

mastrick Matters

Winter 2018

In this issue:

BOOGIE IN THE BAR
MASTRICK COMMUNITY
CENTRE
DISSC OLYMPIC SUCCESS

www.shmu.org.uk/press



contents

ST Clement's Church	3
Money Page	4
Aberdeen Climate Week	5
John's Page	6
Friendship Group	7
DISSC	8
Healthy Start	10
Mastric Parish Church	11
Walking Groups	12
Police Scotland	13
shmu	14
Quiz Page	15

Photo credit: Andy Brown



editorial

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

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

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

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

happy reading.

The dates for the Spring 2019 edition of the magazine have not been confirmed yet. All our meetings take place at Mastrick Community Centre on a Tuesday morning at 10:30am. They are open to all so please come along and say hi!

We're also planning on working on a story looking at access in the community and we're looking for residents to get involved. If you, or someone you know, has issues getting about in the area or accessing services please get in touch. We want to have a wide range of views in the article so if you have an experience you would like to share then we would love to hear from you.

Supported by



st clement's Church

Two years! A reflection.

If a week is a long time in politics, as the saying goes, then two years in ministry in Mastrick seems like no more than a few days, a mere moment, or a 'twinkling of an eye' as St Paul rather poetically stated in his letter to the people of Corinth. I moved to Mastrick to commence my ministry at St Clement's Scottish Episcopal Church on 2nd October 2016. I thought it would be timely to have a wee reflection of these two years living and working in Mastrick.

Well, firstly, I was and continue to be made welcome by people I meet; by my neighbours, by folk I meet as I walk Jep (my dog), and in the shops and pubs I go into. When people see me walking along, dog collar and all (on me and on Jep), it doesn't cause people to body swerve out of the way. In fact, almost the opposite. Many people have been quite happy to talk about God and faith. I love the random conversations on the streets, and these fill me with joy and hope for our community. I look forward to many more such conversations, so please do stop me for a chat. My experience in this community is that, almost without exception, people look out for each other, care for their friends and neighbours, and have a concern for the wider world. And that is so important. At a time when it is so easy to stare at a phone screen,

a computer or TV, we can easily but maybe unintentionally isolate ourselves from others and not pay attention to what is going on around us and to people in our community.

I have really appreciated the friendship, support and encouragement received from the ministers of other churches in the area. There is so much that binds us together, in our faith and desire to serve our community, and we work well together as the Chaplaincy Team at Northfield Academy.

I have loved supporting a Bible Club at Muirfield Primary School, which is held most Tuesday lunchtimes for P1 to P3 children. The children are very good at listening to a Bible story and then work hard with colouring in some pictures. The conversations around the tables are wonderful. The Bible Club is only possible by the voluntary efforts of a Pupil Support Assistant in the school, and I am so grateful for that support.

I have loved getting to know the members of St Clement's congregation, and worshipping with them. Recently we have started a craft group (meets at 6.30 pm on Wednesdays in our church hall) and a Film Group (meets on 2nd & 4th Tuesdays each month at 10.30 am in the church house) to watch and discuss a wide range of films. You don't need to be a member of

the congregation to attend these groups, so if you want to join in please just come along.

We have run a free Lunch Club during school holidays to support local families by providing a hot meal and some activities for Primary School age children. The congregation have actively supported this and worked hard to support our local community in this way.

I am glad to say that the last two years have sped by. It has been an enjoyable time, and together with the congregation we have started quite a few new things to support and benefit our community. We have also grown together as a faith community and enjoy our times together in worship. As our successful 'Invitation Sunday' on 2nd September proved, there are people who are interested in what's going on inside our church, and just needed a friendly invite to come along and experience our Sunday service. Mind you, if you are interested yourself, there is no need to wait for our next Invitation Service; please know you are welcome anytime.

Nick Bowry
Curate, St Clement's Scottish Episcopal Church, Mastrick Drive.



Grampian Credit Union

Best wishes for Autumn to everyone in Mastrick!

Great news - Grampian Credit Union is available for anyone living or working in Mastrick. The Credit Union offers adult, Christmas and Junior savings accounts, which are safe and easy to access. Loans are fair and affordable from £200 to £5,000 - repaid from 6 months to 36 months. We can help you pay for holidays, home improvements, car, Christmas or family event.

