

mastrick Matters

Summer 2021



In this issue:

.....
SPRINGHILL
COMMUNITY GARDEN
COMMUNITY COUNCIL
GRAMPIAN WOMEN'S AID

www.shmu.org.uk/press

contents

3	Home Energy
4	Youth Hub
5	Jackie Dunbar MSP
6	History Page
7	Springhill Community Garden
8	Mastrick Library
9	Mastrick Walking Group
10	Grampian Women's Aid
11	Councillors Comments
12	Community Council
13	Recycling
14	shmu
13	Quiz Page



editorial

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

Read on to find out more about the news from the local community council, Springhill Community Garden and a new initiative to tackle anti-social behaviour in the community.

If you would like to get involved and join the editorial team or if you have ideas for the community publication, you can easily get in touch with us.

The staff at shmu are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography or proof reading.

So please don't be shy, this is your magazine written, edited and designed by the good folk of Mastrick. If you live in the Mastrick area and would like to come along to the editorial meetings (when it is safe to do so) or submit an article then get in touch with Laura at shmu on **07752586312** or you can email her on **laura.young@shmu.org.uk**.

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

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

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



Supported by





Worried about rising energy bills? Home Energy Scotland is here to help.

If you are worried about the impact on your energy bills while staying in more or working from home, you're not alone. A 2020 survey by Home Energy Scotland showed that nearly half (44%) of people working from home are worried this will lead to an increase in unaffordable energy bills.

This is where we can help you. Home Energy Scotland is funded by the Scottish Government to help you reduce your heating costs and make your home warmer and more energy efficient.

Making your home more energy efficient can have a big impact on your bills. We can help you access help worth up to £5,000 to cover the cost of energy saving home improvements, through the Scottish Government's Warmer Homes Scotland programme.

Over 22,000 homeowners and private tenants across Scotland have benefited from help from the scheme since it was launched in 2015, each

of them saving around £300 on their energy bills per year too.

Furthermore, eight out of ten supported households have received completely free energy efficiency measures. Most have received improvements worth over £5,000.

Case study

Mrs P got her ageing boiler replaced with a new, more efficient central heating system through the Warmer Homes Scotland scheme. She told us her flat is now much easier to heat:

"I was having difficulty heating the flat previously, but I now find myself going and turning the heating down! I've had such a good experience, there was no problem at all."

Impartial advice and support just a free call away

David Mackay, Home Energy Scotland advice centre manager in the North East, said:

"If you're worried about heating your home or rising energy bills you could have a warmer home like Mrs P, and save hundreds of pounds on your

energy bills too. It's potentially a win-win and all you need to do is call us free on 0808 808 2282 to find out if you qualify for support.

"We also offer interest-free loans funded by the Scottish Government with cashback of up to 75% for energy efficiency improvements like solid wall insulation, double glazing or a new renewable heating system.

"Our specialists can also give you impartial advice about which improvements would suit your home best. "

Loan offers are valid for a year. Loans are administered by Energy Saving Trust and successful loans are subject to an administrative fee of 1.5%, up to a maximum of £150. Energy Saving Trust is authorised and regulated by the Financial Conduct Authority. All loans are subject to availability and terms and conditions apply.

Interested? Give us a call on 0808 808 2282 or visit homeenergyscotland.org for more information.



YOUTH HUB

Police Scotland's Community Safety Partnership have launched a new project to reduce anti-social behaviour around the Rousay Drive area.

The outdoor youth hub, at the bottom end of the Tesco car park, has been developed through partnership working between Police Scotland, Aberdeen City Council Community Development and Youth Work teams, Tesco, Street Sport, Aberdeen Football Club Community Trust, Aberdeen Foyer and Sheddocksley Baptist Church.

There had been ongoing issues with anti-social behaviour at the site and staff at Tesco were having to phone the police regularly. However, upon engaging with the young people more they found out that all they wanted was a place to hang out together.

Tesco Store Manager, Stuart Neil has taken a unique approach to engaging with the young people in order to address the issue in a way that is beneficial to both them and his customers.

