

mastrick Matters

Summer 2019



In this issue:

KINGSFORD SCHOOL
ACCESSIBILITY IN
MASTRICK
SPRINGHILL COMMUNITY
GARDEN

www.shmu.org.uk/press

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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 dates for the next edition are as follows:

First meeting – 6th August

Second meeting – 20th August

Content deadline – 3rd September

All meetings take place on Tuesdays at 10:30am at Mastrick Community Centre and we would like to welcome as many new faces along as possible.

happy reading.



Supported by



granite city trampoline club

Three members of Granite City Trampoline Club have qualified to represent Team Scotland at the Trampoline DMT and Tumbling Regional Team Finals this year.

Granite City Trampoline Club run classes in Mastrick Community Centre and Cummings Park Community Centre and two of the girls live in the Mastrick area with all three attending Northfield Academy.

Aimee, Abby and Jenna are all delighted to be representing Team Scotland in Birmingham in June 2019.

They have had to compete throughout this year to qualify for the Scotland team, coming in first and joint second at the qualifiers in March.

Between them the three girls have racked up an impressive 37

medals over their years competing! Abby has been down to Birmingham Arena before and said: "it's big and fun and the others will both enjoy it!"

Both Aimee and Jenna said they were excited to see what it's like as they've never done a competition this big before!

The girls agreed that being at a trampoline competition is nerve wracking because you don't want to mess up, but they know they just need to do their best!

We would like to wish the girls the best of luck in their competition and we can't wait to hear all about it when you're back!

For more information look up their Facebook page or email granitecitytc@yahoo.com

wordsearch

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

CRUISE | DECKCHAIR | DREAMS | GENERATION |
PASTIME | SOLSTICE | SPECIAL | SUN | VACATION
| UMBRELLA

The answers will be found forward and backward,
and horizontal, vertical or diagonal.

Pathways in Tillydrone

Our Keyworker, Dave, has been working in Tillydrone for over 8 years, helping local people to find employment, and if required training courses and work placements as stepping stones to getting into work. Dave always stresses it is a two way process and the first time you meet Dave it is all about him completing paperwork and finding out from you what you have done in the past, what you would like to do and sometimes what can you do. From there Dave goes away and creates a CV for the client and carries out initial job search to see what vacancies are out there for the type of job you are interested in. From there he can help complete online applications and coach you through the interview process, so you already have answers ready for the most asked questions. Any other assistance or signposting to other agencies depends on the client needs, but at Pathways we are a client centred organisation helping people to get back into employment in a job they like.

If you would like help to find work you can contact Dave Cook by phone on 01224 682 939 or by email at davidcook@pathways-online.org

Dave Cook, meets with people looking for help at the Tillydrone Community Flat, Alexander Terrace, Aberdeen, on Thursdays from 10am till 12.30pm. As he is usually fully booked please contact to arrange an appointment.

Pathways – Helping You to Find Work

MISSING IN ACTION

Concerned parents got in touch with the Mastrick Matters editorial team to ask if we could find out why a popular piece of play equipment had been removed from the playpark outside Mastrick Community Centre.

An Aberdeen City Council spokeswoman said: "The old climbing frame was removed from the play area at Greenfern Road due to its age and deteriorating condition meant that it had fallen beyond economic repair.

"It is our intention to replace the missing unit within the current financial year, and all the other equipment on the site will remain in use in the meantime.

"We are committed to encouraging children to play outside and have had a multi-million-pound rolling programme for the past six years of replacing playparks, in addition to taking down 'no ball games' signs across the city."

Michelle Allan, one of the parents who contacted us, said: "It's great that the council are so safety conscious - especially with regards to park equipment. However, the lack of communication is frustrating.



"The climbing frame literally disappeared, with no indication of why or whether it was being replaced. A simple sign with some info placed in the park itself would have been helpful. This is one of the best smaller parks for children of all ages, unfortunately now the older children are not so keen to go. I really hope the council can replace it quickly."

