran a fundraising night to help fund the summer playscheme. On the 21st of June the centre held a ladies' night starring Bobby Dazzler, which went down a storm. They are also hoping to have more fundraising events to help fund the playscheme.

3rd of August – Bag Packing at Asda at the Beach – 10am till 4pm. We are looking for parents and older children to help out.

13th of September – John McRuvie and Patrice night at the Sunny Bank Club. Tickets are £12 each.

Please contact the Mastrick Community Centre for more information on **788288**

Gray's Inn

Hi to all in Mastrick, we are halfway through 2013 already and again we feel we have to thank the Mastrick community for playing their part in all our fundraising activities. We are well over the £5000 mark for 2013!

We had a race night fundraiser in June for local lass Kaitlyn Hendry, who is 8 years old and off to Italy to compete in the World Kickboxing Championships in October. Let's hope it's another Aberdonian Olympic Champion in the making. Good luck to Kaitlyn - £1917.55 raised so far!!

Our Macmillan coffee morning will take place in September and as usual if any local groups want to get involved please feel free to contact us. Macmillan does great work and cancer touches everyone's life.

Grays is having a spruce up at the end of the summer - not before time I hear you all mutter, so let's use the pub to everyone's advantage. If you have a good cause, charity, fundraising idea get in touch and we will try to make it a Grays success

We are celebrating Grandparents Day on October 6th - we're offering to all Grammas and Grandas free tea coffee and biscuits (when accompanied by their parents) - only kidding!

We are always interested in what our customers would like to see in the pub so get your thinking caps on and let us know.

Bud, Sandra & the Team at Grays. X



Aberdeen City Libraries: **Home Service Library**

The Home Service Library is a free home delivery service for Aberdeen residents of all ages whose circumstances prevent them using their local library. Anyone who finds it difficult to get out of their own home without assistance, for example due to illness or disability, can apply to receive the service.

A monthly supply of books is delivered to the reader's home by dedicated library staff. Books are carefully selected according to reader's needs and tastes, and specific titles can also be reserved. As well as ordinary print books, we can supply large print books and talking books on cassette, CD and MP3. DVDs and CDs can also be borrowed at

a small charge.

If you, or someone you know, could benefit from the Home Service or would like further information, call 498930 or contact your local library.

Library contact details can be found at www.aberdeencity.gov.uk/libraries

Affected by Finance or Debt ?

Would you be willing to discuss your experience in confidence?

Finance can have a huge effect on people's lives but rarely do ordinary people get the chance to speak about their experiences. That is why Northfield community activist Keith Paterson, who is doing post graduate research at Aberdeen University, has chosen this theme for his research project.

The research aims to build up a picture of the experiences of ordinary people by giving them the chance to discuss, in confidence, how financial issues affect them and their families. This can be credit, debt, insurance, savings, rent, banks, mortgages or any other aspect of money or finance. Building on these experiences, a second phase of the project will investigate the social practices of financial institutions who frequently lend at very high interest rates.

If you have an experience you would like to share or are interested in being interviewed, contact the researcher Keith Paterson from Aberdeen University on 07793 655 410 or by email on keithpaterson@abdn.ac.uk

All interviews take place at a time and place that suit you and all personal information is treated in strictest confidence.



Tenants Open Day 2013

This year Aberdeen City Council's Tenants Open Day is being held on Saturday 31 August at the Music Hall from 10am – 1pm.

The Tenants Open Day is a great event organised by tenants, for tenants. It's free, fun and informative! This year there will be:

- **Stalls including**
- **Local Housing Associations (Housing Options)**
- **Welfare Reform**
- **Community Safety**
- **Tenant Participation**
- **Free refreshments**
- **Activities for children**
- **Giveaways**

If you have never been before the Tenants Open Day it is a great way for you to get information and speak to Council Officers about your housing service. There will be representatives there from loads of different council services and our external partners. So why not come along? It would be great to meet you!

If you would like more information please contact the Tenant and Community Engagement team, Carol or Caroline, on 01224 522839/523920.

A Health 3 Course Meal

STARTER
Carrot and
Coriander Soup

•
MAIN
Fish Pie

•
DESSERT
Apple Sponge Pudding

Starter Carrot and Coriander Soup (Serves 4)

Ingredients:

2 Carrots
(peeled and chopped)

1 Onion
(peeled and chopped)

1 Clove of Garlic
(peeled and chopped)

2 tomatoes
(peeled and chopped)

2 Celery Sticks
(chopped)

600ml Vegetable Stock

300ml Orange Juice

3 Tablespoons of Fresh
Coriander (chopped)

Seasoning

Method:

Place the onion, garlic, carrot, tomatoes and celery in a large saucepan

Add stock, orange juice and seasoning

Simmer for 20-25mins

Add coriander

Puree soup in a blender

Check seasoning.