If you live in Mastrick, you are welcome to join Grampian Credit Union - details of savings and loans services are on our website: www.grampiancreditunion.co.uk and our office is now at 250 Union Street, Aberdeen AB10 1TN, tel 01224 561506.

We help local people have safe accessible savings and fair affordable loans. Our Christmas savings accounts help you have money available when you need it most. Good money management can help you have enough for the good times, and funds available to fall back on when things need sorting out.

CASH IN YOUR POCKET IN MASTRICK!

Cash in Your Pocket spent a morning at Mastrick Community Centre at the end of August along with an advisor from Scarf's Home Energy Advice Team – just in time for people to get some advice about keeping warm and reducing energy bills as we head into autumn.

We spoke to over 20 people and dealt with enquiries not just about heating but also for example the Care and Repair Dementia Service for people with dementia and their families, benefit enquiries, and the Homecheck service provided by Aberdeen City Council.

You may have heard about Universal Credit (UC) and wondered what it is. UC is a new benefit which applies to people of working age (16 -64). It will replace 6 existing benefits: Housing Benefit, Income based Jobseekers Allowance, Income Support, Income Related Employment Support Allowance, Child Tax Credits and Working Tax Credits.

Some people in the North East are already receiving UC but it is due to be rolled out fully in Aberdeen for all new claims from 31st October 2018. If you are already claiming

at least one of the benefits being replaced, the Department for Work and Pensions will contact you to let you know when you need to apply for UC instead.

There are several important changes about how you claim and receive UC, compared to the benefits it is replacing. If you need help to understand how these changes may affect you or how to go about claiming, Cash in Your Pocket (CIYP) can put you in touch with services and organisations who can help you.

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

If you missed us at the Community Centre and would still like help and information you can contact Cash in Your Pocket on our Freephone number 0800 950 4330, follow us on Facebook or look at our website www.ciyp.co.uk.

NESCU DORMANT ACCOUNTS

North East Scotland Credit Union (NESCU) went into administration earlier this year which meant the majority their members who had saved and borrowed with them were contacted and advised on what steps to take next.

However, the credit union had some members who had, for different reasons, moved address and not informed them, stopped saving or had forgotten about junior accounts which meant they were not contacted when the organisation went into administration.

These members were not contacted because staff and volunteers at

NESCU did not want to send out notice of a payment to an unconfirmed address. However, they still have a record of what is due to any member who has not claimed their savings back from them.

If you think this might apply to you, they would like you to get in touch and they will advise on the next steps. You can email info@nescu.co.uk or call 01224 899688.

They would also like to advise any members who had taken out a loan with NESCU that they must keep making payments on it as the administrators are still dealing with them.



ABERDEEN CLIMATE WEEK

Climate Week North East is a full week of fun, inspiring and interesting events, running between 15th- 24th March 2019, designed to raise awareness of climate change but, more importantly, show what we can all do to make a difference and reduce our carbon footprint in a fun way. The events provide knowledge and inspiration for everyone to take small (and big) steps in the fight against climate change starting with the free Green Family Fun Day in Hazlehead Park on Saturday 16th March and culminating with Earth Day at Aberdeen Science Centre on Sunday 24th March. From tours of community renewable projects, cooking demonstrations to guided ranger walks and bike rides, films, plays, and talks, Climate Week North East is designed to showcase the inspiring action happening here in the North East and demonstrate what each of us can do to help.

We want to showcase the wonderful projects going on in your

community, be it a zero waste café, school growing project, reuse and upcycling initiative or any other carbon reducing, living sustainably project. We want to enable you to tell your story and inspire others to make a difference in their life.

As Alison Stuart, Aberdeen Climate Action, said: "There are so many amazing sustainability projects going on here in the north east and it is community action driving them. Climate Week is a fantastic opportunity to showcase those projects, gain recognition for the wonderful work they do and inspire others to create their own projects, help in the existing ones or simply make a change in the way they live their lives.

