

mastrick Matters

Summer 2020

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KEYWORKERS' STORIES

NORTHFIELD ACADEMY

STREET IMPROVEMENTS

www.shmu.org.uk/press

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editorial new

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 (when it is safe to do so) 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

happy reading.



Supported by



Dear Mastrick Matters reader,

The volunteers involved with the Mastrick Matters community magazine and the support team from Station House Media Unit (shmu) would like to wish you well during these unprecedented times. Mastrick Matters is put together by volunteers in partnership with shmu and its purpose is to share important local information, celebrate the community and encourage positive social change around the issues the community is passionate about.

As the magazine is produced in partnership with local volunteers and community organisations, the production time of the magazines is a longer process than most commercial news or magazine products. However, we thought it was important to still deliver the magazine for a variety of reasons. With a substantial amount of information on Coronavirus circulating, we believe it is important to continue to present the great things that were happening in the Mastrick area before we went into lockdown. There are also a significant number of people throughout Mastrick and Aberdeen city who do not have access to the Internet, where a huge amount of information is being shared and we know they look forward to receiving their magazine from us. To reduce the pressure on our magazine volunteers we have decided to join some of the teams together to produce joint magazines to be delivered throughout our target communities.

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

Our plan is to continue to produce and distribute Mastrick Matters despite the present restrictions, although they may look slightly different depending on how much information we get from our local communities to include in the magazines. We are keen for the magazines to showcase and celebrate our amazing communities and would like people to get in touch with us if they know someone who has gone the extra mile to help their area during the coronavirus outbreak (or generally) whilst also sharing important community information you may have that will benefit your community.

We are aware that information may date as things are moving quickly so please tune into our community radio station on 99.8FM or online at www.shmu.org.uk/fm to keep up to date with the latest news regarding coronavirus and your local area. Mastrick Matters has a Facebook page which we are keeping up to date with community information.

In the meantime, if you are looking for information on receiving or providing help during the coronavirus pandemic, please use the following resources;

Aberdeen City Council Helpline (8am – 8pm, 7 days a week): 0808 196 3384

Grampian Coronavirus Advice Hub: www.gcch.org.uk

Scottish Council for Voluntary Organisations: coronavirus.scvo.org

Please take care and stay safe.

Mastrick Matters Editorial Teams and shmu support team

The Power of the Press

Bryan McKenzie and Kerry Cheyne

Here is a follow up story from the last edition of Mastrick Matter about the pavements and lack of dropped kerbs. This lack of dropped kerbs was causing access issues for wheelchair users and anyone else with a mobility issue. After speaking with Councillor Steve Delaney and showing him pictures that were also published in the magazine,

Councillor Delaney told us he would see what he could do. After a time of consultation there were kerbs dropped on Findhorn Place first for the benefit of elderly, disabled, wheelchairs, walkers and parents with buggies. Sometime after that it was noticed that the kerbs on Mastrick Road were also marked to be completed. The kerbs were all

done by the end of March this year. We would like to thank Councillor Delaney in helping us to achieve our goal to make the people of Mastrick's life that wee bit easier.

If there is anything else in the Mastrick area that would be of interest to the reader of Mastrick Matters please get in touch with laura.young@shmu.org.uk.

Before



After





KEYWORKER STORIES

The Mastrick Matters editorial team wanted to celebrate local people who are keyworkers during the coronavirus pandemic. We spoke to Kerry, a carer, and Michelle, a nurse, to hear about their stories.

MICHELLE

As a child I broke my arm and was inspired to become a nurse after admiring their kindness.

I have been a nurse for 12 years; currently I am a scrub/anaesthetic nurse. I have a medical and surgical background and have been minded that way a long time. My medical background was formed when working in stroke-rehabilitation. I have a greater surgical background as this is a speciality that I prefer.

I have noticed that the Covid-19 outbreak has strengthened

teamwork amongst my fellow nurses. We are much more supportive of each other. The public are more understanding of us too, as shown by the weekly Clap for Carers.

When asked how people at home can cope with stress during the lockdown period, I would recommend that they try to focus only things within their control. I would urge people to try to take care of themselves, as much as they did before. They should attempt

to follow guidelines as much as is possible. Continuity is important. I would urge people to stick to a routine if possible. Exercise and relaxation is imperative. I would recommend taking care of yourself and others. Compassion is vital.

