

# mastrick Matters

Summer 2018



## In this issue:

.....  
CLYDESDALE CLOSURE

MUIRFIELD SUCCESS

CASH IN YOUR POCKET

WOMEN'S AID

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



contents

Local News	3
St Clements Church	4
VSA	5
Mastrick Parish Church	7
Clydesdale Closure	8
Muirfield Head	9
John's Page	10
Social Isolation	11
Woman's Aid	12
Community Update	13
shmu	14
Wellbeing Corner	15

Muirfield Primary's Mrs Davidson and Averon D'Costa, Ian Duguid, Kaydis Copland Megan Leisk, Caitlin Ritchie, Katie Law Daniel Hepburn, Rhys Edwards Chloe Paul



editorial

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

If you would like to get involved and join the editorial team or if you have ideas for the community publication, you can easily get in touch with us. The staff at shmu are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography or proof reading. So please don't be shy, this is your magazine written, edited and designed by the good folk of Mastrick. If you live in the Mastrick area and would like to come along to the editorial meetings or submit an article then get in touch with Laura at shmu on **01224 515013** or you can email her on **laura.young@shmu.org.uk**.

You can also get in touch with us via our new Facebook page - look up 'Mastrick Matters' and hit that 'like' button, and you can view this magazine alongside previous editions on the shmu website: **www.shmu.org.uk** then click the 'PRESS' option

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

happy reading.

Our next set of meetings will take place on the following dates:

**First Meeting - 7th August**

**Second Meeting - 21st August**

**Content deadline and page plan - 4th September**

**Proofing - 18th September**

All meetings take place at Mastrick Community Centre at 10:30am and are open to all.

Supported by



James Tyrell  
Centre Volunteer

Bill Morrison from Torry has been a volunteer at the James Tyrell Centre in Mastrick since hearing about it whilst attending a course at Bridge House in Aberdeen 17 years ago!

Bill is the longest serving volunteer and has seen a lot of changes in his 17 years volunteering at the centre. He recalls being nervous on his first day but was soon helping with the many activities that they had to offer including board games, physical activities and listening to music although his favourite activity was being out in the minibus when he was helping collect local people of Mastrick to allow them to attend the centre.

The James Tyrell Centre is a day support centre for older adults and is attached to Mastrick Parish Church. Is it open to anyone living in Aberdeen who would like to come along, meet new people and have a laugh.

Before he retired Bill worked with children in an after-school group at The Citadel so has always enjoyed working with people and meeting new folk.

With a 3-course lunch of vegetable soup, stovies and peach flan to look forward to (which smelt affa fine!) Bill's words of wisdom were 'come along give it a try! That's what I did, and it obviously worked.' He is very much looking forward to making you a cup of tea which is one of his favourite jobs.

Bill travels over to the centre from Torry on a Wednesday and Thursday between 9.30 – 3.30 & when relaxing at home very much enjoys colouring in books and collecting badges which he proudly displays on his person.

When asked if he ever thought about stopping volunteering Bill's reply was "I'll stay for as long as they'll keep me, I love it, wouldn't change anything about it."

The Mastrick Matters team would like to congratulate Bill on all his hard work and commitment to the centre, you do a fantastic job!

If you'd like to find out more about the James Tyrell Centre you can give them a call on 01224 692004.

Looking for funding?

Are you a charity or a community group looking for funding? ACVO offers free one-to-one advice on funding, fundraising and business planning. We can help with developing income generation strategies, support you with particular types of

fundraising (trusts and foundations, individual giving, digital etc) and provide feedback on draft funding applications. Drop us an email and we can meet for an informal chat to explore options. Get in touch with **Kaja: kaja.czuchnicka@acvo.org.uk or 01224 686078**

Mastrick  
Community  
Centre  
Activities

Mastrick Community Centre have loads of activities on the go over the Summer holidays.

The Club will run every Thursday evening throughout the summer, keep an eye out on the Facebook page for our times and programme over the summer.

Mastrick Summer Playscheme is also running again this year for primary school kids. It will run every every Tuesday and Thursday starting 17th July and running until Thursday 9th August 2018. There will also be a mini programme for under sixes which will run every Tuesday morning 9:30 – 11:30am starting Tuesday 17th July to Tuesday 7th August 2018. Booking and programme available from the centre office as spaces are limited.

We are also holding their Summer Fair on Saturday the 21st July and there will be bottle stalls, a tombola, a BBQ and lots of stalls. Please come along and join the fun, supporting your local community centre.

Contact the centre on 01224 788288 or pop in and speak to the team.



## Sheddocksley Community Garden

"If you've never experienced the joy of accomplishing more than you can imagine, plant a garden" Robert Brault.