"All of us can do something to help reduce climate change. It is easy to take small steps that all build into making a big difference (and save us money). These steps can be as small as changing your home power supply to renewable, growing

your own veg and eating less meat, reusing and recycling, using your car less and getting a hybrid or electric car to starting up your own community project or company with the reduction of carbon emissions as an outcome. There are lots we all can do. "

Put a note in your diary for CWNE and come along to the fun and inspiring events. The full programme of events will be uploaded at <https://www.climateweekaberdeen.org/programme.html> or found on CWNE at Facebook. If you would like to sign up to do an event during climate week then please contact Alison Stuart, alison@aberdeencimateweek.org.

If you are interested in climate change and what you can do to make a difference then come along to our free monthly Climate Café, the first Tuesday of each month, in Tempo Café between 7-9pm. For full details check out Aberdeen Climate Action Facebook

I addressed this to some degree at one body that covers all bodies which have made me feel the way I've felt towards moving away from you sensing the sensitive aspect of a searching life & death sentence rather than just another wondering mind word search

Likemindedly I don't feel nearly so much shame to know less a veil of being diagnosed as an advanced form of holding me back to front giving and getting on and off my backside a bit now and then helping myself and others hopefully with a problem of mass overpopulation predominantly as you undercurrently giving and taking my life through a death curse faze the music to my earsay while having to live poles apart of the disorder others would feel as 'normal' feeling rather ashamed at times with the way things are observing constant reminders of having been and still being associated with such a disorganised over funded sham as our own self ruin would seem to be imminently and eminently plausible and yet still pliable by all accounts and standards of changing ways to make you appear like me if my opinion counts for anything and so could you please stop pestering me and others for money as apparently having such terrible conditions as us to deal with it's also felt necessary to pay for the privilege to start continually amassing whatever's amassed to spend willy nilly on what I've felt might be better spent for and by people who make the effort to see that the funding does not fail and fall into the wrong hands of people who might squander needlessly whilst truly believing they've moved on while

falling far short and further into despair and disrepair hardly imagining the frustration of someone close to coping with my peers pressure who don't appear to have focused whilst peering the way I focus my individual eye attentions as if preparing myself for you and other people like me who would share your hopes and fears of and for those people unable to understand just how individualistic we are and can be where and when prepared to accept the genetic change I'm desperate to show off of others who've been hidden away from me as forms of me I've yet to see and experience so you don't have to think of taking advantage of my simple complexities as I've denied my God complex as much as accepting yours will allow us all developmentally as a developing species to develop a sense of not only humour but an ability to be sensible about all aspects of being the unique specimens and speciwomens role models we're supposed to realise for ourselves as more and less of a genetic disorder.

Yours sincerely as ever a dismembered member of the mile highly mild mannered high and low club footing the bill others have tallied up and down tallywhacker or henpecker head cocked style perhaps thinking as if stylised not to be idolised?



MASTRICK FRIENDSHIP GROUP



What do you do on a Tuesday afternoon? Come along to Mastrick Community Centre and join the Friendship Club. We meet on a Tuesday from 1:45 to 3:30pm and the admission charge is only £2.

We have something different every Tuesday including entertainers, bingo and we organise outings, chipper lunches and a Christmas lunch. We are a friendly club and you

could make new friends or just have a chat. We also have a minibus so if you need it will collect you and take you home for £2.

We started the club just over a year ago after the Pensioners Group was disbanded. We have a management committee who organise entertainers and outings for us. We have had a good response from our club so far and hopefully this will go from strength to strength!

If you would like more information please call 01224 788288 and speak to Pam or come along and find out for yourselves what we are all about.

We hope to see you soon!

Mastrick Community Centre - Chair-based exercise funding

All of us here at Mastrick Community Centre are delighted to announce that we have been awarded a grant of £5117 from the National Lottery Awards for All. We plan to set up a chair-based exercise class for all adults (inclusive to all capabilities) that will help to reduce social isolation and improve the mental and physical wellbeing of those that attend. We are excited to get the project up and running and are aiming for starting later in the year.

Further information will be available nearer the time. We are thankful to the National Lottery for our success in applying and cannot wait to get started in further benefitting our community.

Disssc Members Do Well For Grampian At The Special Olympics

Special Olympics 40Th Aniversary Games - Stirling 2018

Thursday 13th August 2018 saw Special Olympics, Grampian Table Tennis Squad off on yet another adventure, this time to Stirling to compete in the Special Olympics 40th Anniversary Games. The team consisted of four players, Eveline Johnston, Kara Rae, Michael Finnie, Alexander Rae and their coach, George Keith. The event started on the Friday morning with a "Top Table" play to assess which ability groups the players would play in for the medal events.