During these anxious times, creativity is significant – why not take up, or re-start, a hobby? One that benefits yourself or others is recommended, such as knitting, sewing, painting, drawing, writing or reading.

KERRY

Hi, I am Kerry and I am a carer for disabled people in Aberdeen. For me, working on the frontline and being a keyworker during Covid-19 has been very hard but also very rewarding at the same time.

I have continued to come to work even though I have an underlying health condition myself as I believe

that my team and the people I support needed me to be there to help out at the hardest time of all our lives at the moment

I never in a million years thought that we would ever be in a lockdown situation like we have all been for the last few months.

I believe that all the frontline staff, not just carers, nurses, teachers, bus drivers and shop workers but also porters, waste workers, posties and delivery drivers have all done a fantastic job and we should all be very proud of ourselves as a country and a nation.

Yir Niver Sure

WILMA COLLIE

We've heard from the keyworkers and we also wanted to hear from someone who has been in hospital recently and hear their story.

That was my mother's favourite expression. Whenever something happened which no one expected she would say it. I suppose it could apply to the devastation which the Coronavirus has brought to the world. No one could have seen this coming.

As it became clear that we were all capable of contracting this virus, the panic set in. No one was or is safe and for those with underlying health issues it was a constant worry.

I have a condition called Chronic Obstructive Pulmonary Disease or COPD. I control it pretty well and have got used to having periods of breathlessness over the years. Getting the yearly flu jab is essential for people like myself.

When I started sneezing and developed a sore throat one day I wasn't too worried. I'd been socially isolating for weeks so I'd be OK, right? The sore throat developed into a cough, so far so OK. After two weeks, during which time, the cough began to rule my life, I began to worry. I didn't voice my concerns to anyone. This was partly due to not wanting to say those words, could I have Covid 19?

However, at the end of the third week I felt so completely exhausted I voiced my concerns to my husband. There's something about voicing your fears out loud, it makes them real. At the end of that third week I phoned my surgery to ask for advice. The receptionist listened

to my story and decided I should have a call back from the doctor. We spoke at length, or at least I coughed and spluttered at length and she agreed that I was having a flare up of COPD. A prescription was duly sent to the nearest pharmacy and my hubby collected it the next day.

After four days on the new tablets I began to feel better. On the Tuesday I spent the day baking, cleaning, and was feeling pretty good. That night however as I went to bed, I knew something wasn't right. I just could not get a deep breath and about one o'clock in the morning I woke my husband. Through gasps for air I asked him to call an ambulance. The last thing I wanted to do. Now I began to panic, never a good idea with COPD.

My husband spoke to the 111 operator who started to take my details. They decided to pass the call to 999. If we were scared before, we were absolutely terrified now. Hearing stories of people going into hospital alone and not being seen by their family again was very scary. However, I was now passed this stage and had begun to accept that I had no choice. The ambulance crew arrived within ten minutes, blue flashing lights, but no sirens, thankfully.

When the two paramedics came into the house with all their equipment and face masks, it was scary. This was really happening. I was checked over and the decision was

made that I should go to hospital. If I'd had any breath left, I would have screamed at this point, but I didn't. The professionalism and care which these two young paramedics showed to both myself and my husband was very calming and reassuring. My terrified husband went to get his jacket and come with us. I had to gently tell him he couldn't. Being concerned for him helped me. As I walked out into ambulance I didn't look back. Would I walk back into my house again?

I only live ten minutes from the hospital, so I was there in no time. I was wheeled into the reception area where a nice young man took my details. Then I got all these wires attached to my front and sides and I was hooked up to a machine. This was to record what was happening to my heart rate and my blood pressure. All the time this was happening these lovely nurses kept up a stream of chatter to me, very reassuring and calming.

The doctor came in and started to ask questions. Whether it was fear or the difficulties I was having, by this time I was shaking so much the whole trolley bed was shaking. Me and my shaking trolley were wheeled through to the x-ray department and it was done without me having to move. I went back to the cubicle with this lovely nurse who was so kind and caring. I was beginning to relax a little.

Back in the cubicle my vital signs were checked, this was done every

few minutes and as people passed by they would ask how I was. There weren't that many patients in but there were lots of staff, very reassuring.