Councillor Gordon Graham has let the editorial know team that he is currently investigating the removal of the Climbing frame from the playpark at Mastrick Community Centre and is hopeful by the next edition of Mastrick Matters it will be reinstalled or something similar provided.



healthy helpings

Do you feel at your best?

“Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best “

Healthy Helpings in Aberdeen welcomes you to join our free classes to lose weight.

Come and learn which foods and drinks are best for your health and wellbeing. Learn how beneficial, changing what we eat, drink and do, can be for our long-term health, happiness and weight reduction.

Every week you can discover all about different topics including: healthy eating and drinking, understanding food labeling, goal and meal planning, benefits and options of physical activity and becoming aware of

sugars, saturated fats and salts in our foods.

You can join Healthy Helpings Weight Management Programme if you:

- Are able to attend 1 hour a week for the 6 weeks of classes
- Are motivated to make changes to your diet and lifestyle to lose weight
- Are happy to attend as part of a group
- Are 16 years or older
- Have a body mass index (BMI) greater than 25 kg/m²

Simply call - 01224 556 556 to find out more or to book your place

Grampian Credit Union

Are you a member of Grampian Credit Union?

Do you need quick access to cash?

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

We are also happy to hear from you if you are not a member as its easy to join the Credit Union.

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

Website: www.grampiancreditunion.co.uk

Email: admin@grampiancreditunion.co.uk

Telephone: 01224 561506

Office: 250 Union Street, Aberdeen AB10 1TN

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



Police Update

As an introduction, I have just arrived at Mastrick, having moved back into the town from Ellon, which I thoroughly enjoyed. I would like to thank Inspector Jon Millar for the work he did at Mastrick over the last few years.

It is a relatively young team at Mastrick, but I have been impressed with their dedication and commitment to the area since I arrived. Today, a brand-new young probationer started their long career in the Police at Mastrick and it was great to see their keenness to get started, learn the role and get out there.

Mastrick has similar policing issues like other areas in the city and our approach to domestic abuse and

domestic related calls is to ensure robust investigation is carried out on each occasion, with victims receiving the best response we can to detect and report offenders and provide suitable safety advice and aftercare to prevent further incidents and break the cycle of abuse they are suffering. I encourage anyone who is suffering from domestic abuse or knows of someone suffering or if you are a neighbour and hear disturbances, to please contact us.

Operation Armour launched in May targeting those involved in anti-social driving and theft of motorcycles across the city. Already, the team have reported over 30 persons in connection with

this operation, seizing six vehicles and recovering five stolen vehicles. That said, there are still those who continue to ride dangerously in our communities, putting themselves and other road users at risk as well as the nuisance they cause and again I would urge the public to contact us, should they know of anyone involved.

In relation to the stolen vehicles, please remember to check your homes, vehicles, garages and sheds are secured each night. Those involved in stealing cars and bikes will look for and try for any insecure doors and windows and before you know it, cars and bikes are gone when you wake up.

UNDERSTANDING DOMESTIC ABUSE

10 COMMON MYTHS

Myth 1: It only happens to poor women in rundown areas

Truth: Domestic abuse happens to women of all ages and ethnicities and from all walks of life

Myth 2: Alcohol and drugs are causes of domestic abuse

Truth: Perpetrators are the cause of domestic abuse; drugs and alcohol cannot be used to deny responsibility

Myth 3: Some women deserve it

Truth: No-one deserves to be abused, no matter how they may have behaved

Myth 4: If it was that bad, women would just leave

Truth: There are many reasons why women don't leave including fear, shame, guilt, hope and love

Myth 5: She must have provoked him

Truth: It's important to remember that the perpetrator is always responsible for the abuse

Myth 6: If it's not physical, it's not domestic abuse

Truth: Domestic abuse can be verbal, emotional, controlling, coercive, degrading, psychological, financial and sexual, as well as violent