Alex Rae started off as the player to beat, playing on table number one. After an hour of playing Alex ended up playing between tables three and four. This meant that he would be in Section Two for the main event, it also meant an improvement for Alex as in previous games he had been playing in either Sections Three or Four.

In this section Alex had to play against four other players. Alex won the section, beating three of his rivals and winning the gold medal.

Michael Finnie started off playing on table number seven and ended up playing between tables five and six which meant he would be in Section 3 for the main event. This also meant an improvement for Michael. In the main event Michael ended up in third place which earned him the bronze medal.

Eveline Johnston started play on table number one and after an hour of play was still there unbeaten: not bad for a woman who will be 70 years old on her next birthday. This meant that she would compete in

Section Three for the main event. In the main event Eveline ended up in second place which earned her the silver medal, just losing out to her old rival Lisa Bradley from Scotland West.

Kara Rae started off playing on table number five and after an hour of play finished on table three. This meant she was would be in Section 2 for the main competition. In the main event Kara ended up in second place which earned her the silver medal, after beating Jenny Turner in a five-set thriller and the winner was Annelies Gent from Belgium.

In both the same sex doubles and mixed doubles, the player in the lower section has to play in the higher of his or her partner.

Our Men's Doubles pairing of Alex and Michael played in Section Two for their doubles event and after three hard fought matches came second, which earned them the silver medal.

In the Ladies' Doubles event Kara and Eveline were placed in Section One, the strongest female section where they won the Bronze Medal. In this event our girls faced the four strongest female players in the tournament.

The Mixed Doubles saw our pairings of Kara and Alex and Eveline and Michael drawn in the same section, Section Two. This section of four teams also had two teams from West Midlands in it. In the end we saw Kara and Alex

collect silver medals and Eveline and Michael received fourth place ribbons.

Over the three days, Grampian had four players who competed in seven events and gained in all of the seven sections. All four players were placed in higher sections than in previous Special Olympics events including the British Championship events in Crewe. At this point I would like to say well done to the players for all the hard work they have put in to reach their current level of play.

Since the first Grampian team took part in Special Olympics Summer Games in Cardiff in 2001 every squad has gained medals, also over the 17 years since, every member in these squads has been awarded medals.

The players often say that this is down to the coach, but I feel that the credit is due to the players. They are the ones who have the ability to perform on the day. So, keep up the good work in the future. For myself I have enjoyed many happy hours working with the players over those years, having been involved with both Special Olympics and Disability Sports Scotland since the 1970s. Its been a great rollercoaster ride for me and I can only hope for the same to those who follow me in Special Olympics.

Thank you all
Yours in Sport
George Keith
Table Tennis Coach.
Thanks to George Keith
for the story



MEDAL TABLE

MALE SINGLES:
Alex Rae : Gold Medal : Class 2

MALE SINGLES:
Michael Finnie : Bronze Medal : Class 3

FEMALE SINGLES:
Kara Rae : Silver Medal : Class 2

FEMALE SINGLES:
Eveline Johnston : Silver Medal : Class 3

MENS DOUBLES:
Alex Rae/Michael Finnie : Silver Medal : Class 2

FEMALE DOUBLES:
Kara Rae/Eveline Johnston : Bronze Medal : Class 1

MIXED DOUBLES:
Alex Rae / Kara Rae : Silver Medal : Class 2

MIXED DOUBLES:
Eveline Johnstone/Michael Finnie : 4th Ribbon : Class 2

TOTAL MEDALS: 1 Gold, 6 Silver, 3 Bronze
and 2 x 4th Place Ribbons.



Update from Grampian Women's Aid

Grampian Women's Aid meets 'Women's Aid in Scotland National Service Standards'

After a rigorous assessment process, we're excited to announce that Grampian Women's Aid has met all five of the 'Women's Aid in Scotland National Service Standards.'

Over the past 40 years, we've developed our in-depth and specialist understanding of domestic abuse and its impact on women, children and young people, and are delighted that our expertise, service delivery and highly skilled staff have been officially recognised.

We're proud to be affiliated with Scottish Women's Aid and will continue working closely with the Women's Aid network to eradicate domestic abuse.