Each time they checked my machine readings they told me what they were, again very reassuring. It was 4.45am by this time and a few patients had come and gone. All went up to Intensive Care and I began to fear that's where I was heading. About 5am the doctor came in with a couple of nurses and my pulse rate shot up. Here we go I thought, I'm going to Intensive Care. It was thought that I had pneumonia in my left lung. I knew what that meant, I'd had it twice as a child. A course of strong antibiotics should help. Then the words I thought I might not hear were uttered; I think you're good to go home. I only heard home, and inside I was singing, I can go home!

The doctor left and the nurse helped me dress asking how I would get home. Oh, that was easy, my darling husband would collect me. I was shown to the exit, I would never have found it myself, and I called my hubby and sat down to wait for him.

It was half past six and daylight. I decide that even though I was in my pyjamas and slippers and a padded coat, I'd go out into the car park to wait. It was so good to feel the air on my face, so good. My hubby appeared in two minutes, so relieved to see me, as I was to see him.

When I got out of the car back home I was so happy to be there. Of course, my husband hadn't gone back to bed, he couldn't. Too much was going through his mind. In situations like this you always start thinking of the worst outcomes, that's natural and is the reason for the huge feeling of relief when that worst case doesn't happen

I wasn't out of the woods yet. The pneumonia was still a serious health threat.

The doctor could not stress enough the importance of staying away from people and places and the worst place anyone with my health worries should be is in a supermarket. They are perfect breeding grounds for this virus so if anyone has to go there for my foodstuffs or for medication he had this advice. Get in and get out in the fastest time you can. Get home and wash your hands for as long as possible, wipe everything which comes into the house and disinfect every surface.

I won't be going anywhere for a long time but I took his words to heart. I never want to go through that again.

My experience of this is one of overwhelming gratitude for the NHS in this country. We must never forget these people, from front line to admin, they are exceptional human beings and we owe our lives to them.

Clap for Carers? I would dance for them if I had the energy!

The current environment is not how I thought I would be writing the first Northfield Natter article, however the situation which has presented itself has shown the dedication, resilience and fortitude of both pupils and all staff. We as an academy are so proud of how our pupils have reacted and continued with their work through Google Classroom and the GSuite Apps despite these challenging times. There have been several events to look back on since the start of term in August 2019, this is just a snapshot of some of these.



The New Head Teacher

I would like to introduce myself as the new Head Teacher of Northfield Academy. I am hugely excited and honoured to have been appointed Head Teacher. For me it feels like coming full circle as I started off my teaching career at Northfield and I have strong links to the community as my father in law went to the Academy in the 1950's and my wife grew up in the area.

I am really looking forward to working with the community.



Scottish Ensemble and Energy

In November 2019, Northfield Academy was one of the first schools in Scotland to have a visit from The Scottish Ensemble and Glasgow Science Centre for their new joint workshop "Energy and Music." The workshop used music to tell the story

of energy generation and use in daily life. S1 and S2 pupils were involved and really enjoyed learning about energy generation and how to put this to music.

Subsea Expo (S4-6)

On 13th February 2020, S4 to S6 pupils went along to Subsea Expo at the new P&J Live building with Mr Kerry to find out about careers in the subsea industry. There were presentations about careers and Aberdeen Science centre delivered STEM workshops based around the skills needed in the subsea industry. The pupils had a great time speaking to industry professionals and getting a flavour for life after school.



Shoebox appeal

During December 2019 the Interact Club pupils and Miss Keddle, Mrs Shaw and Mr Kerry were all busy organising the annual Rotary Shoe Box appeal. This time the pupils, led by Finlay Slessor, were determined to outperform previous years. Our target was 30 boxes which would beat the record of 19. Thanks to the amazing donations of the whole Northfield Academy community, we created 45 boxes. This was a fantastic

achievement and the Interact Club want to say a massive thank you to everyone who donated.

Aberdeen Schools Hydrogen Challenge

Friday 4th October 2019 was the final of the Aberdeen Schools Hydrogen Car Challenge. Mr Kerry took four pupils from S3 physics pupils to the event. The idea was to design and build a car which could travel the furthest distance only being powered by hydrogen. Over the course of the afternoon there were some disasters nevertheless, the boys carried on making their car better. To our delight Northfield Academy came third out of all the schools in Aberdeen which is a great achievement.



Books abroad

On the 12th February Northfield Academy Interact Club hosted the RotaKids Club from Quarryhill Primary School to celebrate their achievement of collecting hundreds of books for the Books Abroad scheme. This is where underused books are sent to developing countries. Quarryhill RotaKids asked Northfield Academy to donate books and thanks to Mrs Shaw in the library, Northfield Academy was able to help increase the number of books collected by the RotaKids.