The month of May was exciting for the community garden. A group of determined people got together to do battle with the brambles, broken fences and dog poo. We've been clearing the way for the old bowling green at Sheddocksley Sports Centre to begin its new life.

The council has donated the disused space to be turned into a community garden for those in the surrounding area.

Community gardens have been spreading across the country. Each one has its own personality reflecting those involved. People get together to learn about growing plants, cooking, environmental issues and wildlife on their doorstep.

Plans for the Sheddocksley Community Garden may include raised beds for vegetables, a sensory wildlife garden, BBQ area, fruit bushes and an area for children. We want to make it a great resource for local schools, groups and individuals.

Every pair of hands is needed to make it a reality. Everyone is invited so look up our Facebook page Sheddocksley Community Garden and hit the like button!

# St Clement's Episcopal Church Invitations...

### I have a number of invitations for you.

The first invitation is to get involved representing your local community in how to use the large garden space behind the Len Ironside Centre on Mastrick Drive. A small short-life working group is being set up to help decide how this space should be used for the benefit of the wider community, to complement the use of the space by the day to day users of the centre. If you have an interest in gardening and have ideas how to encourage members of our local community to benefit from some gardening and social time together, please let me know.

The second invitation is to encourage you to continue considering the questions I posed in the last edition of Mastrick Matters. The questions are:

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

Maybe you run a group or would like to get together with some neighbours on your street or in your block of flats to discuss these questions? It is as simple as getting together and having a

chat and seeing what you come up with. You can then just get on and do something or you could let me know what you said, or you could even write a short article for Mastrick Matters. If you would like me to come along to facilitate a conversation around these three questions, please let me know. I would be happy to do so.

The third invitation is about an event at 10.30 am on 2nd September, to put in your diaries. St Clement's Scottish Episcopal Church on Mastrick Drive is having an 'Invitation Sunday'. This is to recognize that some people may be curious about what goes on inside a church on a Sunday morning, but it can be quite daunting to pop your head round the door when you haven't ever seen inside or have the faintest idea what goes on. So on 2nd September our 10.30 am service will be designed to welcome anyone who wishes to experience a service of Holy Communion, with explanations of what we do and why we do it as we go along. Of course, we would be happy to see you on any Sunday, or any weekday come to that.

**Nick Bowry**

**Curate, St Clement's Scottish Episcopal Church**

**Curatestclements@gmail.com**

## VSA Carer's Resource Service



### Do you have a caring role?

Anyone of any age who helps, or intends to help, a relative, friend or neighbour who cannot manage without their support has taken on an unpaid caring role.

Some people have just started looking after someone; others have looked after someone all their life.

Many care for more than one person, and sometimes their own health is affected.

### A Carer's Story

Kate is 55 years old, works part time at the City Centre Branch of a large bank. She has a son and a daughter. Her daughter is married with two children and lives several miles away. Her son lives at home and since losing his job, has suffered from depression and anxiety making it difficult for him to leave the house. Kate's elderly parents live

in sheltered housing some distance from her, on the other side of the city. Her father has recently been diagnosed with dementia and her mother has mobility problems since suffering a stroke a few years ago.

Kate does what she can to support her family but is finding it increasingly difficult to keep asking for time off work to attend hospital/ GP appointments with her son and parents and give the practical/ emotional support they rely on her to provide. Kate enjoys her job but feels that she might have to give this up as her family responsibilities increase. If asked the question, Kate would not describe herself as a carer.

Kate received information about VSA Carer's Resource Service and was put in touch with a Carer Advisor.

On meeting with Kate the Carer Advisor was able to offer Kate

self-help tips and ideas to manage day to day with the competing demands on her time.

Kate's responsibilities have not changed but she now feels more supported and listened to. Kate feels much more able to ask for help when needed.

VSA Carers Resource Service can offer advice, information and support on all aspects of caring. We can also provide access to charitable grants and signposting to other organisations. We offer training and development for carers, counselling and peer support.

**For further information please contact either Jackie Dunlop or Donna Lawie on**

**01224 212021 or visit our website [www.vsa.org.uk](http://www.vsa.org.uk).**



# MASTRICK PARISH CHURCH

At Mastrick Church we're continuing to develop our community activity and links.

For pre-school children and their parents and carers, the weekly Pop Up Café & Play Sessions have proved very popular over the past year, and now take place each Thursday during school terms, in the Church Hall from 1 – 2.30pm.

Sessions are a chance for those caring for pre-school children to get together over a cuppa, and make new friends, while children play together.