He said: *"I actually opened the store back in 2012 so I know the area and the young people. When I*

came back after working at another shop for a number of years it was apparent straight away that we needed to engage with the young people. These young people are leaders in their own right and we just want to help channel that in a more positive direction.

"This will provide our young people a covered space where they can gather safely to 'hang out' with their friends. Wi-Fi will be provided free of charge after a successful funding bid to the Fairer Aberdeen fund. Wi-Fi is something most take for granted but some of these young people perhaps won't have such access.

"We also have a partnership with Sheddocksley Baptist Church and their youth worker will be providing more activities and giving the young people the opportunity to take part in Saltire Awards as part of their involvement with the project."

Derek Bain, Partnership Development Officer at Police Scotland said: "In December last year there were approximately 90 calls a week about youth anti-social behaviour and now with the engagement that has been done so far, some weeks it is down to

single figures which is a huge improvement.

"They're actually asking for us to have a game of football with them now. They've gone from seeing the uniform to seeing the person behind the uniform and that we're here to listen to them and understand where they're coming from."

As well as somewhere safe and dry to hang out and have as their own space, there will be opportunities for young people to take part in a range of activities from sport to artistic ventures and staff from Aberdeen Foyer will provide emotional support and personal skills development. Fresh Paint will be working with the young people to paint their own design at the Youth Hub in order to give them ownership of the area.

Terence Brady, Sergeant for the Northfield and Mastrick areas said: *"This is an interactive area that serves all the communities, and it would be great to see the people of Mastrick and Northfield and of all communities form across the North Aberdeen engage and come along."*



Grampian Credit Union

We are a savings and loans co-operative open to everyone living or working in Aberdeen city, Aberdeenshire and Moray areas.

For over 28 years, we have helped more than 10,000 people in the Grampian area with saving and accessing affordable loans and credit - and now we can help you!

If you have not already joined us or benefited from our savings or affordable loans, contact us today and see how we can assist you with taking charge of your financial future.

If you need a loan for eg home or garden improvements, your next holiday or just for Christmas, we can help. With loans from as little as £200, you can contact us through any of the following ways:

Website: www.grampiancreditunion.co.uk

Email: admin@grampiancreditunion.co.uk

Telephone: 01224 561506

Office: 250 Union Street,
Aberdeen AB10 1TN

JACKIE DUNBAR MSP

It is the honour of my life to be elected the MSP for Aberdeen Donside – the area where I have lived and raised a family over the last number of years. I would like to take this opportunity to thank everyone who voted for me and highlight to those who did not that I am here to help all of my constituents in any way I can moving forward.

For the last 14 years, I have served the people of Northfield and Mastrick North as their local Councillor but now as MSP for Aberdeen Donside I represent the whole of Mastrick, as well as surrounding communities of Northfield, Middlefield,

Summerhill, Woodside, Sheddocksley, Kingswells, Dyce, Bucksburn and Bridge of Don.

I am now in the process of putting a team together, and renting a local office, so I can be accessible to you. If you need some assistance with an issue or you feel there is a matter needing raised in the Scottish Parliament I will be there to assist you when needed. If you are needing to get in touch in the meantime, the best way to do so is by email: **Jackie.dunbar.msp@parliament.scot** as I do not currently have an office phone line set up yet.

Aberdeen's Regent Cinema Opens

ALAN JOHNSTONE

With cinemas beginning to reopen as Covid restrictions are eased, we look back to 27th February 1932, when the Regent Cinema in Aberdeen opened.

It was renamed The Odeon in 1940 after a change in ownership and finally closed its doors in 2001. The Aberdeen Press and Journal was certainly impressed.

"Aberdeen patrons of film entertainment have waited eagerly for the opening of the Regent Cinema. They have not had long to wait, for between the opening of the foundations and the completion of this super-cinema only seven months have intervened. All they have been led to expect by the distinctive beauty of the exterior of the Holburn house will be fulfilled once they find themselves inside the magnificent building in Justice Mill Lane. Even in a city with the architectural riches of Aberdeen, the Regent Cinema stands out in its dignity and beauty.