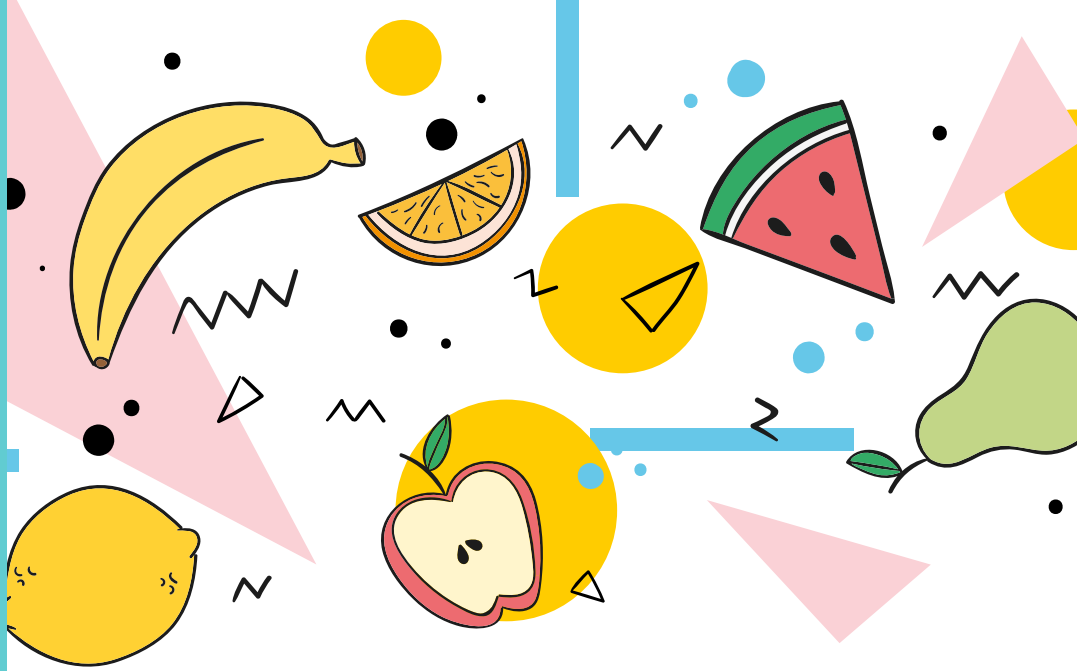
Domestic Abuse (Scotland) Act Training

Scottish Women's Aid will host and co-ordinate a project to train the trainers to build the capacity of the Women's Aid network to offer local training on the Domestic Abuse (Scotland) Act. This reinforces and supports our role as the local and national experts on coercive control.

The key outcome is that women, children and young people receive good quality services from key agencies that respond to domestic abuse and that survivors live in communities that hold perpetrators responsible for domestic abuse while desisting from victim blaming.

We're delighted that Grampian Women's Aid has been selected as the official lead trainer provider on the Domestic Abuse (Scotland) Act for the Grampian and the Highlands area.

Contact Us
Call 01224 593381 or email info@grampianwomensaid.com
You can find information on our website www.grampianwomensaid.com and follow us on Facebook (GrampianWomensAid) and Twitter (@GWomensAid)



GIVE YOUR FAMILY A HEALTHY START!

Healthy Start is a UK wide scheme that provides pregnant women and children under 4 in low income families who receive certain benefits an opportunity to access vitamins* and vouchers that assist to buy cow's milk, fresh or frozen fruit and vegetables, and first stage infant formula.

NHS Grampian Health Improvement Team are currently working hard to increase the uptake of the Healthy Start Voucher Scheme. Public Health are working hard with midwives, health visitors and any other person or establishment that work with pregnant mothers or families with children under the age of four years to encourage them to claim for Healthy Start.

To qualify for Healthy Start you must be pregnant or have children under 4 years of age and in receipt of the following benefits:

- Income support OR
- Income-based Jobseeker's allowance OR
- Income related Employment and

- Support Allowance OR
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take hoe pay of £408 or less per month)

If you are under 18 and pregnant, even if you do not receive the above benefits, you qualify for Healthy Start.

