

mastrick Matters

Winter 2020



In this issue:

GREENFERNS HOUSING
DEVELOPMENT

MASTRICK PARISH CHURCH

DIGITAL CHAMPIONS

www.shmu.org.uk/press

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editorial

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.

happy reading.



Supported by





CONNECTING ABERDEEN

Lonely and isolated people in Aberdeen are getting connected with friends, loved-ones and vital services, thanks to a new City Council-backed digital device scheme.

Aberdeen City Council has been handed 240 devices under the Scottish Government's Connecting Scotland project, which was set up to combat social isolation amid the current Covid pandemic. A further 100 devices are also now on their way to Aberdeen under the project, and another 45 are going to local organisations, taking the total allocation for the city to 385.

Under the scheme, iPads and Chromebooks are being delivered to people who currently have no such devices to keep them digitally connected.

Connecting Scotland is funded by the Scottish Government and is being managed by the Scottish Council for Voluntary Organisations

– supported in the city by Aberdeen City Council and Aberdeen City Health & Social Care Partnership as part of the Aberdeen Together initiative, along with other community partners including Foyer and SHMU.

Many of the devices are being targeted to the right people by the Partnership's community link practitioners who are attached to Aberdeen's GP practices. A number of third sector organisations have successfully applied to the project, allowing them to identify people to receive the devices and to give on-going support.

Allan Clark, from Mastrick, was one of the people to receive an iPad and is using it to email family and friends and for shopping.

Former maintenance engineer Allan, who has been diagnosed with motor neurone disease and lives alone, said: "The iPad will be absolutely brilliant for me. I'll be using it to stay in touch with my 94-year-old uncle in Canada, to keep in contact with a good friend who is like my carer, and to do online shopping maybe once a month."

And Allan was full of praise for the sterling support he is receiving from his link worker, Hollie Irving, admitting she was helping with all his new IT queries. "Hollie has been a godsend to me. She has been absolutely brilliant in helping me to get set up."



COMMUNITY COUNCIL

When lockdown was announced back in March and I was sent home from work with my laptop I can honestly say that community council meetings were the furthest thing from my mind. I made the naïve assumption that this would be short-lived, and we would be back to normal meetings in a month or so, but we all realise now that that's not the case and we will be in some form of lockdown, with social and physical distancing for some time now.

Community councils meet eight times a year and we used to meet every third Wednesday in the Mastrick Land meeting room, but since Coronavirus we have not been able to meet. It was suggested by the council that we can continue meeting albeit remotely.

Unfortunately, not all our members are online so online meetings are not possible for us. What we have done in the meantime is to send information and questions to members by email, asking for a response within a set deadline, and for the member who is not online, I print the documents and drop them round, then we have a chat on the phone about the issues.

This is not ideal, but we are managing. What would help the community council just now is more

members! Your commitment, at the moment, would only be to respond to emails and give your opinions on local issues.

We appreciate that the community council is a very small group of volunteers, that doesn't fully represent our local area, so if you are interested in getting involved, or applying to be a co-opted member, you can do this by emailing loumccaff@hotmail.com or by contacting the Community Council Liaison Officer KFinch@aberdeencity.gov.uk.

Before I go here is an update on some of the projects I wrote about in the last issue -

Sheddocksley Playpark Fundraising – The seating at Sheddocksley Playpark has been funded! We raised some money from local people on Just Giving and received the remainder from the National Lottery Community Fund. Thanks to everyone who donated and to my volunteer Zoe for her help and support! The council have advised they will be in touch when ready for installation and when we have a date, we will organise an opening day and litter-pick (ensuring COVID safety throughout).

Residents Survey – the residents survey has been promoted on our social media page and we have

had a number of responses, but we need more. If you are online please ask to join Mastrick, Sheddocksley & Summerhill Community Council group and you can access the survey there. We plan to survey people in the street, but later in the year when the risk from COVID is reduced.