When the directors of the Regent Cinema (Aberdeen) Ltd declared their intention of constructing a super-cinema at a cost of about £40,000, the project aroused considerable interest not only in the town, but throughout the North-East of Scotland. The site has an historic interest to Aberdeen, for the old Justice Mill stood there for centuries. The clearing away of the old mill left a downward sweep which seemed to present insuperable architectural difficulties. The ground dropped away nearly thirty feet, and half of the building had to be erected over the old mill pond, while the mill burn ran diagonally across the site.

However, the pond was quickly drained, and the burn diverted into a concrete culvert. It has been a remarkable building feat to have put up so elaborate a structure of such a finished and beautiful design in the course of only seven months.

Facing Holburn Street is the handsome façade of the most modern design with its sharply contrasting use of straight lines and curves. It is constructed in grey granite, with decorative bands of red terra-cotta and a polished black granite base. In the darkness the full grandeur of the elevation will be realised under the immense illumination of the neon lights and flood-lighting from powerful projectors on the top of the canopy. Although imposing, the frontage has a joyous note in its composition. Patrons will find in the interior of the building much to marvel at in the lavish appointments and the comfort with which the programme can be enjoyed. For no matter where one is seated, every inch of the screen is easily seen and every whisper from the sound apparatus perfectly heard. In the auditorium there is seating accommodation for 1600, and the balcony approximately 500 - 2100 in all. Entrance is gained through three sets of double doors which lead into a large foyer, with a mezzanine floor, and oak panelling specially treated and picked out in silver. Round the foyer are situated the offices and lavatories. Patrons will be impressed with the ease of access to both the balcony and the auditorium. The architect has taken full advantage of the fall in the ground, and only a few steps are required to reach either. A grand

staircase leads to both sections of the hall from the two island pay boxes which stand in the richly decorated foyer.

One's first impression on entering the Regent is one of spaciousness. Then comes appreciation of the originality of the design, lighting, and decoration. Mr Bruce Mackenzie has been responsible for the decorative scheme, which admirably fits with the special lighting effects. The general scheme is carried out in a warm beige, relieved with bands of neutral blues, reds, and browns picked out in gold and silver, which harmonises with the old gold velvet of the seats and the soft browns, blues, and reds of the carpets in both the auditorium and the balcony. Jazz-patterned carpets and moquette-covered seats enhance the appearance of the interior to a large degree, giving an atmosphere of cosy charm and comfort. The luxurious curtains that mask the screen are all controlled electrically from the operating box. Their design and colouring tone beautifully with the other decorations and the attractive proscenium arch."

THE NEW
REGENT
HOLBURN STREET, ABERDEEN Phone 3314
PROPRIETORS: THE REGENT CINEMA (ABERDEEN) LTD.
GENERAL MANAGER: HENRY DUNN
RESIDENT MANAGER: J. H. STAFFORD POOLE
OPENS AT 1.15 P.M.
ON SATURDAY, FEB. 27, 1932
and takes its Proud Position with the great Super Cinemas in Britain
THE PROGRAMME!
MAE MARSH IN
OVER THE HILL
With JAMES DUNN and SALLY EILERS
THE PICTURE THAT HAS MADE SCREEN HISTORY
Also Tons of Fun With
THE PROFESSIONAL GUEST
GORDON HARKER and RICHARD BIRD
AND
UNIVERSAL SOUND NEWS
PRICES OF ADMISSION (including Tax)
500 Seats, at ... 7d. 200 Seats, at ... 1/6
1000 " " " " 1/6 200 " " " " 2/-
Children Half-Price (all 4 paid)
*TD in Whole of Stalls and Back Balcony - LBB to 3 P.M. DUELY.
*Except on Saturday, February 27th, when Full Prices will be charged.
NO INCREASE IN PRICES SATURDAYS OR HOLIDAYS