Garnish with additional coriander and serve with crusty bread.

Main - Fish Pie (Serves 4)

Ingredients:

600g potatoes (cooked and mashed)

350g Whiting, Haddock or Cod

½ Litre semi-skimmed milk

4 tablespoons of frozen
garden peas

2 Mushrooms

1 Onion

50g Marg

50g Flour

Seasoning

Fresh Parsley

Method:

Oven Temp 375F/190C/ Gas Mark 5. Heat the milk in a saucepan then mix the corn flour with a little cold water and stir into milk. Continue stirring until sauce thickens.

Add the remaining ingredients, except the potatoes and heat through, till the fish is cooked. Pour mixture into an oven proof dish

Cover with mashed potato and bake for 15 minutes. Serve with green vegetables.

Pudding - Apple Sponge Pudding (Serves 8)

Ingredients:

50g Castor sugar

1 Egg

35g Sunflower margarine

90ml Semi-skimmed milk

70g Plain flour

½ Teaspoon baking powder

200g Cooking apples (peeled, cored and sliced)

½ Tablespoon lemon juice

Method:

Preheat Oven to 200c/400F/ Gas Mark 6.

Keep aside 1 tablespoon of sugar. Put remaining sugar in a bowl with the egg and whisk until thick and creamy.

Heat the margarine and milk in a saucepan and bring to the boil. Pour the mixture into a greased baking tin. Arrange prepared apples on top of sponge mixture, leaving no gaps, sprinkle with lemon juice and then the reserved sugar.

Bake for about 40 minutes or until well-risen and golden brown. Suitable accompaniments may include low fat custard or yoghurt.

Personal view:

Bedroom Tax

By Pete Thomson

Five weeks after the introduction of the new government policy dubbed 'the bedroom tax', 53-year-old grandmother Stephanie Bottrill stepped in front of a truck on the M6 and ended her life. Her harrowing suicide note blamed the government for introducing a law which said the house she had lived in for years was suddenly too big for her needs.

She would have to find an extra £20 a week or move to a smaller house, far from her friends and family. For a woman already struggling to get by on basic benefits, it was all too much. She killed herself.

Tragic, to say the least, but in a culture where bankers continue to receive huge bonuses despite nearly bankrupting the country, this was an entirely preventable death.

How does bedroom tax work? First, the government laid down tough criteria to decide whether a tenant is "under-occupying" their home and thus liable to the new tax, which only affects people on housing benefit. Anyone deemed to have one extra bedroom loses 14% of their housing benefit.

Tenants with two or more surplus rooms will lose 25%. This might not mean much to the millionaires making the rules but to the many thousands already living on or

beneath the poverty line, it can be the difference between having a roof over their heads, or even, in cases like Stephanie Bottrill's, a matter of life or death. With 660,000 families affected, no one can predict what will happen when evictions begin.

In a House of Commons where more than 70% of MPs are millionaires, the government could raise huge sums towards tackling the deficit by alternatives such as raising tax levels for higher earners. Instead, they rearranged tax allowances in such a way they actually awarded themselves a £50k a year tax cut. Nice work if you can get it. In the real world, thousands have their benefits cut.

"Anyone deemed to have one extra bedroom loses 14% of their housing benefit."

One criticism of the policy is that it lacks flexibility for individual circumstances. While there are some exemptions, those affected include families with sick or disabled children who need their own room because of their condition or to house specialised medical equipment; separated or divorced parents who require a room for when their children visit have also been hit.

One Fersands tenant said: "When I applied for housing there were scores of empty houses here. The council was delighted

to give me a 3-bedroom flat. It needed a lot of work but over the last 10 years I've spent a lot of money making it a home, including £4k on a new bathroom a couple of years ago.

"I've never been in rent arrears and, though I lost my job a few months ago, I was covered by housing benefit. Now, I need to find an extra £17 a week from £70 benefit or I could lose my home. At a time when basic living costs like food and energy are spiralling, it's impossible.

"I was advised to apply for Housing Discretionary Payment," he continued, "But this is a limited pot for those most in need, like the disabled or foster carers, so I'm not holding my breath. I've offered to move to a smaller property. None are available. I feel I'm being penalised through no fault of my own".

While it is true councils have had bedroom tax forced upon them, housing providers are taking a variety of approaches. The more enlightened, like Liverpool's Knowsley Housing Trust and Leeds City Council, are reclassifying thousands of homes to minimise the policy's effect on tenants – bedrooms reclassified as dining rooms, for example – and in Scotland the majority of SNP councils have stated they will not evict anyone taking all reasonable steps to

address housing debt caused by bedroom tax.

Aberdeen City Council Head of Housing Donald Urquhart told the Free Press: "The effect of the under-occupation issue and rent management will be kept under review. Any tenant who wishes to preserve their tenancy will be required to meet all conditions of their tenancy including rent payment".