Lots of different toys are available and we enjoy lots of active play – great fun for children and adults! Each session ends with story-time while children enjoy a snack, then singing games. Recently we were delighted to welcome staff from the library to lead story-time and explain what the library offers children and families.

For the future we would like to open out the Pop-Up Café to others in the community of Mastrick, perhaps to run cooking or baking sessions for both adults and children one day a week. To do this we need to refurbish our kitchen and were delighted to be successful in being given a grant in the recent UDecide

funding round. We very much appreciate the community support for this.

Summer is fast approaching and in response to requests from families, we are planning a summer play session in the last week of the school holidays for children aged 0 -12 with parents and carers: fun, games, food and a picnic lunch - a perfect summer combination!

The James Tyrrell Centre continues to be a bustling happy place, welcoming members to spend the day together, and as summer weather arrives, they can enjoy trips out to the beach or inland, often ending in a favourite ice-cream shop for a "cappie"!

Members enjoy friendship and company in a relaxed friendly atmosphere, with a variety of activities - games, gentle exercises, quizzes, singing, and bingo, with a 3-course lunch and afternoon tea.

If you or a family member is interested in coming along to the James Tyrrell Centre, or if you would like to consider volunteering at the Centre, Jane or Sandra, Centre Managers, will be happy to talk to you.

The Church continues to open its doors to the community via the

recently re-started car boot sales on the last Saturday of the month in term-time and plan an afternoon tea at the end of July, so please do keep an eye on the Church noticeboard for details. Planning has started for other social events for the autumn and winter.

Mastrick Church has been at the heart of the community for more than 60 years, and seeks to continue that service, through the contributions of time, energy and skills of everyone, and supported by our prayers. Prayer is conversation with God while we're going about our daily lives, going to work or awaiting an appointment. We speak. He listens. He speaks. We listen. This is prayer in its purest form. God changes his people through such moments.

Susan our minister, and Teresa our outreach worker have started walking the parish and praying on a Monday morning for our community and our church. If you see them, please stop and chat – they will be delighted to meet you!

**James Tyrell Centre number:**  
**01224 692004**

**Mastrick Parish Church number:**  
**01224 694121**



## MASTRICK WALKING GROUPS

The two groups had a joint holiday to Kingussie, we managed to get a minibus which was very useful when we went on our walk. The first walk was to the Lochan Uaine it is better known as the Green Loch, the colour green is caused by minerals coming down the hillside into the loch.

At the start the group split up some going over the hill while the rest took the easier track. We met up at the loch for lunch, we all went back the easy track to the bus which we took to a lovely spot at Loch Morlich for a surprise birthday celebration for Sarah with wine and cake.

The next day a short walk around Loch Eilien, this is a beautiful loch which we always do when we are here.

Then up to the Wildlife Park to see Hamish the polar bear cub. He was the size of a hamster when he was born on 18th Dec 2017, after five months he is now 25kg. He was asleep when we arrived but soon woke up, he went for a swim

with his mum to the pleasure of everyone watching.

The last walk was around Loch Morlich. The walk starts and finishes at a beautiful sandy beach, the walk took us through forest and moorland. On the beach there is a coffee shop which we visited at the end of the walk, lovely looking out over the beach and the loch having our coffee.

We had a great holiday and Hamish made it even better.

To see our photos and video of our holiday and Hamish go to Facebook and search for Mastrick Walking Group on 11th May 2018.

The first walk we did after we got back was out to Spittal of Glenshee to walk up Glenshee, lovely walk and the sun was out the whole time. Then it was back to Braemar for a coffee and a fine piece.

**If you wish to join or want more information of the groups contact Raymond on 01224 783627 or email [helenandraymond@hotmail.co.uk](mailto:helenandraymond@hotmail.co.uk)**