You can pick up your Healthy Start forms from your local GP surgery, the Department for Work and Pension, or you can download and print the form from www.nhsgrampian.org/healthy-start and send to the freepost address advertised on the NHSG page. Your form must be countersigned by a midwife or health visitor or practice nurse prior to sending.

For more information and to check whether you qualify for Healthy Start please visit our local Healthy Start page at www.nhsgrampian.org/healthy-start

*every pregnant mum in Grampian is entitled to free vitamins throughout their pregnancy

Mastrick Parish Church

Now that we're well in to autumn, regular church activities have all started up again, and already we're looking ahead to Christmas!

Car boot sales on the last Saturday of the month are proving popular for both sellers and shoppers alike, with teas/coffees and a raffle also on offer. Alongside the Car Boot Sale on 24 November, we are holding a Christmas Craft Fayre - tables for both can be booked by contacting Linda Barron, 01224 681164.

Thanks to community support at the Participatory Budgeting U Decide funding round we now have a new kitchen adjacent to the Pearl Cowie Room, and are looking to open a community café

on Wednesdays, serving tea, toast, soup, sandwiches, home bakes etc. As part of our outreach in the parish we want to provide a place where people can sit down for a chat, have something to eat and drink in a welcoming, caring environment. We hope to open sometime in November - details will be on the church noticeboard so please pop in for your lunch and say hello one Wednesday!

The James Tyrrell Centre continues to be a busy thriving place with lots going on – manicures, hand and feet massages, a visit from Therapets when members enjoyed meeting the dogs and making a fuss of them, and occasional concerts.

As always, we would welcome anyone who would like to spend some time at the Centre with our members – please contact the James Tyrrell Centre on 01224 692004 where Jane or Sandra would be happy to talk with you.

Sundays in December mark Advent, and our preparations to celebrate the birth of Jesus, culminating in our family Christingle Service on Christmas Eve – details of these and all our events will be on the noticeboard and on our Facebook page.

Please accept our invitation to join us on Sundays and at any of our events – you will find a caring, friendly welcome for everyone!

POP UP CAFÉ AND PLAY SESSIONS at Mastrick Parish Church

An open door, time for chat, play, messy activities & craft and time to meet new people - Pop Up Café and Play Sessions are an important part of outreach to our community, where we give everyone a warm welcome and a cuppa.

Parents, grandparents, carers and childminders come along with their pre-school children to enjoy free play with our great selection of toys - and for families and volunteers alike, one of the best bits is the large hall which gives children the freedom to run around, make a noise and let off steam!

Families say the sessions offer a safe space for children to play, to interact and mix with others, to gain in confidence and to develop skills in communication, compassion and sharing: for adults they are a place to meet and chat.

There are all kinds of toys for everyone up to school-age – push-along toys, tents and tunnels, dressing up stuff, building bricks of all sizes for all ages, toys that move and make lots of noise, puzzles and shape sorting boxes. We always encourage messy play - with sticky hands, paint, glue or the ever-popular play dough, always very popular with children and a great way for them to explore texture.

Snack time is great fun - the children sit on rugs on the floor and enjoy a plate of healthy snacks and juice, while listening to a story, sometimes joining in, and this has become popular. We always end with singing - Wheels on the Bus, Head Shoulders Knees and Toes, Wind the Bobbin Up, the Grand Old Duke of York, and any songs the children ask for.... if we can remember the words!

Pop-Up Cafés take place each Thursday during school terms, from 1 – 2.30pm in the Church Hall. Please share this information with family, friends and neighbours and encourage them to come along – our door is open and all are welcome!

Boogie in the Bar

Boogie in the Bar takes place in Sunnybank F.C. Social Club on the first Friday of every month from 12.30 to 3.30pm.

Boogies are fun daytime discos for those who love to dance, sing along or just listen to music and are dementia friendly. They are free and a light lunch is provided. The bar is open for participants to purchase both alcoholic and non-alcoholic drinks.

Around 50 people from the nearby care homes and local residents regularly attend and enjoy music from Jimmy Shand, Elvis, The Beatles to Status Quo. Requests are very welcome.

Why not come along and relive your youth to your favourite sounds.

Dates of the next few are events: Friday 2nd November and Friday 7th December.

Quote from a participant at the last Boogie - "Thanks for inviting us. We never get invited anywhere. I've had the best day ever."

