

# mastrick matters



**Mastrick**  
Parish  
Church

**DISSC**  
Triumphant at  
Wishaw 2013

**NESDVA**  
Opportunity  
Knocked

**School News**  
Holy Family &  
Muirfield Primary

**Mastrick**  
Walking  
Groups

*contents*

3	NESDVA
4	Mastrick Parish Church
5	Walking Group
6&7	Community News
8&9	DISSC
10	School News
11	Aberdeen Forward
12	M&S Society
13	Community News
14	SHMU Page
15	Christmas Fun Page



*editorial*

Welcome to the final 2013 winter edition of Mastrick Matters. In this festive edition we have an amazing double-page spread on the DISSC success in their tournament in Wishaw, an article from our local Veterans Group, news from the local primary schools, an update from our favourite local pub the Grays Inn and lots more exciting news.

The Mastrick editorial team would also like to take this opportunity to thank everyone who has contributed to the magazines this year - we couldn't have done it without you.

If you fancy getting involved in the magazines for next year, then please contact Mary Clare at shmu on 01224 515013, or alternatively you can email [maryclare@shmu.org.uk](mailto:maryclare@shmu.org.uk).

We wish all of our readers a Merry Christmas and a Happy New Year. Happy reading, folks

*happy reading.*

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# Opportunity Knocked

NESDVA was one of ten charities to be selected by NOX nightclub - winning a share of £2500 in prize money put up by the management - and we can confirm that we have indeed won ninth prize of £750.00, which will help us greatly in our charity purposes.

Through the hard efforts of our management committee, we also applied to the Big Lottery to enable us to obtain a minibus. No doubt some of you may have seen our small appeal on STV! As I am writing this, I am delighted to say we won £39,993!

On behalf of the NESDVA we would like to thank everyone who voted for us. This money will enable us to purchase a 17 seat minibus with tail-lift. The primary beneficiaries of the project will be the 40+ members of NESDVA, by providing transport to doctor or hospital appointments, club meetings, or events in Aberdeen or further afield.

Since our last article in *Mastrick Matters* we have been very busy, with collections in the shopping centres of Aberdeen, Tesco at Westhill, and also our annual poppy appeal - which this year took place at the market on Union Street. We have also taken part in the remembrance concert in the Caird Hall in Dundee, along with the remembrance parade at Aberdeen's Cenotaph at the Cowdry Hall, with members of all the armed services - young and old.

We are glad to see that we are getting stronger in membership as well, as every time we go to our meeting rooms in *Mastrick Community Centre* there seems

to be a new face - and without new members, we would fall to the wayside. So come on everyone! If you are or know a veteran who would benefit from meeting up with likeminded veterans from a diverse amount of conflicts - during WWII to the present conflict in Afghanistan - then either bring them to or get them to come along to one of our meetings on either a Monday or Friday - from 11am until 2pm - just for a visit, and to see how we operate as an association. We do not expect our members to come to each and every one of our meetings - we understand that due to family and medical occasions you have to have time to yourselves. So, either contact Mr Ron Robertson (Chairman) on 07886887428, or Mr Alex Grant (Treasurer) on 01224 322361 and have a word with them about joining our association.

# Mastrick Parish Church

*In 2014, Mastrick Parish Church will be 60!*

Obviously we will be marking these first 60 years with celebration and partying, and we'll also be looking back at how the church has served its community for all those years. To help with this we would like to set up an exhibition of items and stories relating to Mastrick Parish Church, its people, and the organisations that have been part of it.

We would like to ask you, the people of Mastrick, if you have memories or memorabilia of Mastrick Parish Church that you would be willing to share with the wider community, and us.

Perhaps you have wedding invitations or programmes for an

event, or photographs of outings and parties. Perhaps you still have your wedding dress or outfit for a special day? Do you have any stories that we could document about the church – the Sunday School, Boy's Brigade, Choir, Guild, any of the community organisations that were part of the church, or indeed any special event that took place in the church? Maybe you are still in touch with folks who no longer live in Mastrick, and can ask them for their memories too.

We would be delighted if you can share any memories and memorabilia with us.

Any item lent to the exhibition will of course be cared for and then

returned to you. Where possible, we will copy items and return them to you.

Information about events and exhibitions marking those first 60 years will be available in Mastrick Matters, on the church notice board, on our soon-to-be launched website, and in the local press during 2014.