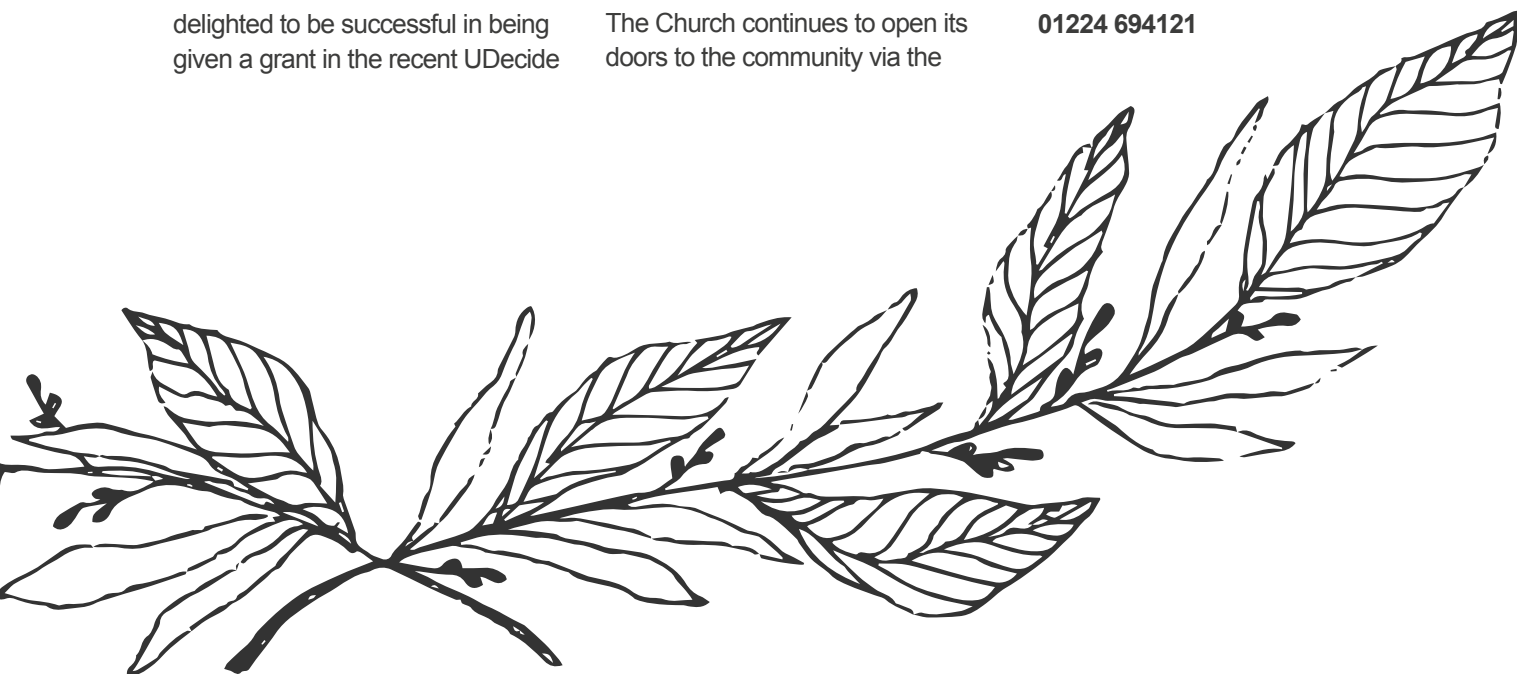
## Cash in Your Pocket in Mastrick!

Cash in Your Pocket have held two free Information and Advice Drop-In sessions at Mastrick Spar, on Thursday 26 April, and at Mastrick Customer Access Point on 24 May. We were joined by our colleagues from Scarf and NHS Grampian Healthpoint. We are very grateful for the support of the staff both at Mastrick Spar and at the Access Point.

All together, over 90 Mastrick residents were able to get free advice about a wide range of money matters, for example, benefits, budgeting, fuel bills, and tips on healthy living.

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

If you missed us at these events and would still like help and information you can contact Cash in Your Pocket on our Freephone number 0800 950 4330, follow us on Facebook or look at our website [www.ciyp.co.uk](http://www.ciyp.co.uk).







## Clydesdale Closure

The Clydesdale branch in Mastrick shut its doors for the last time in June this year.

The nearest available options for the community are now in either Queen's Road or Dyce.

Bank bosses have insisted that the closure, one of two in Scotland was necessary due to declining custom.

But local residents have argued the branch was "well used" and raised fears for other shops in the shopping centre.

Kingswells, Sheddocksley and Summerhill councillor Steve Delaney described the closure as a "huge disappointment" to local residents.

He said: "When I used to live in Northfield, I always used this branch and it always seemed very busy.

"This news will come as a huge disappointment because there are a lot of local people who are really dependent on that bank."

Residents and members of Mastrick, Sheddocksley and Summerhill Community Council staged a protest outside the bank on Friday the 25th of May to try and urge them to consider their older customers and change their decision.

Kirsty Blackman, MP for Aberdeen North, wrote to Clydesdale Bank and held a meeting with them in March this year.

Ms Blackman said: "I raised concerns for customers who might find it difficult to access services because it will take two buses to get to the other branches.

"The advice I received is they still plan to close the branch. If anybody uses it they should get in touch with the bank and they will support them with access to online and telephone services. I don't think this is adequate."

Mark McDonald MSP also met with representatives from Clydesdale Bank this year and has urged them to consider retaining the well-used ATMs attached to the branch.