On evictions, Mr Urquhart said: "The council has not adopted a policy of eviction etc. This does not mean that they have either considered and formally rejected such a policy nor that they won't in the future".

This doesn't actually tell us very much, but while there has been as yet no clarification on the decision-making process, city housing workers have been instructed to deal with bedroom tax arrears as normal housing debt, which suggests ACC will follow standard procedures once a tenant's arrears reach critical levels.

So, what are the options?

Tenants not wishing to move, or who want to cover rent shortfalls while waiting for a smaller property, can consider taking in a lodger. It should be noted that apart from the first £20, which will not affect benefit, lodger income will be deducted pound for pound from benefit.

Some tenants may be tempted to borrow from payday lenders and could fall into a spiral of debt. Stuart Cuthbertson of St Machar Credit Union said: "Payday lenders are a very expensive option. We are here to offer a low-cost alternative. Based at Woodside Fountain Centre - please drop in or call 01224 524935 – the Credit Union offers

savings facilities and very low-cost loans. We are also gearing up for the introduction of Universal Credit, when housing benefit will be paid direct to tenants. A number of tenants have already asked for their bedroom tax to be paid directly through their Credit Union to the council."

What options are there for those wishing to switch to a smaller property?

Downsizing: a tenant moving to a smaller property through the downsizing scheme can receive a £1,000 payment from the council, which can be used to clear current arrears.

Apply for a smaller property: ACC tenants can apply using a standard housing application. This allows the tenant to state their preferred areas.

"Some tenants may be tempted to borrow from payday lenders and fall into a spiral of debt."

Register for a mutual exchange: an option for tenants wishing to exchange properties. The council keeps a register of interested tenants who then contact potential exchanges on their own behalf.

With a national shortage of smaller council properties, most people don't have the option to move to a smaller property, which is part of the problem with the policy. Another option, however, is to rent privately. With private rents normally much higher than those of councils and housing associations, this could lead to situations where a social housing tenant moves from a 3-bedroom property costing £300 a month to a 1-bed private rental at £600. As the tenant would no longer be under-occupying, housing benefit would pick up the entire rent,

costing the government an extra £300 a month. This doesn't make sense.

Landlords have not been slow to pick up on this and with private rents spiralling, council arrears everywhere are going through the roof. ACC's rent account has taken a significant dent since the new tax was introduced.

Welfare Rights and Citizens Advice offices are under siege, reporting as much as a 900% increase in referrals. Food banks are struggling to cope with the upsurge in demand – half a million people in the UK are now said to be relying on food banks. Many tenants face stark options: pay the rent, feed the kids or heat the house. Nobody should be forced to make such choices.

There are no easy answers. The important thing is that people take the first step to getting help. The Cash In Your Pocket Partnership (CIYPP) is one of the best-placed to offer assistance through its network of more than 60 organisations. Referral forms to the partnership are widely available from community centres, libraries, housing offices and volunteer organisations or by emailing ronnie.wood@ciypp.co.uk. The most efficient means of contacting CIYPP is by filling in a very simple self-referral form on their website: <http://www.ciypp.co.uk>

In conclusion, it seems bedroom tax is with us at least for the immediate future. Those affected will have to deal with it as best they can, but if people are taking all reasonable steps to address the problem, it will be a hard-hearted council indeed that evicts them.

SHMUFM CELEBRATES THE SPOKEN WORD

We're launching a new project on shmuFM, seeking out people to record spoken word pieces to be broadcast on the radio.

Thanks to funding from Aberdeen City Council's Cultural Grant Awards, we will be using our studios in Woodside and Tillydrone to record poems, short stories and even a few full-length radio plays. Our first ever radio play 'Black Ice' premiered in July and received widespread praise for writer Jack Elliott and the local cast.

We are now on the hunt for anyone who wants

to contribute to the project by writing and performing a spoken word piece. These will be pre-recorded in the studio with our team of experts and will then be aired on shmuFM during a special show.

If you're interested and want more information, contact shmuSOUND's Stevie Kearney by emailing stevie@shmu.org.uk, calling on (01224) 515013 or pop in past SHMU on Station Road in Woodside.

SHMUSOUND SUMMER SESSIONS

Our music projects here at SHMU are coming along very well and we have lots of exciting work planned over the summer.

The recording studio has been in full operation since late last year and we've seen a lot of young people taking part in our Creative Scotland Youth Music Project. It is open to young people from Seaton aged from 14-25.

What we offer is expert music tuition and the chance to record some tracks in our state-of-the-art studio – and it's **ABSOLUTELY FREE!**

We also hire our studio out and we provide a sound engineer. We can cater for everything from a solo acoustic act to electronica, a massive choir or jazz band.

For more info on anything related to music at SHMU or the recording studio, email Stevie Kearney on sound@shmu.org.uk or phone 01224 515013.