If you can help in any way we, would be most grateful. Please contact me at Mastrick Parish Church, tel no 694121 or 683720. If I am not available please leave a message and number and I will get back to you.

**Rose Clayton MBE**  
**Mastrick Parish Church**

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## Christmas Events

These are the special services and events that are to be held during December at Mastrick Parish Church. These will also be advertised on the church noticeboard

### **Messy Church**

Messy Church in December will be the Christmas Eve Family Service. Messy Church starts again on Thursday 30th January - children and their families are welcome to

join the fun! All children who attend must be accompanied by an adult or older teenager.

### **Coffee and Carols**

On Thursday 12th December at 7pm we will host a joint carol singing evening with Summerhill Church. Come along and enjoy singing the traditional carols and have tea/coffee and mincemeat pies afterwards. All are welcome.

### **Advent**

Sunday Services during Advent will be held in the church at 11am. All welcome.

### **Christmas Eve**

6.30 Family Service  
All welcome  
11.15 Watchnight Service  
All welcome

### **Christmas Day**

See church noticeboard for details

# Walking Groups



Trek a Boots first trip in May was to Ballater to do the Seven Bridges walk. The sun was out and it was lovely to sit by the riverside. On the way back, we walked down the river looking over to a fishing lodge that the royals use. We took a detour to add in three more bridges to the walk.

Later in May we went to Stonehaven for a walk around Donnottar woods, which is a very interesting place. We continued over to the castle, then back down to the harbour.

In July we went down to St Cyrus for a short walk along the beach, and it was great to see all the different birds and butterflies - we stopped for a coffee and strawberry tart afterwards.

We started the next walk at Cambus O' May and walked up to the Burn O' Vat centre. While we were sitting having our lunch, the rain started, followed by thunder and lightning. We had to walk three miles through the forest back

to the bus in the rain - wearing waterproofs did not do much good, as everyone got soaked!

September saw us go down to Montrose. The walk starts in Ferryden, which is an old fishing village similar to Fittie. We walked down the estuary to the Lighthouse then along the shoreline to the ruins of Fishtown of Usan. On the way, we had to shift some cattle so we could get through a gate. The Strollers also went on a walk through Ferryden, finding a path that was easier to navigate than the last one.

The next walk we went on was up to Loch Callater, which is past Braemar. We stopped past the Boat Inn for dinner.

Another trip we've taken was down to Lunan Bay for a beach walk. The weather was changeable but it was still lovely.

We took a trip to Inverurie to walk along the banks of the River Don, the Urie Water, and the canal, which was followed by a trip to Ross's Bakery and coffee shop.

We went out to Gartly Moor (near Huntly) for a forest walk. We had our lunch looking out towards Tap O' Noth - it was an incredibly hot day.

The Amblers went down to Lock Lee again when the weather was scorching. The loch was full of families swimming, which looked

incredibly fun. Some of the group wished they could join them. We stopped for a high tea in Laurencekirk afterwards.

Another trip we've taken was out to Forvie nature reserve, where we walked down the coast. There were several different birds to see. The salmon were going up the river, chased by the seals - there were a lot of seals with their pups. The lovely walk along the beach concluded with lunch at the old Kirk.

On our walk around Loch Kinord, some of the group took the chance to visit the Burn O' Vat, a cavern gouged out by ice over 10,000 years ago.

These are only a small selection of the walks the groups do.

We have a new member in the Monday group. When she phoned me she said she had never tried to join anything like this before and was unsure of coming. After her first walk she said she enjoyed the walking and the company.

## **Raymond**

Contact phone No: 783627  
helenandraymond  
@hotmail.co.uk



# Mastrick Boys' Brigade

The 67th Aberdeen (Mastrick) Company has been serving boys and young men in Mastrick since 1955. The Boys' Brigade is part of the youth outreach of Mastrick Parish Church of Scotland, Greenfern Road, Mastrick, Aberdeen, AB16 6TR.

All normal section meetings take place in Mastrick Parish Church Hall on Monday evenings during school term time.

Here is a list of our groups -

## Anchor Section

For Boys Aged 5 – 8 Years  
(Primary 1 - Primary 3)  
Between 6:00 pm and 7:00 pm

## Junior Section

For Boys Aged 8 – 11 Years  
(Primary 4 – Primary 6)  
Between 7:15 pm – 8:45pm

## Discover Company Section

For Boys Aged 11 – 15 Years  
(Primary 7 – Secondary 3)  
Between 7:15pm – 8:45pm

If you are interested in any of the above groups, please come and join us or for further information call 07919 106665 or email [67aberdeenbb@gmail.com](mailto:67aberdeenbb@gmail.com)



# WOOTAH



From left to right: Callum, Marley and last but not least, Helena.