Springhill Community Garden

All across the city community gardens are appearing. It makes me proud to be a part of this movement which is giving people access to a space to grow their own food and get together with others. A connection that we all need after the last few years. So far this year those connected with Springhill Community Garden located behind Sheddocksley Sport Centre have been filled with new ideas. We hope to see the garden grow and bring people with an interest in plants together (maybe some people who aren't so interested as well). Despite the cold weather, which has been neither gardener nor plant friendly, we have been onsite getting our hands muddy. In the case of one particularly wet day muddy from head to toe! We have been planting for the future, putting in raspberry canes, fruit trees and blueberry bushes. Along with the established blackcurrant bushes we hope that these will be providing fruit for the

community for many years. We were delighted to receive some apple trees from Social Juice and have been watching the little saplings settle into their new homes. Planting more strawberries and increasing the number of rhubarb plants are planned for later in the year. Another joint venture we are undertaking is to build more raised beds for community use, to add to those already built for the Cornerstone project. Mens Shed in Bridge of Don have been kind enough to agree to help us build the new structures. This will provide space to plant more vegetables through the warmer parts of the year.

Along with food growing another aim of the garden has been to improve biodiversity of the garden by attracting more insects and wildlife. So, this year has seen my windowsills full of seedlings of 'weeds' to some, but wildflowers to

others. So far common mallow and knapweed have been planted out. Adding these different wildflowers to the wildlife area should attract a wider variety of insects into the garden, and hopefully a greater variety of birds as well. It has been lovely to be there in the spring and autumn and see the birds busy around the garden, bird baths and feeders are certainly on the list of things to be organised.

With the easing of restrictions, we would love to meet more people who are interested in getting involved, in small or big ways. If you would like to find out more or have ideas to put towards the development of the garden, please get in touch. You can find our Facebook page 'Springhill Community Garden' or email us at [**springhillcommunity@gardener.com**](mailto:springhillcommunity@gardener.com)





NEWS FROM MASTRICK LIBRARY

After a very strange year, we were delighted to welcome the public back for a limited service from 26th April. Borrowers can now come into the library to browse and borrow items. We offer books (including large print and audio books) and junior DVDs. Borrowers can also request items, subject to availability.

We are also offering one-hour appointments for PC access. These slots can be booked online or by calling us here at Mastrick on 01224 788558. We also offer printing services and have photocopying and scanning facilities.

In addition to being open for browsing, we continue to operate our Click and Collect service. Borrowers can order a selection of books and collect them at their preferred library. These

appointments can be made online at www.aberdeency.gov.uk/zipporah.co.uk/Generic.AberdeenCity/, or by contacting any of the open libraries.

We are always delighted to meet new faces. For more information on how to become a member, please visit www.aberdeency.gov.uk/library, or contact an open library.

If you are unable to visit the library due to disability, illness, shielding or caring responsibilities, the Home Library Service is available for monthly deliveries to your home. Please contact your local library for more information.

Our Bookbug team continue to provide special online sessions for families to enjoy. These sessions are roughly 30 minutes and consist of songs, rhymes, and stories for 0 – 5-year olds. These can be

accessed via our social media pages and our YouTube channel.

The Council will continue to monitor and review the reinstatement of services, taking account of the evolving government guidance. Please visit www.aberdeency.gov.uk/services/libraries for any updates.

This summer our Aberdeen Reads challenge returns – the theme is The Great Staycation! Running from Saturday 26 June until Saturday 21 August, this challenge is open to people of all ages, so get family and friends involved and encourage each other to keep reading over the summer and help us send Library Bear on his holidays! For more details visit www.aberdeency.gov.uk/AberdeenReads or contact us at **Mastrick Library**.

Kevin's diary

May 2 2021

Today is the last Sunday before the local elections here in Aberdeen. I was watching politicians doing their tour of the TV's studios; their interviews got me thinking about their mornings at home and this is how I imagined it:

Wife: "Do you want something to eat?"

MP: "I'm glad you asked me that. There are two schools of thought on the subject. I could nod my head and say that I'm absolutely hungry - I've not had anything for about twelve hours. The alternative view is that I could wait and have something for lunch."

"I'm firmly behind the idea of breakfast. I believe it's the most important meal of the day and I am fully committed to that philosophy. I've always been consistent in my argument... apart from when I've argued to the contrary."

Wife: "Yes. That didn't really answer my question. If you were to have something, what would it be?"