To ensure there are many more Boogies we need volunteers to help serve the food and generally ensure the participants have a great time.

If you can help please come along to the next one or contact Wilma at Cummings Park Centre on 01224 694060 or Darren on 07584601073.



MASTRICK WALKING GROUPS

The Monday and Friday groups had joint walks. The first was to Corrie Fee in Glen Doll and the walk took us along the side of the White Water then up the Corrie Fee Trail which is short but has a few inclines, this took us out at the edge of the Glen Doll forest.

Corrie Fee is a natural amphitheatre formed by glaciers during the last ice age. There are rare Arctic - Alpine plants that thrive here, the view inside the plateau is beautiful the way it has been for thousands of years so it is well worth the climb to see it.

The other joint walk took us down to Loch Lee which is in Glen Esk. A short walk to the loch took us past the ruins of Invermark Castle which dates back to 1526 and was built to guard the Mounth Road from the Deeside. Further on is the ruin Kirk of St Drostan built in the 16th Century and this is on the site of the first Kirk built in the 7th Century.

The walk was along the side of the loch and the sun was out and made the loch glitter. We had our lunch at

the end of the loch and could hear thunder in the hills all around us as we sat in the sunshine.

On the way back it started to rain but we had a lovely day in spite of the rain.

The Monday group went to Finzean to walk in the Woods of Easter Clune. The walk starts at the coffee shop then goes past the church and over a bridge at the Water of the Feugh.

It was lovely walk through the woods which took us near the top of Cramlet Hill where we had our lunch, the views were beautiful all around us.

It was down the track back to the coffee shop for a "fine piece."

If you are interested in joining one of the groups phone 01224 783627 or email helenandraymond@hotmail.co.uk

You can see all of our photos on "Mastrick Walking Group" Facebook.



Police Scotland: Operation Armour 2018

Operation Armour has seen 60 people charged and 70 vehicles seized as part of this year's initiative in Aberdeen City.

Operation Armour, which was formerly known as Operation Trinity, was run in Aberdeen from 10 May until 31 August 2018 and aimed to tackle the theft of motorbikes and tackle those who cause a nuisance in their communities by riding motorcycles illegally or in a dangerous way.

During the course of the operation 60 people were charged and 70 vehicles, (66 motorbikes and 4 cars), were seized. During the period of the operation, the team carried out proactive patrols and responded to incidents in the Mastrick area which resulted in motorcycles being seized.

Inspector Jon Millar, of the Mastrick Community Policing Team, said: "This year is the tenth year that the operation has taken place and looked to address concerns raised by

local communities across the city about the anti-social use of motorbikes and the negative behaviour associated with it.

"From the start of the operation to the end this year we have seen a 65% reduction in calls made to police in relation to these types of incidents. As you would expect, the more bikes we seize, the less incidents there are to report, so removing bikes, as well as charging offenders, does have a big impact on the issue.

"We know that antisocial motorbike crime, if not tackled, can lead to incidents of dangerous driving which endangers the public. Those who would flout the law by driving carelessly or dangerously without a licence, MOT or insurance present a danger to the wider public and the message to those individuals is clear. If you engage in this activity, the local community will continue to report you and we will take action to report offenders to the court and take steps to seize the motorbike involved."

Sergeant Craig Murray from Operation Armour said, "During the operation whilst Armour officers were on foot patrol in the Mastrick area, they saw a motorcycle being driven anti-socially on the roads of Mastrick. Through teamwork and reporting from the public, shortly after that motorcycle was seen, it was seized by the Armour team and a male charged with Road Traffic offences before he appeared at court.

"I would like to thank the public who reported information to us over the course of the summer. This assisted in the seizure of several vehicles and to persons involved being charged for offences and reported to the Procurator Fiscal."

Inspector Millar added: "Although the operation has officially finished, local community officers will still investigate any reported incidents of antisocial motorbike use and I would urge the public to call Police Scotland on 101."



Fundraiser for new shmuHQ

Station House Media Unit (shmu) are in the midst of fundraising to kit out our new building in Woodside. We held our first fundraising event in Northfield on Friday the 27th of July in the Lord Byron Pub. We managed to sell out the event and raised an amazing £518 through ticket sales and raffles, and we are so grateful to everyone who came along to support us - it was a great night! This was our first fundraising event to raise funds for the new building through our Paving the Way to Woodside campaign, and a great 'first step' in getting there.