A spokeswoman for Clydesdale Bank said: "The bank's first priority is to our customers and we will be working closely with impacted customers and relevant stakeholders to ensure that the transition to their new branch is as smooth as possible."

## your views

**An absolute disgrace! The bank was always very busy, same as the post office used to be. I wonder what will be taken away from the community next? - Georgia**

**I can't believe they are closing Greenfern, it's a brilliant wee branch, the staff have all been there for years and so many elderly people use it. It's always busy and convenient for so many people, Clydesdale bank are trying to force us all into internet banking in my opinion. - Heather**

**It's a disgrace. I use this all the time and it will be a miss for a lot of people after taking away the post office and now the bank as well - Dora**

**"I am very disappointed that this branch is closing. There are lots of people including many elderly that live in Mastrick, who rely on their services. I work for a charity nearby and we bank money there every week. The closure means someone will have to trail all the way to Queen's Road every week and this is very inconvenient. Banks seem less interested in what their customers need..... not everyone is able to do online banking and many are unable to get into town for various reasons. Extremely disappointed Jane Wilson Tyrell Centre.**

## Nomination for Muirfield's Headteacher

The Headteacher of Muirfield Primary School was nominated for an award in the 2018 Scottish Education Awards.

Mrs Davidson was nominated for Headteacher of the Year and was shortlisted from all the nominations from across Scotland down to three finalists.

She was nominated for the award by the previous Depute Head of Muirfield, Felicity Martin, for her hard work and commitment to the school.

Felicity said: "Marion's clear vision, set within the values and aims of the school, have built up the resilience of staff and pupils. The positive ethos within the school is clear, systems are in place to be proactive than reactive.

"Marion's major strength lies in ensuring that everyone is given the maximum opportunities available to them. She manages the team creatively and utilises all expertise, making the most of skills and qualities by facilitating learning opportunities despite staff shortages."

The Mastrick Matters team also heard from some of the children at Muirfield Primary School about their thoughts on Mrs Davidson's nomination.

**Amber Fowlie P7 "Mrs Davidson believes in us, anytime we come to her with ideas she makes it happen"**

**Aaron Benzie (P7) "She has improved the school in multiple ways the most is the behaviour, she has taken great care of the school"**

**Leah Stewart (P7) "The behaviour has definitely improved"**

**Matthew Duncan (P6) "Mrs Davidson is hard working, resilient and determined"**

**Millie Dunn (P5) "Mrs Davidson is encouraging, caring and passionate"**

Mrs Davidson said: "I am thrilled and humbled by this nomination. The progress made at the school is down to the determination and support of a hardworking and caring team whom I have great pleasure in leading. As a previous Muirfield pupil myself my emotional attachment to the school has given me the drive and focus to ensure that current Muirfield pupils are given the best possible opportunities to succeed."

In other good news, Muirfield Primary won the Aberdeen City Council Schools Award at the Children and Young People's Awards ceremony in September 2017.

The winner of this award was announced in June this year and unfortunately Mrs Davidson didn't win this time around. However, I'm sure you'll agree with us in saying that it is a tremendous achievement for Mrs Davidson to have been shortlisted to the final three and it says a huge amount about her work at Muirfield. Well done Mrs Davidson!

## Year of Young People

As 2018 is Scotland's Year of Young People, NHS Grampian have teamed up with partner organisations to run a series of events for young people aged 12 - 26 over summer.

**3 JULY**

**Therapeutic Photography - Neil Gibson, Robert Gordon University**

**7 AUGUST**

**LGBT+, is it OK? - Zone Youth LGBT+**

**4 SEPTEMBER**

**Social Media, R U Safe? - Police Scotland and Scottish Health Council**

Each session will run from 5 - 7pm at Aberdeen Arts Centre and parents and carers are welcome to all events. There's no cost and refreshments will be provided!

Booking is required for each event, additional information for the event can be found there too.

To round up the events, there will be a celebration weekend 15-16th September at the Westburn Centre. Further information to follow.

**All of the sessions will be livestreamed on Twitter, so follow along with @SHC\_G or #YoYPAbz.**

**For further information about the event contact nhsg. involve@nhs.net**

**For enquiries about the venue get in touch with Aberdeen Arts Centre on 01224 635208 or enquiries@act-aberdeen.org.uk**