MP: "I don't really deal in hypothetical questions but you ask an important question."

"As a man of the people, I'll opt for toast. You can't beat toast - wholemeal bread, white, brown: I accept all kinds and colours."

Wife: "What do you want with it?"

MP: "Well, marmalade sounds too fancy. How about jam, made with local strawberries. Moving forward, it's important to support local businesses. I am keen to embrace all toast-moistening spreads."

Kevin



Mastrick Walking Group

At the moment we are still restricted in our walking as a group, so we have been walking in very small groups. At first we had to walk in our local area, later we did manage to go a wee bit further out, but we were still not allowed to car share.

Some of the local walks we did were Maidencraig to Hazlehead, Johnston Gardens to Hazlehead, Duthie Park and Deeside Way, River Dee to Tollahill Woods and Sheddocksley. One of the times when we did the Sheddocksley walk we met a lady who is a Mastrick Matters reader.

The walks we did a bit further out were Potarch to Kincardine O' Neil this is along the Deeside Way, a lovely walk beside the river.

We did a walk round the Dunecht estate and the great views over the lake from the top of the hill. Another estate we walked was Crathes Castle, the walk it through the woods and gardens and also a walk along a Boardwalk over the Wetlands.

We had a trip to Kirkton of Maryculter to walk up the Valley of the Crynoch Burn then exploring all the different trails in the forest this was a new walk for the group which they all enjoyed.

Mulloch Hill was also a new walk for them, this walk goes around the forest covered hill with lovely views all around the walk and a visit to a 4,000 year old stone circle.

The walks we hope to do soon are Finzean, Inverurie River and Canal.

We are hoping to get back to using the Minibus again soon. This will let the members without transport get out walking and meet up with other members again.

We are going in the right direction so take care and be safe.

Raymond

**Contact Mastrick Walkers
on 01224 783627 or
helenandraymond@hotmail.
co.uk**

Celebrating the Inspirational Women of the Own My Life Programme

How it Started

It is well understood and recognised that taking time to consider and understand their own experiences of domestic abuse is fundamentally important in helping women to rebuild their lives. With this in mind, Grampian Women's Aid have been exploring ways of bringing women together to reflect and learn in a collaborative and supportive group environment.

We were delighted to find out about Own My Life (OML), an evidence-based programme written by feminist writer and domestic abuse survivor, Natalie Collins. Taking place over twelve weeks, the course is aimed at educating and empowering women to regain ownership of their lives when they have been subjected to domestic abuse by a partner. Our Group Worker, Sandra Copland, signed up for and completed intensive Own My Life facilitator training with a view to bringing the programme to women in Aberdeen and Aberdeenshire.

Own My Life Launches

In December, Sandra and the six women who joined the inaugural programme were ready to go. There followed, over the twelve weeks of the course, much hard work, discussion, and personal reflection. Some examples include:

exploration and understanding of painful memories.

discussion around abusive behaviours, sexism, misogyny

and disrespect in relationships and their reinforcement by popular culture highlighted.

learning how men's abuse is rooted in entitlement and ownership.

understanding the dynamics of domestic abuse and what drives the abuser's behaviour.

The nature and content of the course is such that it was at times emotional and draining but, always, there was fun, laughter and a sense of belonging, a feeling of working and learning together, and supporting each other outwith the group sessions.

Reflection on Twelve Weeks

At the end of an intensive twelve weeks, the women took time to reflect on what the programme has meant for them personally. Let's hear what they had to say:

"A very helpful course. Helped gain back some confidence and recognition of the effects of abuse on me. Reflective and emotionally difficult at times but definitely worth it to help move on my way to recovery."

"It's crucial to recovery – to help me to know there's a way forward."

"Prior to OML I felt I was a hamster on a wheel, just surviving. Now, I can take back control of my life."

"Before OML, I blamed myself, I felt I let the abuse happen, it felt like it was my fault for marrying this monster. This course has helped me to remove my feelings of blame and worthlessness."

"Before OML, I thought I was in the wrong. The course has given me confidence. It has given me tools to use in future relationships. I can now see what a good relationship should be."