Myth 7: What goes on behind closed doors should stay there

Truth: Domestic abuse is a criminal act and people must speak out for it to stop

Myth 8: It must have just been a 'domestic', every couple argues

Truth: It is never okay for an argument to escalate to violence or emotional abuse

Myth 9: Just as many men experience domestic abuse

Truth: Domestic abuse is a gendered crime. Statistically, more cases of domestic abuse are experienced by women and committed by men

Myth 10: Perpetrators are always nasty, violent men who are easy to spot

Truth: Most perpetrators live a seemingly normal life and are skilled at hiding their behaviour from those on the outside including friends, family and work colleagues

If you are experiencing domestic abuse, please call Grampian Women's Aid on 01224 593381 or email info@grampian-womens-aid.com for free, confidential advice.

These Are Those Lazy Hazy Crazy Daze of Judgment Day Time TV Basically (Transcendent Visions)

One to another time - Well or as an ill will part of me, are you ready to move on with the off switch?

One's other half - I don't know I guess off the top of my head first it would depend lastly on when we're moving to bottom out and in if we ever move anywhere?

One to another time - Well or as an ill omen let's just assume we all get to give & decide for ourselves as everything but nothing yet & the only conception to perception we'd have would be to do wonders if we will have been making educated guesses or otherwise designated decisions until we've decided about our design designations?

One's other half - That's easier said than understood to be done yet remembering as I forget I'd remember the forgotten all by myself having learned to learn & teach a need against the needy trend of others making each of the decisive decisions for me.

One to another time - Well then would you like me to decide for you?

One's other half - Oh no definitely not as yes I believe believably in with an out of the way of unbelievable form of unbelievabilities through God but don't yet and might never know you other than as a sample form of me at the quantum level of metaphysical physics!

One to another time - I see so you can decide for the two and one of us can make us certain to be by not just being a third party against them as well ill to some degree through the uncertain ones making decisions we've only made of ourselves?

One's other half - Well not exactly as I don't trust you to know by understanding agnostics alone and only together what's best for me as the worst kind of denial I've been against with the unique positions of corrupt power being refaired to so I won't allow myself to be swayed either way?

One to another's half time - Well let's see where and when you'd be best positioned to remain undecided deciding I'm rather unique to my own self-centred opinions of what our options might be eventually forever as far as we know by short supply while we're still long winded so far apart from playing a part well or not exactly as I just don't trust you either other than to know or understand what's best for me if you'd prefer to make the first step so I can take a secondary step further forward or back from where and when you've considered the worst one way to the other as I'm unique to my self-conscious thoughts being predisposed as the wasted might understand to appreciate my own worst self-centralised nightmare of avoiding the dream of God's reality as the one you wouldn't even dare to share with me two as a three?

These Are Those Lazy Hazy Crazy Daze of Judgment Day Time TV Basically (Transcendent Visions)

Do you like me have a bit of a love reaction against the current trends (it's alive!) for hiding our feelings through Words, Music, Movies, Modern Politics, Spirituality, Bored or Board Games, Philosophy (The meaning of being or not to be?) and other such things? Although I have to admit not the knit and natter routine, weight loss, gaining a degree of nonsense, craftwork or reminiscing (which I'm not such a fan of) even if, as a monster Mary has shelled out in being inspired by the likes of Dennis Wheatley, Hammer Horror films and other art forms more or less known as making the change from black and white to colour through the wizard of Oz as we didn't and I do Kraftwerk a service station as an auto ban might be in place while out of the way we pluck up the cowardly courage to jot my email, memorethanyouknow@gmail.com



Super Success in Kingsford School Extraordinary Engineers

Earlier this year, two of our Kingsford staff went to an engineering course. During this course, they learned how to build electrical and shoebox cars. After announcing this to the class, step by step they showed their students how to build their cars. The Primary 7's were paired up with the Primary 2's to assist them on building their car. This was a long process, but they got there in the end. They then had to make the shells of their car and in the end they all did a splendid job.