# RETIREDMENTALLY HAVING BEEN TO BE THROUGH BEING THE SPIRIT OF A WOMAN TO A MAN?

Prepared to work further miracles I surely couldn't have made work while I've worked with working to retire and rest my case for judgment daze past presently future stories told of how I was retired of living and dying just to confound and compound all those and these feelings I'd feel of a social misfits isolation reaching retirement as early as that to this until a decade later more than less lately of an earlier pension age having funded a pot of cold gold at the end of beginning my golden years as Bowie might have predicted along with any of all the other prophets who chose to profit by you and me paying as we pay for the privilege of others seemingly set to music or otherwise taking the honours by not giving what they sold I guess through selling their souls spiritually perhaps thinking we have the choice or had one before after we've realised we're absent from here and find there the same quite differently to what we imagine now and then less than more willing to determine the worst and best time through forever retiring further before our father who art in hell out of leaving his thoughts of heaven to be appreciated appreciatively appreciating simplicity with the simplest things he found amazing to taste and listen to my musical front and background as a back drop for the frontal lobe maybe tracking the tracks

intractably strung together for him to appreciate Eric Clapton as he loved wonderful tonight as one example of the sounds of the 30s 40s 50s 60s 70s 80s 90s 00s he'd reached from and to further than he thought of reaching as he sensed his time would be up down to a lack of confidence in and yet to come out of his son bringing you & me sunshine of my life with the dead convincing me I needed to live and die longer than the usual short shift from one to the other dimensions to mention a phew that was this close to his death having you think along with my siblings thinking we'd only have an individual life and might as well leave unlike we could stay permanently within reason to have believed we've lived while I'm believing I haven't really died enough yet as some maybe held back for me to front the way for you to answer the questions of my being of this or that world we've all gone before and continue our after existence along with an as yet to claim spiritually dead father and living embodiment of my physically demanding & determined mother figuring my simplest form of existence as I persist thoughtfully of before dominating the present now presently after lives and deaths complexities while I'm complicating Gods formidably formaldehyde Jekyllly implicit simplicity of both



## Social Isolation in the Community

Written by Andy

**Are we as busy as we think we are? Could we spend a bit more time doing things that really matter?**

I have just come back from a Loneliness and Isolation Seminar. There were a few things that were evident. There are people out there that do care. One of the most prominent topics was the "Beast from the East" which we faced earlier this year. When there was a matter of urgency we helped, we gave and we shared. The question I have "Does there have to be a disaster for us to help?"

It seems like we have lost contact with our friends, family and neighbours. Are we too busy? Are

we too comfy in our homes or is it just the done thing?

Remember New Year "We used to go around friends, family and neighbours."

A few questions below on the changes that may have slipped past...

**Q1. Has anything happened in the past year or so that made you lose contact with important people in your life?**

**Q2. When it happened were there enough support, activities or hobbies to pursue?**

**Q3. Do you find transport to get out more expensive and unreliable?**

**Q4. Are the costs of going to or setting up meeting, clubs or groups getting more expensive and difficult?**

**Q5. If you could change one thing today what would it be? For example less social media, more social events or take up a new hobby....**

At least now the council has taken all the no ball games and cycling signs off the street.

**Get in touch if you have a story you would like to share with the Mastrick Matters editorial team by emailing [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) or call 01224 515013.**





# Grampian Women's Aid

## But he doesn't hit me

Often when we first meet with women, they don't realise that what they're experiencing is domestic abuse. Whilst they know that the way their partner treats them isn't right, the fact that physical violence isn't always present can make women feel embarrassed and reluctant to contact us.

But this is the exact reason why Scotland's Domestic Abuse Bill has been introduced as legislation. For a long time, we've campaigned to explain that a number of elements constitute domestic abuse, not just physical violence.

So, if you haven't been physically harmed, how do you know if you're experiencing domestic abuse?

Coercive control is a pattern of controlling behaviour that isolates, humiliates and intimidates women. It is designed to make women feel scared and uses a number of abusive methods to gain control in a relationship:

### Verbal

If your partner repeatedly shouts at you, mocks you, calls you names, threatens to hurt you or your children, makes accusations, embarrasses you in public or uses words to belittle or disrespect you, this is domestic abuse.

### Emotional

Many women experience emotional abuse which can include things such as threatening to take your children away, constantly checking up on you, spreading lies about you to family and friends, following you, putting you down and demeaning you in front of others, deliberately not listening when you talk, monitoring your calls, telling you that you can or can't do something, convincing you the abuse never happened and becoming extremely jealous when you're around friends, family or other men.

### Financial

Perpetrators can use finances as a method of control and will withhold

money from women in an attempt to completely isolate them from family and friends. This can also include disconnecting the telephone line or internet, preventing you from going to work and ensuring you don't have your own money for food, clothing and essential items.

### Sexual

Just because you're in a relationship, or married, does not mean that you have to meet your partner's sexual demands. Your partner should never threaten you with sexual violence, force or intimidate you into having sex or degrade you in any way. Even in a relationship, sex without consent is still rape.