We can see the learning, support and understanding shine through in these comments. However, it's not only the women participants who feel this way, facilitator, Sandra, has some thoughts of her own: "Being part of the women's journey in group has been humbling for me as a worker. The women are truly insightful and courageous. The group had a real sense of women supporting women as they took ownership of their lives."

With sincere thanks to the Own My Life programme women who gave their permission for their own words to be used in this article.

Grampian Women's Aid are here to talk with you and support you.

01224 593381
info@grampian-womens-aid.com
www.grampian-womens-aid.com/contact-us

When our phone lines are closed, Scotland's Domestic Abuse & Forced Marriage helpline is always available on **0800 027 1234** or **helpline@sdafmh.org.uk**

ALWAYS, IF YOU ARE IN IMMEDIATE DANGER, RING 999 FOR THE POLICE.

Councillor Comments

Councillor David J Cameron

The world has changed, and these changes are the result of the Covid-19 pandemic which is affecting all our lives in ways we could never have imagined. For us all to survive this and come out the other end intact we must follow the rules and be patient. Life does thankfully go on and problems arise which need to be dealt with so please do not hesitate to contact me at any time with issues which you feel I could help solve.

Anti-social behaviour seems to still be presenting a problem. When everybody is at home and the vast majority of us are obeying the rules, anti-social behaviour of a small minority becomes even more unacceptable than in normal times. There is no need for it, if you are responsible for these behaviours, please stop being selfish and allow your neighbours to live with the peace and quiet they are entitled to

and deserve, especially as we all cope with the restrictions currently imposed on our lives.

The pandemic has seen an increase dog ownership. As long ago as 2016 I was involved with the possibility of creating an “off the lead dog park” in the area. This idea has arisen again, and the community council has used their Facebook page to judge the interest in developing a plan to move this forward. If this is to come to fruition it will need to be a community project funded for development and ongoing maintenance. If you are interested to become involve, or to use such a facility if it is developed please get in touch with the community council.

Please stay safe and look after yourself, your loved ones and your neighbours so that we can emerge from this pandemic stronger, wiser

and with an increased sense of community.

You will see a new website address at the end of the article. I have set this up in order to keep you abreast of events which may affect you within your local community as well as Council and Government decisions which will have consequences for us all. The intention is to keep the information current and to remove redundant information as quickly as possible making the site simple and easy to navigate.

Councillor David J Cameron

Email: Dacameron@aberdeencity.gov.uk

Phone: 07876760760

www.davidcameronsnpaberdeen.org

Councillor Gordon Graham

Hi folks, Let's hope that 2021 turns out to be a better year than 2020.

Most projects that we were involved in to improve the area have stalled due mainly to Covid-19.

Northfield Pool

Tender information was posted to the Public Contract Scotland portal in April and Sport Aberdeen are awaiting the return of tenders. These were due back early-June. Subject to the project being within budget and final city council governance requirements being met and project sign off approved,

we would still be working to a commencement date in mid to late summer with the project being completed in the summer of 2022.

There has been a lot of work undertaken by Sport Aberdeen and city council colleagues to get us to this point and quite a lot of interest from contractors which is positive. Thanks to everyone for their support in this matter.

New housing for our families

Our housing priorities is progressing well as the Summerhill site comes to fruition. Despite hold ups due to

Covid it is planned that Phase 1 will see 128 houses available to let from winter 2021/2022 and Phase 2 will see a further 128 houses available from summer 2022. There remains to be a date set for the remaining 113 houses this will be a total of 359 houses being built. This will provide much needed homes for folk.

Stay Safe

Councillor Gordon Graham

Email: ggraham@aberdeencity.gov.uk

Phone: 07736 329751



YOUR COMMUNITY NEEDS YOU!

Where are Community Council meetings and when?!?

In October this year all Community Councils will be going through an election. Every three years people are asked to put themselves forward to join and then local residents vote on whether they are suitable members and what positions they can take on.

It may sound a bit scary or daunting but to be honest it's not, we are a friendly bunch and are all keen to have more members! All you need to do is write a few lines as to why you would like to join and what you think you could bring to the table. You don't need to have experience in similar roles or have been a member of a community group before, all you need is to live in the area, care about the local community and want to see it improved.