While P2's were making their own cars, P7's were busy making their ones too. Their cars were electric, therefore more advanced. They used a variety of different tools, including wire strippers/ wire twisters, saws, wood and much more. This took lots of hard work and the Primary 7s learned that in engineering you have to use perseverance and good communication. At the end there were a lot of different shells for the cars like science, battle bus, TV shows, sports, social media, mythical nature and lots more.

In the end four students, two from each year, went to the

Primary Engineer Competition. These students did a great job and represented Kingsford well. Andrew and Vandana (P7's) took their electric science themed car to the University of Aberdeen. First they had to set up their own stall where they displayed their brilliant car. Later on they had to pass three tests which were; the communication test, the ramp test and the straight line test. In the end they both won medals for best communicators. Oskar and Millar (P2's) took their aeroplane themed car to the university as well. The P2's had to pass a test, this test was how far their car could go. In the end they got the best apprentice car medal. These kids came back to Kingsford, proud of their achievements.

For homework the Primary 7's had to think of an invention, which would aid humanity/animals. The Primary 7's had to write a persuasive letter, and to draw a labelled diagram of their invention, so they could convince the engineers to make a prototype. There were only 2 winners out of the whole of Scotland. Extraordinarily, one of the only two pupils was a student at Kingsford School and he is called

Andrew Will. Phenomenally, he also got to go the Primary Engineering Competition. His invention was a bag that could transform into a scooter. On June 6th, Andrew went to Strathclyde University to get a reward for the Leaders Award.

We all enjoyed engineering and would recommend it to other schools.

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Mastrick Community Centre News

The club kids from our Thursday night youth club did a sponsored climb up the Mither Tap route at Bennachie to raise funds for the community centre. We had a fantastic day and the weather was kind to us. It was a challenge for us all especially the staff and volunteers but very much worth it and an achievement for us all. The final total is not in yet but we are currently sitting at over £600 raised. Well done everyone!

Our summer playscheme is going ahead again. From Tuesday 16th July – Thursday 8th August, we will be running day trips for primary school age children (end of P1 to end of P7). These will be every Tuesday and Thursday during that time period. We will be heading to a variety of places from Edinburgh Zoo to Arbroath Carnival and taking part in various activities.

For further info please contact mastrickcc@hotmail.co.uk or call the office on 01224 788288.



Mastrick Community Council

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

At last month's meeting, held in the ground floor meeting room of Mastrick Land housing, we decided to have a workshop on what we like and dislike about the area and then think about how we can support the things we like and improve the things we don't with the funds we have available.

Not all the problems in the area can be fixed by the community council or by simply donating money towards a project but we want to develop projects that will promote the good work and good things we have going here which in turn can improve community spirit.

We had some really good discussions at the end of the meeting around how we want to achieve this and hope to make a decision at next month's meeting on spending some of our grant money.

All local residents of Mastrick, Sheddocksley & Summerhill are welcome. There is no commitment required as a member of the public, you can attend one meeting and never come back or you could choose to attend regularly and if keen, you can request to join as a member of the Community

Council. We currently have two positions available and are keen to see more people from Summerhill attending meetings as well as younger people and more people from different ethnic backgrounds.

I asked our team if they could say a few words about themselves and why they joined the Community Council, here's their responses -

My name is Pearl Smart and I have lived in the area for 48 years. I have been on the Community Council for 14 months now. I joined to see if I could make a difference to the community by improving facilities for young people. The thing I like most about the area are the friendly people.

My name is Helen Graham and I have lived in Sheddocksley area for 10 years. I joined the community council last year as I wanted to give something back and highlight issues I felt were important. I think I live in a lovely area but we can all still try and improve this. I would love if we could find ways to bring community together as sometimes I think we focus too much on our families but maybe not connecting with the wider community. For example, last year I went out to my daughters for fireworks and the whole of the community was there. At Christmas we went to a small village where they were turning on the Christmas light on the tree and they had music, food and everybody seemed to know people. I would like to have this in our areas as it gives a feeling of belonging. I also want to highlight

the voluntary work done by many in the community and celebrate this in some way. There are still spaces on the community council so if you have time and energy come and join us.