MATTER

Awards

During this year pupils have been working towards a variety of awards.

The S1s in their Learn to Learn classes with Mr Kerry, Mr Priest and Miss Macleod have been working on their Gold Jass Awards. This year the pupils took part in a litter pick, extra sporting activities, and how to improve your community.

The S2s were working towards their heritage hero awards. This award looks at a local landmark and how it links into the community. We selected the Northfield Tower. The business department and the art department worked together to complete the award by drawing the tower in art then taking their work to business to understand what the tower is used for and why it is there.

The S3s are working towards their leadership awards with Mr Silk in PE. This involves working as a team and leading the team through various activities.

The senior school had several awards they could take part in. The Duke of Edinburgh Award has been started and there are several pupils currently enrolled and taking part in fitness and volunteering hours required by the award. All pupils can record their volunteering hours with the Saltire Award, this enables the participant to achieve a certificate and Young Scot Points for every hour volunteered.

Values

This year, as a school we implemented our values. These are determined,

creative, encouraging, responsible and successful. These values are at the heart of everything we do at Northfield Academy. Pupils can be nominated for any of these values every month by staff and fellow pupils. Each faculty in the school also has a value focus every month. This allows us to recognise the good work pupils do daily. If your child has received one this means they have been amazing and deserve a reward if you would like to. Congratulations to everyone who has received a value certificate!



Participatory Budget

During February the Northfield Academy Interact club were involved in the participatory budget organised by Aberdeen City Council (ACC). This year ACC allocated Northfield, Sheddocksley and Mastrick £10,000. The Interact Club members and the adult steering group decided on the theme, the criteria for the awards and the maximum bid. The community was invited to bid for the money and the bids were put out to the school community. The winning bids are: Boogie in the Bar, Streetsport, Northfield Youth Project, The Cubby,

community food bank initiative, preparing for secondary school and Northfield Masters Basketball club.

Active Schools

In February this year Northfield Academy competed in the Aberdeen Youth Games Secondary Festival of Sports. The school came away with a 17-18 victory and took home the trophy for Aberdeen Youth Games 2020 Basketball champions. Well done guys! To find out more about Active Schools a contact Hilary on hscott@sportaberdeen.co.uk or call 07825 228129.

YPI

In December 2019 the S6 pupils were all busy revising for their prelims in January, however, they still found time to take part in the Youth and Philanthropy Initiative (YPI) supported by the Wood Foundation. This is an active citizenship programme which empowers young people to make a difference in their local communities while developing their skills. Each participating school is responsible for directing a £3000 YPI grant to a local charity through a unique programme of teamwork, research and competition. The winners were Mental Health Aberdeen with members of the team including Finlay Mann, Brandon Smith, Caitlin Riley and Kirsty Stevenson. Well done for winning the £3,000 for Mental Health Aberdeen.

Dear Diary - The Lockdown

Kevin Morrison

Dear diary,

April 16 2020

I feel a bit like Samuel Pepys, doing this. The restrictions were extended today, so my hair may be as long as his when this is over.

Today was a pleasant one, weather-wise so I sat on the doorstep and read my book. A lady walking her dog passed by and said hello. It made me wish that I was a dog; I wouldn't know anything about the coronavirus. I'd get taken for many walks and fetch sticks and balls. That'd be my only concerns; there'd be no worries over the pandemic.

Today I looked at my shmu pass and wondered when I'd get to use it again.

I did some washing today. A good thing to come of the lockdown is that my basket is now empty. Another is that – as I can't go out a lot – I won't need any new bottles of aftershave for a while. So, get creative, those thinking of buying me a Christmas present.

Yesterday, a parcel was delivered to us. The scenario resembled a game we played as children where the doorbell was rung then the offender ran away, leaving the occupier of the house bewildered.

NOTE: by 'we', I obviously mean others. I would not ever have gotten involved in such nefarious activities.

HELP TO HEAT YOUR HOME

Scarf launches new fund to help households in need

Local charity Scarf has launched a new emergency fund that aims to help households across Aberdeen access support to heat their homes in these difficult times.

The Scarf Heat Fund will help provide instant access to heat for those who need it most.

The new Scarf fund can provide help and support in the form of:

Plug in heaters

Prepayment cards

Costs for emergency boiler repairs

Lawrence Johnston of Scarf, said: "We recognise that with more of us stuck at home for the coming weeks we'll see our fuel use rise and of course, worries about fuel bills increase.