The Wootah kids are making so much progress that they will be grading for their red belts soon. I am so proud of their conduct and behaviour.

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

# Mastrick Senior Citizens **Nineties Party**

On Tuesday 22nd October we held a small party for six of our members that have reached the age of 90 and above.

Our Violet is 93, Gordon and Bill are 92, Jean and Elsie are 91 and Jim's 90! If that's not a reason to celebrate with a party, then what is? Many had also served in WW2 in some way or another. The men were seeing active duty - and maybe women too -but they had eventually been wartime wives and mothers.

We had a lovely tea lovely sandwiches, sausage rolls, biscuits and cake. We also had banners and balloons. Unfortunately the P&J did not attend (as promised) which is why we have no pictures for this article.

The entertainment was by Sounds Familiar, who are old time favourites of our club.



# **Coach Hire**

What in earth has happened to Mairthistle Coach Hire? Gone bust? Lost their licence?

I booked them in August to take our pensioners to the Happy Paint Shop in Mintlaw, so they could do some Christmas shopping, have lunch and have a nice afternoon out for the 12th of November. Plenty of notice - so when I tried to contact them to confirm the booking, the phone number came up saying 'Not Known' - their email was also not recognised.

After some digging with friends, I found out that they were no longer in business! No one told me. It would have been nice if they could have let me know – or were they going to leave fifty pensioners standing out in the cold (possibly rain) waiting for a coach to take them out for a nice afternoon, knowing that it wouldn't turn up?

Thanks to Peace Coach Hire of Banchory for stepping in and making 50 pensioners very happy.

## **Grays Inn – a Grayt Place to Visit**

Hi to all in Mastrick! We had a Grayt Halloween Bash with over 60 fancy dressers! Grayt big thanks to all. Our Halloween Blowups did try to escape off the roof with the strong winds on Sunday morning, but despite Boo landing in the service lane, we think he will be back to scare next year!

Well it's not long till the Big Man comes! Are you all organised? Check out our Facebook page - Grays Inn Mastrick - to keep in touch with our events throughout the festive period, leading up to the big day, including our 12 days of Christmas. Our Christmas Fayre menus are now available - please pop in and pick one up.

Throughout December, we will be having fun events so come along and get in the festive spirit!

On the 12th of December we are holding a Rock 'n' Roll Bingo night for Hazelhead Academy to support their efforts in Rock Challenge - come along and support the kids!

Everyone is feeling the pinch at the moment so if you know of any group, team or any good cause in need of some fundraising, come along and see us.

One of our grayt customers, Billy Fannan, is growing a moustache for Movember -another grayt cause. Feel free to come in and sponsor him or leave a donation.

Have a Grayt Christmas and a Happy New Year!

Bud Sandra and the team at Grays

x



# DISSC TRIUMPHANT AT WISHAW 2013





## Well done to all the members of DISSC who took part at the Wishaw Games 2013

All members of the squad who took home medals were as follows -

### TABLE TENNIS

**Alex Rae and Kara Hendry** took home gold for the 3rd year in a row.

**Lisa Hendry** took home bronze at the first time of asking.

**Ian Urquhart** took home a gold, silver and bronze for athletics, and 2 silver for swimming.

### CARPET BOWLS

**Arlene Deans** - bronze

**Grace McKenzie** - silver

**Sheila Hendry** - gold

**Bryan McKenzie** - gold

**Derek Henderson** - gold at the first time of asking.

**Kerry Cheyne** - bronze at the first time of asking.

**Holly Davidson** - silver at first time of asking.

**Catherine Morrison** - gold

### BOCCIA

**Sammie Dent** - bronze

Well done to everyone who took part from DISSC, all squad members played their part in taking home the team trophy.

Altogether we took home 7 gold, 5 silver and 5 bronze medals. I as Team Manager am very proud of everyone who was part of the DISSC Squad. Also, thanks to our drivers Derek and Doug for getting us there and back home. Well done everyone, and all the best in keeping the trophy next year!