I am Mike Robertson, born and raised in Mastrick, went to Summerhill Academy, joined the Royal Navy at 15 years old and served for 25 years. I have lived in Mastrick all of my life but have travelled extensively all over the world working on different roles. I went along to my first community council meeting 2 months ago and have applied to become a MSSCC councillor. I used to be a MSSCC councillor around 8 years ago but had to leave due to overseas employment. I decided to re-join the CC because of the past experiences and work we carried out were rewarding and hopefully made our community a little better. I hope to achieve the same level of satisfaction helping out within our local community. My favourite thing about our area is the general safety and look of the area, I look forward to attempting to keep our area the same going forward.

We would love to see some new faces at our future meetings so please check the Community Centre noticeboards and Facebook for updates. If you have any questions please get in touch with me by emailing loumccaff@hotmail.com or search for Mastrick, Sheddocksley & Summerhill Community Council on Facebook and leave a message.



MASTRICK LIBRARY SUMMER 2019

Mastrick Library is located on Greenfern Road, beside the play park.

Our opening hours are:

**Monday and Wednesday
10am - 7pm**

**Tuesday, Thursday and Friday
10am - 5pm**

**Saturday
10am - 1pm and 2pm - 5pm**

As well as a wide range of adult and children's books, toys, DVDs and talking books, we have free Wifi and PC access (with your library card), photocopying, scanning and printing facilities.

We've recently started Bookbug sessions for 0-5 year olds. These are free and friendly sessions of stories, songs and rhymes which aim to develop language skills as well as allowing time for you to have fun and bond with your child.

Bookbug Story, Song and Rhyme Sessions

Mastrick Library
Wednesday 3 July
10.30am – 11.00am

Mastrick Library
Wednesday 31 July
10.30am – 11.00am

This summer look out for our new reading challenge, Aberdeen Reads. This year it's not just for children – everybody can join in.

Aberdeen Reads will run from Friday 5th July until Saturday 24 August and will challenge you to read for at least 6 minutes every day. All kinds of reading will count: picture books, fiction, non-fiction, e-books, talking books, magazines, news articles...anything you enjoy!

There will be mini challenges each week to help you explore the library and find new things to read. Keep an eye on Aberdeen City Libraries' website and social media to

discover the new challenges as they are announced each Saturday. The website will also have more fun activities and reading suggestions.

Exciting free events will take place in libraries throughout the holidays for families taking part in the challenge – don't forget to book your place!

Everyone who takes part in Aberdeen Reads will be entered into a prize draw, and those who complete 3 or more mini challenges will be entered into an additional draw.

Aberdeen Reads Event:

Mastrick Library
Monday 15 July 2.30 – 3.15pm
Booking essential

Contact details

Mastrick Library T: 01224 788558
E: MastrickLibrary@aberdeencity.gov.uk

Or visit the website www.aberdeencity.gov.uk/Library

Accessibility in Mastrick

Have you ever noticed any issues getting around in Mastrick? At recent magazine meetings, some of our group members identified different areas that were challenging for people who used wheelchairs or mobility scooters.

Some of the pavements we noticed were Ross Crescent, Mastrick Road and Findhorn Place. There are certain areas within Mastrick where there are dropped kerbs to a certain point and then they become raised, leaving people who have mobility issues to become stranded or forced to travel on the road.

Bryan said: "I have a power wheelchair to give me independence and why do I and other people who use buggies, scooters, walkers or anyone who has physical mobility problems have to step down or go up high

kerbs. With my wheelchair I have to go on the road to just get on another pavement. So if you have any other pavements you think need improving then let us know. It's not just Mastrick area but other areas too."

Steve Delaney, Councillor for Kingswells, Sheddocksley and Summerhill said: "Accessibility needs to be at the forefront of everything the council does. Dropped kerbs are essential to allow people with a range of disabilities to get around the local area and sadly there are crossing points on a number of streets in our area which have none, leaving people unable to get from A to B without assistance.