GET INVOLVED AT SHMUFM

We are currently looking for volunteers living or working in Seaton to get involved at shmuFM. There are a range of opportunities for volunteers at the station and we can provide free training at flexible times to fit in with your existing commitments. If YOU would like to get involved at YOUR community station, simply get in touch! For more information, or to arrange a visit to shmu, call 01224 515013 or email Lesley@shmu.org.uk

Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.



N.E.S.D.V.A. Trip to National Memorial Arboretum.

On the 3rd of June, ten members of the association journeyed down to Staffordshire to visit the National Memorial Arboretum, to pay homage to all the service personnel who paid the ultimate sacrifice from all conflicts that British Armed Services took part in from the beginning of the First World War to the present conflict in Afghanistan.

Although there are no longer living members of the forces from WW1 (see the photograph of the man tied to the stake waiting to be shot by firing squad), they were deemed to have been lacking in moral fibre, but they were suffering from the signs of shell shock - which has now been recognised as Post Traumatic Stress Disorder. Their sacrifice will never be forgotten by the British public, as recognised each year at all the remembrance parades taking place up and down the country and elsewhere in the world.

The members who went were deeply moved when they went into the Far East Campaign Hut, which shows by photographs, video and documents the treatment that our boys went through during imprisonment by the Japanese forces, whether this was in Japan, Malaysia, Burma and all the island and numerous countries too many to mention that there were in that theatre of war.

We also saw a stretch of the Siam to Burma railway and each

of us knew that for every railway sleeper on that length of railway line a member of the British and Commonwealth forces gave their lives for that piece of wood. There was also a sleeper fixing plate and piece of sleeper from the notorious bridge on the River Kwai, which was also part of the railway network that was implemented by the Japanese regime at that time.

The members - dressed in our association full uniform and Glengarrys - were well received by both the staff and general public who could see by our mode of dress that we were all Scottish veterans who enjoyed showing that we were so very proud to be veterans of various conflicts and also we were nationally proud of being Scottish. You can see the photographs that were taken at the time and which can be seen at the National Arboretum Facebook page.

Some of our members hired mobility scooters for both days that we visited and were very glad of them, me included.

While there, we also found out that the arboretum has been donated another 88 acres for more memorial sites, therefore giving them nearly 180 acres over all.

Once we arrived home our interim secretary sent the voluntary staff and full time employees a very great thank you for the care and consideration that they paid to each and every one of our members during the two days that we were visiting their site.

For information about our association please visit our website at www.nesdva.co.uk or contact our chairman Mr Ron Robertson on 07886-887-428 or visit our association clubrooms at Mastrick Community Centre on a Monday or Friday between the hours of 11am and 2pm.

New members are welcomed at any time you can also meet two of our members at the Third Sector Fayre in the Aberdeen Music Hall on the 20th of July.

COMMUNITY CONTACTS

Alcohol

Alcoholics Anonymous **0845 769 7555**
Drinkline **0800 7 314 314**

Benefits

Benefits Agency Advice Line **01224 522709**

Crime

Crimestoppers **0800 555 111**

Drugs

FRANK – National Helpline **0800 776 600**

Dentist

Emergency - G-Dens **01224 558 140**

Doctors

NHS 24 Emergency **08454 242 424**

Electricity

If you have a Power-Cut **0800 300 999**

Family Planning

Square 13, Support & Advice **0845 337 99 00**

Gas

Gas Emergency **0800 111 999**

Housing

Emergency Repairs **08456 080 929**

Police

Non-Emergency **0845 600 5700**

Samaritans

Need to talk **01224 574 488**

Social Work

Social Work Duty Team **01224 522055**

Emergency Out-Of-Hours **01224 693 936**

Young Carers

Support & Information Service **01224 358639**

Water

Scottish Water Emergency **0845 600 8855**

Alkohol

Anonimowi Alkoholicy **0845 769 7555**
Problemy z alkoholem **0800 7 314 314**

Zapomoga

Agencja doradztwa w zapomogach **01224 522709**

Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

Dentysta

Nagłe wypadki **01224 558 140**

Lekarze

Nagłe wypadki **08454 242 424**

Elektryczność

W wypadku odcięcia energii elektrycznej **0800 300 999**

Planowanie rodziny

Square 13 wsparcie i doradztwo **0845 337 99 00**

Gaz

Nagłe wypadki **0800 111 999**

Pomoc mieszkaniowa

Nagłe naprawy **01224 480 281**

Centrum pomocy **0845 608 0929**

Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji **0845 600 5700**

Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

Praca społeczna

Dyżur pracowników społecznych **01224 522055**

Młodzi opiekunowie osób **01224 639 936**

starszych i niepełnosprawnych

Pomoc w karierze

Wsparcie i informacje **01224 358639**

Woda

Nagłe wypadki **0845 600 8855**