If you recognise any of these warning signs, please call us on 01224 593381 for free, confidential advice and one-to-one support.



## Working Together for a Better Service

Aberdeen Housing Service Review Group is reviewing feedback - complaints compliments and suggestions – in the council from a customer point of view. The group want to work with the council to highlight what is working but also make recommendations about what could be done better from a customer point of view.

Aberdeen Housing Service Review Group is an award-winning group, having been shortlisted and winning various national awards, including being the first group to win the Rita Buchan Tenant Participation Champion Cup in 2016. This group has also presented at National Tenant Participation Conferences as well as being invited by various landlords all over Scotland to present to their tenants on the work they have done with Aberdeen City Council. The group is delighted with the ongoing support they have received from the council – from

the elected members, the Chief Executive, senior management and officers at all levels

Members of this group will be out in the communities and council offices during the summer months asking you some questions about feedback – complaints, compliments and suggestions. Members of the group will have housing volunteer badges and will not ask for any personal information. The group would like to thank you in advance for helping them and a copy of the final report will be published on Aberdeen City Council Tenant Participation web site later this year.

**If you would like to find out more about this group, please contact Carol Hannaford Development Officer for Tenant & Resident Participation Tel. 01224 522839 or email [channaford@aberdeencity.gov.uk](mailto:channaford@aberdeencity.gov.uk)**

## Grampian Credit Union

Grampian Credit Union is celebrating 25 years of providing affordable loans and safe savings to members throughout the North East of Scotland!

Grampian Credit Union was incorporated in 1993 to provide savings and loans to employees of the former Grampian Regional Council. It has since grown to offer savings and loans to people living or working in Aberdeen, Aberdeenshire and Moray, ie the whole Grampian area. Grampian Credit Union currently works with 34 employer partners who offer their staff the benefit of saving and paying loans directly from salary and will be happy to discuss with more employers who would like to offer this benefit to their staff.

Grampian Credit Union currently has £4.8 million in assets, £4.4 million in savings (Adult and Junior accounts) and about £2 million on loan to members.

For 25 years, we have helped over 9,500 people in our community save safely and have access to fair affordable loans.

We thank our current and former members, staff, Board, volunteers and everyone who has contributed to our success.

We are here for the long haul and look forward to the future.

**Chinyere Adeniyi-Alade - Chief Executive**



And I would walk 500 miles..

Members of the shmuCREW took part in the Aberdeen Kiltwalk at the start of June to help raise funds for shmu.

Natalie, Frieda and Laura tackled the Big Stroll from Milton of Crathes to Duthie Park and Michelle took part in the Wee Wander from Cults back to the park.

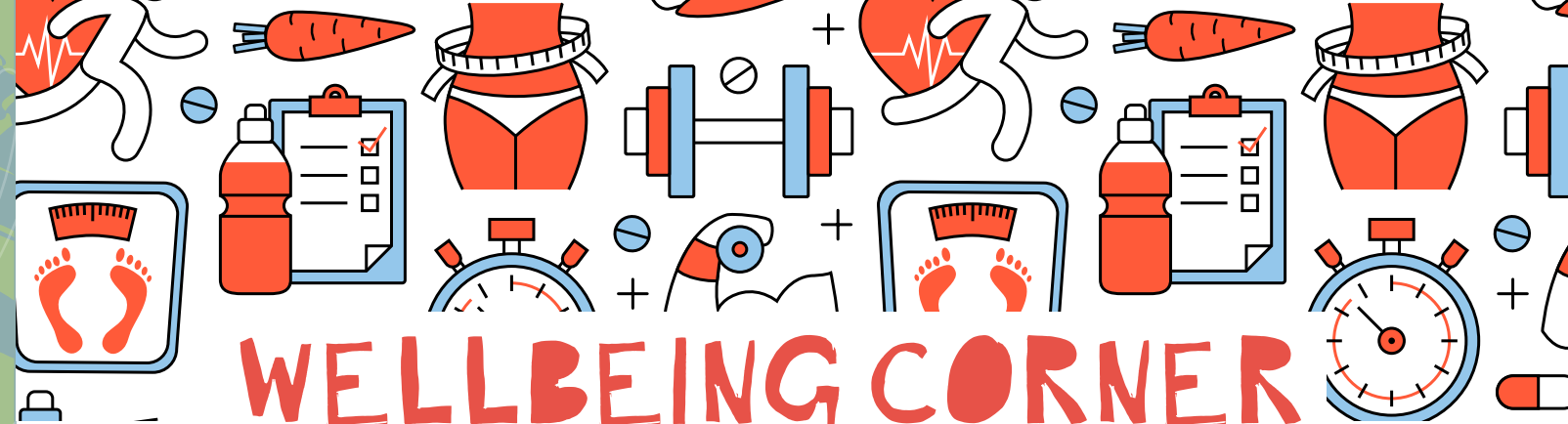
The team have managed to raise over £800 to support shmu's work in the target communities as well as to help us kit out our new extension in Woodside.