"I welcome this issue being highlighted in Mastrick Matters and would encourage other residents who are experiencing difficulties to

contact either myself or any of your other councillors so we can assist in highlighting these barriers to the council."

The editorial team also spoke to members of Aberdeen's Disability Equality Partnership (DEP). DEP exist to raise awareness of the challenges faced by those with disabilities and to break down barriers. Our aim is to solve challenges and improve quality of life; focusing on accessible transport, buildings, services and information.

Aberdeen's Disability Equality Partnership are open to people contacting them if they notice accessibility issues within their community. You can contact them by emailing equality_and_diversity@aberdeencity.gov.uk.

These are some of the obstacles that people can come across daily in Mastrick





MASTRICK WALKING GROUPS

We went to Methlick to walk the Ythan Way to Haddo House. This is a new trail that was made last year, it is a lovely winding walk through the trees then a short walk in Haddo Park where we had our lunch at the picnic area.

We had a trip to Forvie Nature Reserve to see the seals and we were not disappointed, a quick stroll down the Estuary to the sea where we saw hundreds of them basking in the sun. As we walked along the beach some of them followed us in the sea.

The group went down to see the Elephant Rock - this is a very large rock which has been eroded by the sea to leave the shape of an elephant. On the way down to the rock we passed a small cemetery on top of the cliff with a very unusual gravestone belonging to a George Ramsay, born 1859 and died 1840, so he died 19 years before he was born.

Then a lovely walk along the beach to the Mermaids' Cave. This is a large cave where you go in the front and go through a chamber to exit at the rear onto the beach. She was not at home when we visited! On the way home we stopped at a fruit farm for a coffee and strawberry tart.

Our next outing was to the Forest of Deer near Mintlaw which is a lovely forest walk and took us to Pitfour Lake. We saw ospreys in their nest and one took to the air which was a lovely sight.

We had our lunch at the side of lake watching the swans feed their young.

A trip out to Finzean saw us do the Woods of Easter Clunie - this is a favourite with the group. The walk goes out the Birse Road then over Water of the Feugh then farmland and moorland which takes us to the woods.

About the groups:

There are two groups, one walks every Monday the other every Friday, both do the same walks which are easy to moderate with no hills.

We go down as far as Arbroath, out the Deeside and Strathdon, up as far as Banff.

Walks are forest tracks, moorland and glens, around lochs and riversides and estates.

Why not give it a try you will be made most welcome.

Check us out on Facebook Mastrick Walking Group or contact me for more information.

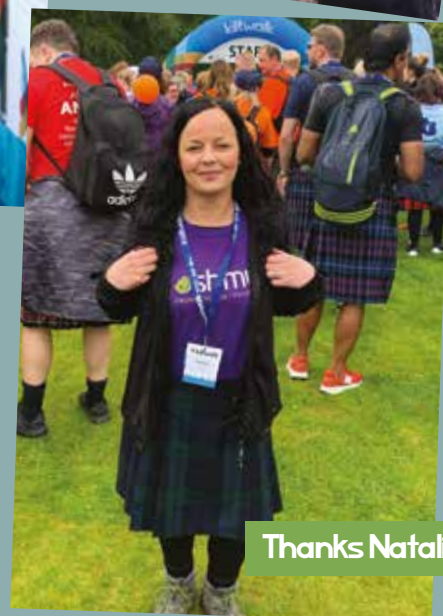
Phone 01224783627 or email helenandraymond@hotmail.co.uk





Well done Michelle!

Kiltwalkers



Thanks Natalie!

On Sunday the 2nd of June this year members of the shmuCREW took on the Aberdeen Kiltwalk to raise money for shmu.

The day started off dreich and the walkers were wrapped up warm with lots of waterproofs on before setting off from Potarch to do the lengthy 26 miles back to Aberdeen. Thankfully the sun came out later on in the day, making the experience a little easier!