Our Patron, STV's Norman MacLeod wrote -

*"Well it's been another highly successful year for DISSC. The highlight has to be the incredible wins at the Games in Wishaw. The athletes' haul of medals and trophies was phenomenal and everyone involved should be justifiably proud. Nothing feels better than winning in a sporting environment. Well done to everyone. The team effort was amazing! More recently DISSC was the top team at the Fun Olympics at the Beach Ballroom. Perhaps it was just as well I was unable to attend. I think I may have held things back due to my general lack of co-ordination! The latest win was another indication of the growing confidence of DISSC's members, and long may it continue. It caps off a wonderful summer and autumn of achievement. The club should be very proud of its success. Who knows... Next year can only get better! I am honoured to be associated with the club and the incredibly worthwhile work it does. Well done to everyone."*

Alex Rae - Vice Chairperson and Table Tennis Coach -

It's a pleasure to be associated with people from DISSC who go to Wishaw. It's the other coaches who have taught me to pass this onto people at DISSC and go on to win medals and achieve great things. Well done to everyone and I am very proud of you all and also being your Table Tennis coach. It's not just about being a coach - it's also meeting and having new friends.

Catherine Morrison Chairperson and Bryan McKenzie Secretary - We are very proud and excited for the DISSC Squad after winning the Team Trophy at Wishaw. They have excelled themselves in what they have achieved this year. They have brought tears to our eyes and they are who we live for, in what they do and what they can achieve.

**"The team effort was amazing!"**

**Norman MacLeod**



# SCHOOL NEWS

## Muirfield Primary

The PTA at Muirfield Primary School is actively fundraising to help support the children at the school. Our last event was the Christmas Fair, which was held on Saturday 23rd November. Thanks go to all local businesses who kindly donated raffle prizes to us, and special thanks goes to Bud and Sandra from the Grays Inn who donated the selection boxes for Santa's Grotto.

Our next event will be at the end of January and will be a Burn's

Night ceilidh - further details will be announced soon. We will also be holding our next bingo nights in March and May 2014.

Hope you all have a Merry Christmas and see you in the New Year.

Regards,

**Paula McAllister**

PTA Chairperson, Muirfield Primary School

## Fairtrade Community Coffee morning at Muirfield Primary

Starting at 10.30am on the last Tuesday of the month during term time. All welcome!

Calling all retired members of the community with a little time to give - Do you have a skill to offer the younger members of your community? Even a little spare time and patience is welcomed

for paired reading with the early years pupils, helping children learn to tie their laces, ride a bike, grow vegetables in our allotments, and crafts that children might not otherwise learn. There is a wealth of experience in our community that some children would make very good use of - so if you have

the time, energy and patience, please get in touch, we would love to hear from you and value your collaboration in teaching the future generation.

**Call Heather McLeod on 01224 694958, or email [HMcLeod@aberdeencity.gov.uk](mailto:HMcLeod@aberdeencity.gov.uk)**

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## Holy Family

### Latest Reading Bus Initiative in the Mastrick Area

On August 24th, as part of the Fairer Scotland Project, the Reading Bus visited Holy Family School, visiting P1, P2/3, P4 and P5. The pupils listened to songs, poems and stories concerning their class topics of School, Space, Houses & Homes, and Explorers. They particularly enjoyed singing the song Yuri Gagarin, written by the Glaswegian actor Roddy McMillan, to the tune of 'Johnny's So Long at the Fair'.

As Learning Teaching Scotland tells us -

"When Gagarin visited the City of London, he was welcomed with a present representing the City gentleman - a bowler hat and very thin umbrella - which they all wore and carried. But when Gagarin came to Glasgow, ironworkers in one of the foundries created a special medal for him. The song became a colossal hit in Russia."

The song was in honour of the Russian cosmonaut Yuri Gagarin, who became the first man to go into space and orbit the Earth on 12th April 1961.

***Oh dear, Yuri Gagarin,  
He flew tae the moon when it  
looked like a farthing,  
He said tae the boys at the  
moment of parting  
'Ah'm juist gaun away  
for the Fair'***

There was an excellent turn out of parents to share stories and songs from their own cultures of Southern India, Nigeria, Poland and Scotland.



# Revolve Accreditation

## *Local Re-use Organisation Achieves National Quality Standard Accreditation*

Aberdeen Forward is the first re-use organisation in Aberdeen to achieve accreditation for the new Revolve re-use quality standard offered by Zero Waste Scotland. The community based organisation - which actively promotes the re-use of quality goods at competitive prices - has been working towards Revolve accreditation to gain national recognition for their customer focused organisation, and urge more people to consider buying used goods.