"Our advisors are on hand to help guide you through the best way to keep your bills down and ensure that you're aware of the funds that can help take away the immediate

fuel bill worries. By calling **0808 808 2282** you can check your eligibility for the Scarf Heat Fund and other grants and schemes.

"If you, or someone you know, is struggling with fuel bills or heating your home the new fund could be the answer to your problems."

Each application will be treated on a case-by-case basis with those needing the most help given priority.

Scarf works with Aberdeen City Council and the Scottish Government to provide free and impartial advice on reducing fuel bills. To get more information on how to cut your energy use while at home you can check out the Scarf website, www.scarf.org.uk or access free and impartial advice from the Scarf team by speaking to one of our experienced advisors.

Call Home Energy Scotland at Scarf on 0808 808 2282 for more information on how to access Scarf's fund as well as other grants and schemes.

MASTRICK RAINBOWS

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

The new leader would need to be over the age of eighteen and free on Mondays (during term time) between 5:45 and 7pm. If they do not find a new leader the group may have to close.

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

Email them on mastrickrainbows@outlook.com.

Mastrick Brownies

During the lockdown Brownies have been doing challenges

online, and hope to have a zoom meeting soon. After summer they hope to be back to say hello to everyone and some of the girls will move on to Guides. Contact 32abrownies@gmail.com for more information.

Mastrick Guides

Guides have been participating in the 2.6 Challenge by doing 26 minutes of Step Up to raise £26 - fantastic! We have encouraged them to try badges at home but most importantly told them to stay safe. Our plan is to wait until it's safe to meet again, most likely not until after October Holidays. **Contact 32mguides@gmail.com for more information.**

PATHWAYS ARE OPEN FOR BUSINESS

Our dedicated and experienced team of Employability Keyworkers are working from home during lockdown, but we can still help you to look for work, or help you prepare so when things open up, you are ready to go!

We can get you registered to work with us at Pathways. A few simple questions to get to know you and what kind of work you would like to do.

Write a new CV for you or help update an existing CV.

Set up an email address for you if required.

Carry out jobsearch and help you apply for any suitable vacancies.

One for you to do! If you have a smartphone or tablet, go to your app store and download the app

for, Indeed, the job site. Create an account with your email address and a password and then upload your CV to your account. Your Keyworker can help you with this if required.

Contact Pathways:

Call **01224 692939** or **07835 567 997**, Monday to Friday, between 10am and 2pm. Or, email **davidcook@pathways-online.org** stating which area of Aberdeen city you live in.

This article was written before the Government Update on Thursday 7th of May. To keep up to date with current operations and assistance available please visit our Facebook Page here: www.facebook.com/PathwaysAberdeen1A

Mastrick Community Centre

Christina and Vickie are opening on a Tuesday morning for people to access food parcels. We are also arranging for collections in emergency outwith a Tuesday and in some cases, we are delivering. We are checking in on some of our most vulnerable users via phone for a chat and making sure they have what they need. We've been very lucky as Morrison's have been extremely generous in donating huge amounts each week so that we can supply extra essentials with the parcels. We're chipping in where we can. Even down to supplying some carers with gloves and aprons which we had for playgroup - every little helps just now. If anyone requires a parcel, they can contact us via the Facebook page or via our email address and we can make arrangements.

Email mastrickcc@hotmail.co.uk.

WORD SEARCH

All the words below will be found in the puzzle below – except one. The words that are there are found horizontally, vertically, or diagonally. In some instances the words are backwards. Can you spot the word that is not there?

The words:

CARING • COMPASS • CONTROL • CONTINUE • CREATE • DELIVER • DEPLOY • DESTINY • DIVERSE • DOCUMENT • DRIVE

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

KINGSFORD SCHOOL

MY TIME IN LOCKDOWN

I am Primary 5 pupil at Kingsford school and during lockdown we have been learning at home.

Our teachers have been communicating with us online through Google Classroom. They give us tasks throughout the week.

One of my favorite tasks we were given is to make a pop-up garden. My dad and I made a boat from old wood and I decorated it and planted chives, poppies and forget me nots. We are going to watch it grow over the next twelve weeks.