Amongst the walkers was Michelle Morrison, a Mastrick quine, whose husband volunteers at shmu.

Michelle said: "I did the Kiltwalk this weekend to raise money for shmu as I can see the difference it has made in boosting Kevin's confidence since he started doing the radio. It has also been good for me when I have taken part in many of the fundraising events in the past year. It also made me make a goal to stick to with my fitness as I made the decision last year after doing the wee wander that I was going to take on the mighty stride which is the 26-mile walk."

We'd also like to say a massive thank you to Natalie, David and

Laura who also completed the Kiltwalk and in total have raised £1082.65 which will receive a 40% top up from the Hunter Foundation. Well done guys!

We're so proud of our Kiltwalkers and really grateful to everyone who has donated. The money raised goes towards supporting shmu's work in Aberdeen's regeneration communities from children as young as 10, all the way up to our oldest adult volunteer!

If you would like more information about volunteering with shmu email info@shmu.org.uk.



SPRINGHILL COMMUNITY GARDEN

It has been a long time coming but we finally have great news about the new community garden to be started up at Sheddocksley Sport Centre.

We have been notified by the council that all the permissions are in place to go ahead, and we are raring to go. With the support of Granite City Growers, Sport Aberdeen and Aberdeen City Council the garden looks like it will be a great place to get involved.

The inspiration to set up this garden comes from various different ideas. Starting with the desire to see something disused, abandoned and forgotten transformed into a place of beauty and rest for people, birds and insects. To give people living in the area somewhere to come and get involved with growing and caring for plants and enjoy being

outdoors. An opportunity for skills to be passed on from experienced gardeners to those who are new to the world of growing. Giving people somewhere to get together and connect with others of all generations. Finally, to give people a way to grow their own fruit and vegetables, bring down the cost of food and reduce food wastage and the use of plastic.

Everyone can get involved!

Join us at Springhill Community Garden on Facebook, or email springhillcommunity@gardener.com We are looking for people with all sorts of skills to get involved, not just gardening, but networking, graphic design, fund raising, DIY skills, and many more. This is the perfect time to get involved so please do get in touch.

MY HOME

Want a chance to get your photos, drawings, poems or creative writing featured in your community magazine, Mastrick Matters?

We are looking for examples from you to be featured in the this new feature.

Post your pictures on the Mastrick Matters Facebook or email to laura.young@shmu.org.uk. Note they can be scanned or photographed.

Our next set of themes are:
Summer – Flowers, Sea or Pets

TRANSFORMATION

Autumn – Rivers, Streets, Trees/Leaves

It appears the epitome of bliss

But beneath you'll find burning injustice

People's lives had no meaning or control

But now they have aims, objectives, a goal

Lives can be changed and given transformation

Filled with optimism; there can be cause for celebration.

Solution (pg 3)

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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

Mastrick Community Centre

9am – 9pm

Contact: 01224 788288

Mastrick Doctors

10am – 4pm

Contact: 01224 662933

Mastrick Library

10am – 5pm

Contact: 01224 788558

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

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

Cllr Ciaran Macrae (Northfield and Mastrick North):

01224 346630

cimcrae@aberdeencity.gov.uk

07500 999617

Cllr Gordon Graham (Northfield and Mastrick North):

01224 523594

07736 329751

ggraham@aberdeencity.gov.uk

Cllr Jackie Dunbar (Northfield and Mastrick North):

01224 522522

jdunbar@aberdeencity.gov.uk

07733 300570

Cllr David Cameron (Kingswells/Sheddocksley/Summerhill)

01224 346612

dacameron@aberdeencity.gov.uk

07876 760760

Cllr John Wheeler (Kingswells/Sheddocksley/Summerhill)

01224 526631

jowheeler@aberdeencity.gov.uk

07500 999593

Cllr Steve Delaney (Kingswells/Sheddocksley/Summerhill)

01224 694469 – home

sdelaney@aberdeencity.gov.uk

01224 346614 - Town House