Revolve aims to increase re-use by improving professionalism, customer experience and visibility of re-use organisations. A Zero Waste Scotland report reveals that over 70% of people believe that buying reused goods offers good value and is often cheaper than buying new goods. Now that organisations like Aberdeen Forward are adopting industry leading customer service alongside this great value for money, there really is no reason not to get involved and purchase from re-use organisations.

Aberdeen Forward works to minimise landfill around Aberdeen through a number of pro-active initiatives. Their Creative Waste Exchange helps organisations such as oil and gas companies, schools and other businesses divert their office furniture, commercial equipment and other landfill, in order to be more environmentally sustainable. However, the cycle does not end there, and the items are sold

on to various small businesses, third sector organisations and individuals, raising vital funds for the charity's operations. Aside from this project, Aberdeen Forward run various initiatives, including a baby shop - which helps support parents with low cost baby goods - and a 'Roots and Shoots' project which helps get ex-offenders back into work through community garden projects around the city. In addition to this, the charity's HQ serves as a centre for individuals and volunteers to gain experience and get back into the community through various environmentally sustainable activities.

In the 3 months of August, September and October, Aberdeen Forward had an average customer satisfaction rating of 94%. When you take into account the average UK retail organisation aims to have an average customer satisfaction rating of between 65% and 80%, this is a really great result for the Aberdeen based charity! Lynn Smith - Chief Executive at Aberdeen Forward - expanded on this result and had the following to say about the award itself - "We are delighted that Aberdeen Forward has been awarded Revolve accreditation. Since we started working towards gaining the title we have seen a boost in

trade as our customer experience is now at a level which rivals high street shopping. We believe there is a strong market in providing people with a sustainable alternative to new goods, and look forward to building customer confidence in the sector and passing on good practice to other organisations in the re-use sector."

The programme is backed by around £650,000 of investment in the re-use sector in 2012-13 designed to drive various improvements, including the provision of a national re-use phone line, which is 0800 0665 820, to make it easier for people to donate goods to re-use and find their local re-use outlet. Iain Gulland, Director of Zero Waste Scotland said - "The overall aim of Revolve is to lead and develop a change in Scotland's re-use organisations, giving them the advice, training and support to develop a business model which provides customers with an experience that is comparable to commercial shops on the high street. We essentially want to increase the appeal of re-use, develop a sector of customer focussed organisations selling high quality products, and increase shoppers' confidence in buying previously-owned goods."



# MS Society

## Stuart Resource Centre

The Stuart Resource Centre is part of the MS Society - the largest UK Charity dedicated to helping those affected by Multiple Sclerosis, and to funding research into a cure for it. The SRC itself is open Monday to Friday, offering classes and sessions to those affected by MS. These range from physiotherapy and social classes, to art. Besides these sessions, we hold a variety of events, open to anyone and

everyone in the local community. We held our first Fun Day this summer, which saw a great turn out from the local community! We also offer grants, support and information for anyone and everyone affected by MS. We hold fundraising events to carry on the work of the charity. We are also in the process of being able to rent out our space to other local groups and organizations.

**Thomas Newman**  
Centre Coordinator | MS Society  
Scotland | 01224 692777  
Stuart Resource Centre, Long  
Walk Road, Aberdeen



### Centre Activities – Weekly Timetable

Activities may be subject to change so please always contact the Stuart Resource Centre in advance of your attendance to check on 01224 692777. As all of these activities are funded by the Aberdeen Branch we are keen to ensure they are used fully so if you fancy coming along please do so.

#### **Monday 10.30am - 11.30am Keep fit with Lorna**

*A gentle exercise class suitable for all levels with a qualified physiotherapist - can be done sitting or standing. This is a popular session so please get in touch in advance to let us know if you are coming.*

#### **Monday 13.30pm - 15.30pm Crafts Session**

*If you like all things creative, then this is the session for you! Make cards, jewellery, bags, accessories and more in a welcoming social environment*

#### **Tuesday 10.30am - 11.30am Keep fit with Lorna**

*Same as Monday's session. This is a popular session so please get in touch in advance to let us know if you are coming.*

*There are also counsellor appointments available in the evening.*

#### **Wednesday 12.30pm - 15.30pm Art class with Jo**

*Come along to our class where you can receive input, guidance and ideas from our instructor. A friendly class with outings arranged to local*