Every year the Council grants us around £1500 and we then decide how to spend that money. Different community councils have different procedures but in Mastrick, Sheddocksley and Summerhill we ask local groups if they would

like to apply and then review their application and make a decision on whether to award the full or partial amount requested. The community council can also spend the money themselves if we have a project or initiative that we think would benefit the local community and we have the opportunity to apply for additional funding for ourselves or other local groups.

In a recent residents survey it was clear that many people didn't know the community council existed, or if they did they didn't know where and when they were held and some knew about the community council but didn't think they were permitted to attend!

We have taken this onboard and are really keen to see and hear from more of the local community so have been growing our Facebook account and posting a bit more, and at the same time creating a contacts/ distribution list for our minutes. If you or your group would like copies of the minutes sent on please email me loumccaff@hotmail.com

All meetings are remote at the moment and take place

@ 6pm the third Wednesday of the month.

Specific dates are **18th August, 15th September, 20th October, 17th November and 15th December**. The meeting link is posted to Facebook for residents to join. If you would like an email with the meeting time, date and link, please email me on loumccaff@hotmail.com and I can add you to the distribution list (all contact details will be held under the GDP Regulations).

When pandemic restrictions are lifted we will be able to meet face to face again in the public meeting room on the ground floor of Mastrick Land but we are looking into how to also continue with remote access to meetings for those who are unable to attend in person.

Elections are not happening until October but please look out for the news articles, social media posts and videos leading up to then, and when you get the chance please think about putting yourself forward and also please vote.



Getting recycling right

Aberdeen City Council opened its Materials Recovery Facility (MRF) and introduced the new recycling service in 2017. Household recycling rate has risen from 38.8% to 49%. Whilst this is good news, we would like to improve this and we need your help to do so.

Please consider whether you can recycle an item before you put it in your waste bin.

WHAT CAN I RECYCLE IN ABERDEEN?

Whether you use your own wheeled bin or a communal bin you can recycle the following:

Glass bottles and jars;

Plastics bottles, trays and tubs – all colours;

Paper and cardboard;

Metal tins and cans, including empty aerosols, foil and foil trays;

Food and drink cartons.

All recycling should be free of food and rinsed.

What items are non-recyclable and should go in your waste bin:

Plastic bags or bin bags – think about reusing plastic bags.

Plastic film.

Mixed material packaging e.g. crisp packets or crisp tubes

Bubble wrap - reuse for parcels especially closer to Christmas

Food waste - use your food waste bin for this.

Polystyrene/foam trays - use these to fill the bottom of plant pots to help drainage instead of rocks.

Nappies – please put this in your general waste bin or invest in reusable nappies for an improved environmental impact.

Drinking glasses/Pyrex.

Plastic plant pots - return to your garden centre for re-use.

Pathways in Mastrick!

Our experienced Employability Keyworker who serves the Mastrick area is Theresa, who has been busy helping people to find employment opportunities.

One such client contacted Theresa who over a year ago and was successful in finding a job. Sadly, due to Covid they lost that job and returned to Theresa for further support. Theresa updated their CV with details of their most recent employment, applied for funding to gain official identification and helped look for suitable vacancies. Theresa also helped the client through a Pathways workbook for interview techniques which was most useful as after a short while the client was able to be offered a position which they accepted. The client said, “*Thank you so much for your help and support, I will keep in touch to let you know how I am getting on and I know where you are if I need you help again.*”

Here is how we can help you!

CV's, Job Search, Online Applications, Interview Techniques, Training Courses, Funding, in fact everything around employability and helping you get into work or sustaining employment. If we can't do it, we can signpost you to other organisations for specific help!

CONTACT

Theresa:
t.mackay@pathways-online.org
01224 682 939

Message Us Here on Facebook
- www.facebook.com/PathwaysAberdeen1A

Interview with Tracy – part one

The Mastrick Matters team wanted to start using the shmu page to introduce you to some of the staff and volunteers who are involved with shmu. Recently we spoke to the Volunteer Coordinator, Tracy Ewing and here are some of the things she had to say about her experiences at shmu. We haven't been able to fit the whole thing in this edition so look out for part two next time!