Natalie chose to walk for shmu because: "As a volunteer I was proud to support shmu with the Kiltwalk and it was always going to be my first choice! As a local charity they have massively impacted my life and that of all the fantastic people I have met through Sshmu. I can see the positive transitions that shmu make in our local community and Aberdeen through their inspirational and innovative tools. I very much look forward to fundraising for such a fantastic charity in the future! What's next?"

shmu works to transform lives through creative media - giving regeneration areas in Aberdeen opportunities in training, employment, increased confidence and most importantly a voice.

We're planning lots more fundraising events over the next few months before we move back to our new building in Woodside so if you would like to get involved we would love to see you there!

Check out our Facebook – Station House Media Unit, Twitter – shmuORG and Instagram – shmuorg for more information on upcoming events.



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

Wellbeing Spotlight on Sunday Walk and Talk group

Sundays can be difficult days for many people for lots of different reasons. Because of her own experience of this, Marion Douglas, who is a trained volunteer with Aberdeen Football Club Community Trust, decided to start a "Sunday Walk and Talk" group. The idea of the group is to meet one Sunday a month, somewhere central in Aberdeen, enjoy a short and leisurely walk, followed by a stop off for a cuppa and a chat. Marion successfully applied to the Health Improvement Fund to help her fund



this group and it has been running since March with the group growing slowly in numbers.

The last walk started at Belmont Street (Union Street end) at 1.30pm and everyone enjoyed a very slow walk up to Union Terrace, along passed the art gallery, up Belmont Street and ending up in Ma Cameron's for a cuppie. A quiet area in Ma Cameron's had been pre-booked and they served

refreshments very quickly. The group were then free to relax and have a chat.

If you are interested in attending a walk or would like to know more, contact Marion Douglas on **07796 151705**.

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

## WORD SEARCH SUMMER 2018

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

Find the answers in the grid. They can be found horizontally, vertically, diagonally and backwards.

**BREEZE  
SHMU  
BERRIES  
CRUEL  
NIGHTS**

**MATTERS  
COMMUNITY  
DONNA  
VOICE  
MASTRICK**



# Community Contacts

## Alcohol

Alcoholics Anonymous 0800 9177 650

Drinkline 0300 123 1110

## Crime

Crimestoppers 0800 555 111

## Drugs

Drugs Action Helpline 01224 594700

## Dentist

Emergency - G-Dens 111

## Doctors

NHS 24 Emergency 111

## Electricity

If you have a power-cut 105

## Family Planning

Aberdeen Community Health and Care Village 0345 337 9900

## Gas

Gas Emergency 0800 111 999

Gas emergency with a meter 0845 606 6766

## Housing

Emergency Repairs 01224 219 282

Call Centre Emergency 0845 608 0929 or 116 123

## Police

Non-emergency 101

## Samaritans

Need to talk 01224 574 488 or 116 123

## Social Work

Social Work Duty Team 0800 7315520

Emergency Out-Of-Hours 01224 693936

Young Carers 01224 212021

## Water

Scottish Water Emergency 0800 0778 778

CFINE 01224 596156

Home-Start 01224 693545

Pathways 01224 682 939

Cash in your Pocket 0800 953 4330

Citizens Advice 01224 569750

Northfield Academy 01224 699715

Quarryhill School 01224 692390

Kingsford School 01224 693554

Muirfield School 01224 696671

Mastrick Parish Church 01224 694121

St Clement's Church 01224 662247

Tyrell Centre 01224 692004

Community Information for Mastrick

Mastrick Community Council

Meetings take place on the third Wednesday of every month at 7pm in Mastrick Community Centre.

Contact: [loumccaff@hotmail.com](mailto:loumccaff@hotmail.com)

## Mastrick Community Centre

9am – 9pm

Contact: 01224 788288

## Mastrick Doctors

10am – 4pm

Contact: 01224 662933

## Mastrick Library

10am – 5pm

Contact: 01224 788558

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

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

## Cllr Ciaran Macrae (Northfield and Mastrick North):

01224 346630

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

07500 999617

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

01224 523594

07736 329751

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

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

01224 522522

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

07733 300570

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

01224 346612

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

07876 760760

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

01224 526631

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

07500 999593

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

01224 694469 – home

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

01224 346614 - Town House