*exhibitions. Open to all - complete beginners welcome. Visit Jo's website to see some of her excellent work at either [www.joannahowarth.co.uk](http://www.joannahowarth.co.uk), or [www.shadowandlights.org](http://www.shadowandlights.org).*

#### **Thursday 10.30am - 11.30am Tai Chi with Brian**

*If you have always fancied trying Tai Chi, then come along to our session. All levels of ability can attend this popular class.*

#### **Thursday 13.30pm - 15.30pm Social Group**

*Come along and socialise with others in a friendly, welcoming environment. Chat to others, play games and more. Activities vary on the groups' needs. Sometimes we have speakers, entertainment and the like. We might even be able to stretch to a cuppa and a biscuit, if you're lucky.*

#### **Friday 10.30am - 11.30am Yoga with Sheila**

*A fairly new addition to our new activities timetable. If you would like to try this session, we still have spaces so get in touch and come along. As with all our sessions, we cater for all levels of ability.*





## Coping With Rising Energy Costs This Winter

*The chill in the air and the nights closing in announce the start of winter, and with it the need to heat our homes.*

With ever-mounting energy costs and a budget already tightened due to the rising costs of living - and in some cases, reduced benefits - this can lead to the dreaded "Heat or Eat" debate.

Energy costs can be managed by taking steps such as switching from taking a bath to a shower. However the measures that will have the biggest impact include switching your energy tariff, improving your energy system and insulating your home. This is where SCARF - a partner of the Cash in Your Pocket Partnership - can help. As well as giving advice on how to change fuel suppliers, they provide information on government's schemes that are available to qualifying households.

Funded by the Fairer Scotland Fund, CIYPP seeks to improve awareness of the help available within the regeneration areas. It offers a free referral service to make it simple for you to access help in times of need, such as when you are faced with high energy bills, or have had your benefits reviewed. We partner with more than 90 organisations, and work with the regeneration forum and community-based organisations in Seaton to identify local needs.

If you're struggling with your energy bills or are facing any other financial difficulty, pick up a Cash in Your Pocket Partnership leaflet at your GP surgery, from your community centre or health visitors, or fill in a self-referral at [www.ciypp.co.uk](http://www.ciypp.co.uk).

## Silver City Surfers

### Free Computer and Internet Tuition

Silver City Surfers help over 55s learn basic computer skills, and help people connect to friends and family through the internet.

Our friendly and experienced volunteer tutors help people get the best out of their laptops or tablets, and advice on how to surf the internet with one-to-one tutoring sessions every Monday at 11am - 1pm. They would like to help you too!

You will find us at:

**The STAR flat,  
14A Seaton Drive  
Aberdeen**

## PLACES AVAILABLE FOR FREE MUSIC JOURNALISM TRAINING

As part of running the local music website 57° North, we are offering music journalism training sessions and are now filling up places for January, February and March.

The 4-week course is designed for anyone who lives in Aberdeen and has an interest in writing about music. We'll teach you all the skills - from research, writing and networking to radio broadcasting and podcasting.

Even better, the course is FREE. All you have to do to sign up is to email [stevie@shmu.org.uk](mailto:stevie@shmu.org.uk) and ask for an application form. So far, we've run 4-week blocks in November and December at Seventeen on Belmont Street. We'll be confirming

location, dates and times for the January, February and March classes soon.

The course is designed to be fun and informative and is delivered with plenty of lively discussions and room for lots of opinions. Our course leader is Stevie Kearney, who has been a music journalist and radio broadcaster since 2007, writing and podcasting as the New Music Correspondent for The Scotsman for four years. Our other tutor is John Anderson, who used to run famous Aberdeen music/arts site The Kiosque and now works with Stevie on 57° North. So if you're keen on music journalism, get in touch.

## NOW RECRUITING - POSITIVE TRANSITIONS 17

Start Date - Jan 2014 (exact date TBC)

Positive Transitions offers a 12-week training course for those aged 16-19 living in Aberdeen City who are not in education, employment or training. Young people can be referred by a partner service or agency, a family member or they can contact shmu themselves.

This programme encompasses a range of digital media modules which have been developed by shmu - these modules are used not only to engage young people in a dynamic and different way but also to build employability skills such as communication, research, team work and confidence building.