Some of our other classes included maths, literacy, RME, art, reading and PE. We were recently learning about money and budgeting and at the end of the week we had to make our own banks. I made a paper mache owl. My teacher has made learning fun by posting videos of herself on a boat learning about a

compass and reading us a story for our literacy tasks. She posts videos of herself juggling and breaking up her maths lessons with surprise dance breaks to make us laugh during lockdown.

I have been trying to keep active at home by doing Joe Wicks daily PE lessons on Youtube. I am also part of Aberdeen Diving Club and they have posting daily workouts on Facebook and live workouts on Zoom. Our PE teacher at school also gives us weekly fitness challenges. The weather has been nice so I have been outside in my garden on the trampoline, skipping and doing

handstands. I am getting so good at walking on my hands that I do this all the time.

What I have missed about lockdown is that I can't go to school to see my friends or teachers. I miss my grandma and grandad and can't wait to see them. It is going to be my little sisters 8th birthday and my baby brother's 1st birthday very soon and it will be a lockdown party without any other family. We will still celebrate and try to make it special. We will video call them instead and celebrate properly once we are allowed to.



LOCKDOWN ART



Since lockdown the art specialist who covers Kingsford Primary School has been setting online lessons for the pupils to do. There is a different task for each level every week which could be a lesson on colour, using various techniques or looking at different styles of art.

They have been really enthusiastic and there has been some amazing artwork handed in. Usually in school I would be displaying their work on the walls so that the rest of the school could see what everyone has been creating so I am now in the process of putting a little art exhibition together to share online with everyone at Kingsford primary to share in Google Classroom and thought it would be nice to share them in Mastrick Matters as well.

Mastrick Parish Church

It is a difficult time for everyone at the moment with these lockdown restrictions due to the Coronavirus pandemic. Children are at home doing their schoolwork and it must be very hard for parents keeping youngsters occupied all day. Many folk are working from home and that has its challenges while others have been furloughed. Those who live on their own are feeling isolated and alone. So how are you coping?

With the church being closed for Sunday worship, I have had to learn new ways of doing ministry and now have a weekly message on our church Facebook and website. Funerals have been very difficult as I cannot go and visit the

family as I would normally do. Contact is made by telephone or email.

All of our activities such as our groups and activities have stopped which also impacts all our hall users such as Slimming World, Guides, Rainbows, Brownies and the other churches who use our building.

We do not have a foodbank at the church but we support Instant Neighbour and have done so for many years. All the Foodbanks in Aberdeen are now working together and Instant Neighbour in St Machar Drive is providing food for the north of the city, which includes Mastrick.

Mastrick Community Council

At a meeting of the Community Council last year we were advised of plans to remove and upgrade the playpark in Sheddocksley, located just behind the local pub and shops, but with no plans for any seating, so we decided to try and fundraise for that.

To buy and install two bench seats and a picnic table will cost £3250, so that was our fundraising target!

We have just been informed by Awards for All that they have agreed to donate £2950 towards our project, amazing news!

We have also raised £300 from community donations, taking our total to £3250! Thanks to everyone

who has contributed to this project.

We had hoped to have an open day and litter pick but this was cancelled due to the current restrictions but we hope to reschedule an event when we can so keep an eye on Facebook for updates. Search for Friends of Sheddocksley Play Park.

The next step is to look into funding for paths with the aim of improving the environment around the playpark. Obviously the park is not in use at the moment, but for a very good reason, so please stay home to stay safe and we will see you all at the park when we are allowed!

Louise McCafferty,
Community Council Chair



Aberdeen City Mutual Aid

A group of community volunteers have formed a support group for those in need during the Coronavirus outbreak.

Aberdeen City Mutual Aid is part of a nationwide group who are coordinating community support for vulnerable people.

These community members are not medical professionals but volunteers who are interested in supporting people by running errands, picking up prescriptions and shopping and emotional support.

The group was put together by Robyn Ward, a student nurse who was witnessing how Covid-19 was affecting people on the front line and wanted to offer support in the community to those who needed it.

The group has lots of volunteers who can provide assistance to those who need, whether it's picking up shopping, prescriptions or running other errands for people.

They also provide emotional support for those who need.

Rachel Meacock, one of the group admins said: "The lockdown and social distancing measures are undoubtedly having an impact on people's mental health and with people feeling lonely, we thought it was important to ensure we were providing something for people who wanted to chat about any issues they were having."

If you would like to request assistance from Aberdeen City Mutual Aid please call them on 01224 515513 or email aberdeenmutualaid@outlook.com.