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

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

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



QUIZ PAGE

Word search – autumn/winter 2018

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

The answers are found in the above grid. They can be found horizontally, vertically, diagonally and backwards.

The answers are below.

ALMANAC	APPLE	BONFIRE	HARVEST	TALE
ANDREW	BROWN	CLOCK	FALL	SNOW

Compiled by Kevin Morrison.

SUMMER ANSWERS

Word search solution – summer 2018

M													
A													
T				V				A	N	N	O	D	
T			U	O						I			
E		M		I						H			
R	H			C		B				T			
S			B	E	R	R	I	E	S				
C	R	U	E	L		E						K	
						E						C	
						Z						I	
						E						R	
												T	
												S	
												A	
Y	T	I	N	U	M	M	O	C				M	

Boy's Brigade in Mastrick

The 36th Aberdeen Boys' Brigade, is a uniformed organisation for boys and young men aged between five and eighteen years, (primary 1 to secondary 6) which is affiliated to Saint Clement's Scottish Episcopal Church in Mastrick. All meetings take place in the Church Hall at the rear of the Church on a Tuesday evening during school term time, from 6pm. New members are always welcome. We have a public fundraising event coming up on Saturday 1 December 2018 - Christmas Sale and Coffee Shop. This will take place in the Church Hall from 9.30am until 12noon. Tables which are supplied, can be booked from Malcolm MacLennan, Company Captain, on 07919 106665 or by E-mail at 36mastrickbb@gmail.com. Membership enquiries should also be directed to him.

Community Contacts

Alcohol

Alcoholics Anonymous 0800 9177 650

Drinkline 0300 123 1110

Crime

Crimestoppers 0800 555 111

Drugs

Drugs Action Helpline 01224 594700

Dentist

Emergency - G-Dens 111

Doctors

NHS 24 Emergency 111

Electricity

If you have a power-cut 105

Family Planning

Aberdeen Community Health and Care Village 0345 337 9900

Gas

Gas Emergency 0800 111 999

Gas emergency with a meter 0845 606 6766

Housing

Emergency Repairs 01224 219 282

Call Centre Emergency 0845 608 0929 or 116 123

Police

Non-emergency 101

Samaritans

Need to talk 01224 574 488 or 116 123

Social Work

Social Work Duty Team 0800 7315520

Emergency Out-Of-Hours 01224 693936

Young Carers 01224 212021

Water

Scottish Water Emergency 0800 0778 778

CFINE 01224 596156

Home-Start 01224 693545

Pathways 01224 682 939

Cash in your Pocket 0800 953 4330

Citizens Advice 01224 569750

Northfield Academy 01224 699715

Quarryhill School 01224 692390

Kingsford School 01224 693554

Muirfield School 01224 696671

Mastrick Parish Church 01224 694121

St Clement's Church 01224 662247

Tyrell Centre 01224 692004

Community Information for Mastrick

Mastrick Community Council

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

Contact: loumccaff@hotmail.com

Mastrick Community Centre

9am – 9pm

Contact: 01224 788288

Mastrick Doctors

10am – 4pm

Contact: 01224 662933

Mastrick Library

10am – 5pm

Contact: 01224 788558

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

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

Cllr Ciaran Macrae (Northfield and Mastrick North):

01224 346630

cimcrae@aberdeencity.gov.uk

07500 999617

Cllr Gordon Graham (Northfield and Mastrick North):

01224 523594

07736 329751

ggraham@aberdeencity.gov.uk

Cllr Jackie Dunbar (Northfield and Mastrick North):

01224 522522

jdunbar@aberdeencity.gov.uk

07733 300570

Cllr David Cameron (Kingswells/Sheddocksley/Summerhill)

01224 346612

dacameron@aberdeencity.gov.uk

07876 760760

Cllr John Wheeler (Kingswells/Sheddocksley/Summerhill)

01224 526631

jowheeler@aberdeencity.gov.uk

07500 999593

Cllr Steve Delaney (Kingswells/Sheddocksley/Summerhill)

01224 694469 – home

sdelaney@aberdeencity.gov.uk

01224 346614 - Town House