Tracy intro – Hi I'm Tracy, I'm the volunteer coordinator at shmu and I've been in post for 18 months

What does your job at shmu involve?

T: I look at volunteer recruitment and retention. I do lots of support for volunteers so looking at how they can develop. This includes what training we can offer, what new skills what qualifications people would be interested in doing so we can continue to develop people's skills. I do lots of listening and lots of learning as well in this post.

I also do lots of the comms, mainly with radio and I also have to do lots of reports and paperwork and all these behind the scenes things. All the necessary stuff to make sure that we keep going, have good records for everybody and keeps everybody safe and looked after. It also helps us identify how we can help people continue their training and development.

What had you done before coming to shmu?

T: I began working life as a lecturer, so I taught comms and also computing when I first started teaching and then specialised in computing. Once I had kids, I actually moved into a guidance role and I was the guidance tutor for the performing arts students, so I looked after all the music and drama students who were at Aberdeen College when they were out at BOD at the barracks.

That was an amazing job, really challenging but fun; I got to learn a lot during that time and then I moved to RGU. My kids were little, and I wanted to work fewer hours/fewer antisocial hours. In my previous job sometimes, the class would be 10pm on a Friday night in the Tunnels cos that's how we would do it cos they were in bands going out to do gigs etc.

My alumni job out there encompassed a lot of things, so I did the magazine, but I also did all the database and backend stuff in terms of computing and also lots of events. I did lots of travel when I was there so I got to go out to Africa quite a bit and do and see really awesome things and I set up a volunteering programme at RGU and also a mentoring scheme so when I saw the job ad for shmu it was basically a list of every single thing I had done in all of my jobs to date all in



the one job so looked like it was going to be a good fit.

If you'd like to know more about volunteering opportunities at shmu email Tracy on tracy.ewing@shmu.org.uk

WORD SEARCH

Compiled by Kevin Morrison

All the words below (they are states of the USA that begin with a vowel) will be found in the puzzle below –except two.

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

Can you spot the two words that are not there?

The words:

ALABAMA • ALASKA • ARIZONA • ARKANSAS • IDAHO • ILLINOIS • INDIANA • IOWA • OHIO • OKLAHOMA • OREGON • UTAH

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



The missing words are **ALABAMA** and **OREGON**.

								A	S		
							R	A		I	H
				O	K	L	A	H	O	M	A
			A	S	R	N				T	
	O	N	A		I	I				U	
	H	S		L	Z	L					
	A			A	O	L					
	S	D			N	I					
	I	N	D	I	A	N	A				
					W						
					O						
					I	H					
						I					
									O		

SOLUTION

Instant Neighbour

Instant Neighbour have been working through the pandemic to support those in need.

Covid-19 has had a huge impact on the amount of people coming to them to seek help with food for a variety of reasons.

In 2020 the charity gave out nearly double the number of food parcels than they did in 2019 – 1400 food parcels to 2500 parcels. They are currently seeing anywhere between 40 and 60 people every day.

At Christmas time there was also a significant increase in the number of people needing help with Christmas gifts for their children with almost 3500 more gifts given out in 2020.

Unfortunately, due to current Covid restrictions they are severely restricted in the amount of people we could have working in the building and so they aren't able to take on hardly any volunteers which is a real shame.

The foodbank is being run by a skeleton staff and the charity are very grateful that donations keep coming in. It's impossible to say, long term however, if they'll be able to keep up with this level of demand, but folk in Aberdeen city and shire are so kind and generous, so the team are sure they will be able to keep going.

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

Aberdeen City Carers Service- 01224 914036

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 David Cameron

07876760760

Dacameron@aberdeencity.gov.uk

Councillor John Wheeler

07500999593

Jowheeler@aberdeencity.gov.uk

Councillor Steve Delaney

01224 346614

Sdelaney@aberdeencity.gov.uk

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

0131 34 85067

Jackie.Dunbar.msp@parliament.sco

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