Shmu - very much open for business!

Due to the current Coronavirus outbreak, shmu have had to adapt how we work with our target communities while we are on lockdown.

In light of the latest guidance from the government and NHS we have made the difficult decision to close our building.

This means that for the foreseeable future we will be working remotely and providing our communities with information in a different format.

It is even more important to share information and celebrate communities at this challenging time. There are also a significant number of people who do not have access to the Internet in their homes. We believe that community magazines and community radio will provide useful content for these people.

shmuPRESS will still be delivering magazines during this time and will be ensuring this is done safely and in line with government guidance. We believe it is important to bring some sense of normality to people and to continue to celebrate the great work that is happening in

each of the communities we work in. If you would like to get in touch to celebrate someone or an organisation in your area who is going above and beyond to help those in need or know of an interesting community story please get in touch with Laura on laura.young@shmu.org.uk or call her on 07752586312. All of the community magazines also have their own Facebook pages which will be sharing the latest community information.

shmuFM staff and volunteers are now recording and editing shows and community information from home. We are continuing to provide a daily schedule of radio programmes which now include a variety of information hours, entertainment and news shows. Keeping our communities safe at home, connected and informed is our priority.

We are working with community partners to ensure information is

relevant and up to date and have launched our "Tell Us" campaign which allows shmu to reach out to all service providers in Aberdeen to give them a

platform to share their information. If you have something to share please email tellus@shmu.org.uk.

Remember to tune in to 99.8FM or online at ww.shmu.org.uk/fm.

While we may be apart, shmu is connecting us together.



New Community Websites in the Pipeline

shmu have secured funding from the Scottish Governments' Supporting Communities Fund to work with residents to develop community websites for the regeneration areas of Aberdeen. This project is in its early stages but the plan is to create an online portal dedicated to each of these areas which will become a one stop shop for anything to do with that community – all joined together under a Connected Aberdeen umbrella. If you'd like to find out more about this project or would like to get involved in the development of the Seaton and Tillydrone websites, contact laura.young@shmu.org.uk for more information.



Mastrick Walkers

Hi everyone, I am writing this in the middle of lockdown and as none of the groups have been out walking, I thought I would tell you about the groups.

Helen and I are involved with two groups which both do the same type of walks. The Amblers walk every Monday and the Strollers walk every Friday. They meet at Mastrick Community Centre on the day of the walk and leave at 9.30am in the minibus.

After we arrive at our destination, we walk for about 90 minutes and we then have our packed lunch. After lunch we walk back to the bus. We are usually back in Mastrick about 3pm unless we go in for a coffee on the way home.

The walks could be down as far as Arbroath, Glen Lee and Glen Clova in the Kirriemuir direction or we go up to Deeside and just go passed Braemar doing all the Glens in Deeside.

We go out to Strathdon and Huntly areas and most of the coastal walks from Banff all the way down to Arbroath.

The walks are easy to moderate with no hills, but it could have an incline. The walks are in forests, moorland, beaches, around lochs, riversides and estates. It's a great way to improve your fitness and to see our beautiful countryside and to learn a bit of the history of the area and to make new friends.

We also usually have a joint group holiday once a year to Kingussie or Strathpeffer.

As we hire the bus there is a small fee to cover the cost of the hire, usually we have a pub lunch in the Summer and a Pre-Christmas Lunch in December out of the funds.

You can follow us on Facebook to see our photos of our walks "**Mastrick Walking Group**".

We could take one or two new members for the groups so do not leave it too late to get in contact with us.

Email helenandraymond@hotmail.co.uk or phone 01224 783627.

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

VSA Carers Support - 01224 358631

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

Mastrick Doctors

01224 662933

YOUR LOCAL ELECTED OFFICIALS ARE:

Local Councillors

Councillor Ciaran McRae

01224 346630

cimcrae@aberdeencity.gov.uk

Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councillor Jackie Dunbar

01224 522522

jdunbar@aberdeencity.gov.uk

Councillor David Cameron

07876760760

Dacameron@aberdeencity.gov.uk

Councillor John Wheeler

07500999593

Jowheeler@aberdeencity.gov.uk

Councillor Steve Delaney

01224 346614

Sdelaney@aberdeencity.gov.uk

DOMESTIC ABUSE SUPPORT

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

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

Help and support

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

Police Scotland

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

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

Grampian Women's Aid

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

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