The employability module follows the SQA in Employability with evidence coming from both digital media and employability modules. Trainees completing the 12-week course will achieve their SQA.

Young people will be actively job searching throughout the course and should a trainee be successful in gaining employment before the 12-week course is complete then they, of course, leave the course at that time to begin work. Equally, should they still be looking for work at the end of the 12-week period, we will offer ongoing support to find employment.

All referral enquiries to Michelle Trail, on 01224 515 013 or [michelle@shmu.org.uk](mailto:michelle@shmu.org.uk)

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





# gingerbread recipe

## INGREDIENTS

350g/12oz plain flour,  
plus extra for rolling out  
1 tsp bicarbonate of soda  
2 tsp ground ginger  
1 tsp ground cinnamon  
125g/4½oz butter  
175g/6oz light soft brown sugar  
1 free-range egg  
4 tbsp golden syrup  
To decorate  
Writing icing  
Cake decorations

## PREPARATION METHOD

Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.

Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in clingfilm and leave to chill in the fridge for 15 minutes.

Preheat the oven to 180C/350F/Gas 4. Line two baking trays with greaseproof paper.

Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them. For decorations, use a skewer to make a small hole in the top of each biscuit.

Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.

## christmas quiz

1. What's the name of the period leading up to Christmas?
2. How many Wise Men brought gifts to Jesus?
3. How does Good King Wenceslas like his pizzas?
4. Who brings presents to children in Holland on the 5th/6th December?
5. In what town was Jesus born?
6. How many presents were given in total in the 12 Days of Christmas?
7. In what decade was the first Christmas card sent in the UK?
8. How many of Rudolph's eight companions names start with 'D'?
9. What country did Christmas Trees originate from?
10. What's the second line of "I'm Dreaming of a White Christmas"?
12. What was Joseph's job?
13. Who were first people to visit the baby Jesus?
14. What's lucky to find in your Christmas pudding?
15. What Angel visited Mary?
16. Where did the baby Jesus sleep?

1 - Advent 2 - More than one - the Bible doesn't say how many! 3 - Deep pan, crisp and even! 4 - St. Nicholas 5 - Bethlehem. 6 - 364. 7. 1840s - 1843, by Sir Henry Cole. 8 - Three - Dasher, Dancer and Donner. 9 - Germany - it was Latvia but it was part of Ger- man then! 11 - "Just like the ones I used to know" 12 - Carpenter. 13 - Shepherds. 14 - A sixpence. 15 - Gabriel. 16 - In a manger



# COMMUNITY CONTACTS

## Alcohol

Alcoholics Anonymous **0845 769 7555**  
Drinkline **0800 917 8282**

## Benefits

Benefits Agency Advice Line **0800 587 9135**

## Crime

Crimestoppers **0800 555 111**

## Drugs

FRANK – National Helpline **0800 776 600**

## Dentist

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

## Doctors

NHS 24 Emergency **08454 242 424**

## Electricity

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

## Family Planning

Square 13, Support & Advice **01224 642 711**

## Gas

Gas Emergency **0800 111 999**  
Gas Emergency with a Meter **0845 606 6766**

## Housing

Emergency Repairs **01224 480 281**  
Call Centre Emergency **0845 608 0929**

## Police

Non-Emergency **101**

## Samaritans

Need to talk **01224 574 488**

## Social Work

Social Work Duty Team **01224 522055**  
Emergency Out-Of-Hours **01224 693 936**

## Young Carers

Support & Information Service **01224 625 009**

## Water

Scottish Water Emergency **0845 600 8855**

## Alkohol

Anonimowi Alkoholicy **0845 769 7555**  
Problemy z alkoholem **0800 917 8282**

## Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

## Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

## Narkotyki

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

## Dentysta

Nagle wypadki **01224 558 140**

## Lekarze

Nagle wypadki **08454 242 424**

## Elektryczność

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

## Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

## Gaz

Nagle wypadki **0800 111 999**  
Nagle wypadki w związku z licznikiem **0845 606 6766**

## Pomoc mieszkaniowa

Nagle naprawy **01224 480 281**  
Centrum pomocy **0845 608 0929**

## Policja

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

## Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

## Praca społeczna

Dyżur pracowników społecznych **01224 765 220**  
Nagle wypadki poza godzinami pracy biura **01224 639 936**

## Pomoc w karierze

Wsparcie i informacje **01224 625 009**

## Woda

Nagle wypadki **0845 600 8855**