Community Defibrillator for Mastrick – The Mastrick Community Centre has raised £600 for a defib and the community council has agreed to fund the remaining £600 to buy and install the item. This will be located on the exterior wall of the centre.

Donations – We have received our financial grant from the council for 2020, and we have funds leftover from previous grants that we are looking to spend. If you run or know of anyone who runs a local group or wants to develop a local project, be that for older people, young people, disabled groups or otherwise, please let them know that we have funding available. It's a simple application process, only a single A4 sheet to be completed with details of what the money is for and who it will benefit. The maximum request for funds is £1000, and we have no minimum so whatever your project is, please get in touch and we can see if we can help.



News from Mastrick Library

Aberdeen City Libraries are excited to move to the next stage of the reinstatement of library services.

Mastrick Library, along with the Central Library and the libraries in Airyhall, Bridge of Don, Cove, Dyce and Tillydrone, opened for limited browsing and computer access from the first week in September.

You will notice some changes on your next visit to the library however, staff will be on hand to guide you. Our opening hours are 10am - 1pm (Monday - Saturday) and 2pm - 5pm (Monday - Friday). In line with Scottish Government and Aberdeen City Council guidelines and to ensure the safety of our staff and customers we ask that visitors to the library wear a face covering where applicable and observe social distancing. We will also ask for your contact details

in support of Test and Protect. Computer access will be limited to sessions of 50 minutes and must be booked in advance, online or by phone (**01224 788558**).

If you prefer, you can book an appointment for our click and collect service. Order a selection of books for adults, children and families (based on your preferences e.g. crime, classics, non-fiction, etc) and collect them from the library. Bookings can be made online via the following link aberdeencity.zipporah.co.uk/Generic.AberdeenCity/ or by calling **01224 788558**.

For those who are unable to visit the library due to disability, illness or because they are caring for someone, the Home Library Service will deliver

items to your home; contact the library for more information.

You can also access library services virtually, including eBooks and eNewspapers, by visiting www.aberdeencity.gov.uk/services/libraries. You can download the Aberdeen City Libraries app for your phone or tablet from yourlibraryapp.co.uk/aberdeencity/ and follow us on social media [@silvercitylibs](https://twitter.com/silvercitylibs) or facebook.com/Aberdeen.City.Libraries for up to date information.

Mastrick Library
Greenfern Road
Mastrick
Aberdeen
AB16 6TR
Tel. 01224 788558
Email mastricklibrary@aberdeencity.gov.uk

Dear Diary

Dear diary,

June 2nd 2020

I woke up today (which is always a bonus) and did not know what day it was. I had to look at my phone, which said it was Thursday. Before checking, I could've sworn it was Wednesday. But, no, it's Thursday. Maybe it's the 12" mix of Wednesday (you may have to ask your parents what a 12" mix is). But my phone says it's Thursday and I've never had a reason to doubt its veracity before.

On the TV, a politician was being interviewed. It reminded me of the time at school when my History teacher said to me, "That's very interesting, Kevin, but you've giving me an answer to a question that I didn't ask. Now, take it away and change it; answer the question that I did ask."

A couple of days ago, I went for my essential shopping to a local supermarket. Most of the people had face coverings on, so I couldn't tell whether they were smiling or frowning. It was like I had stumbled upon a Dick Turpin convention (another reference for the teenagers, there).

I watched the film Toy Story 3 yesterday. I enjoyed it; it did not make me cry. Someone in the kitchen must have been chopping onions, because in no way did the film make me cry - ok?



Instant Neighbour foodbank

The Instant Neighbour foodbank is still open and has been open throughout lockdown and anyone who finds themselves facing food insecurity is welcome to come and register.

During lockdown we have given out over 3,500 parcels.

These parcels contain dry, ambient tinned goods and the items we always run out of are, unsurprisingly pasta sauce, tinned meals, tinned fruit and tinned puddings.

We also like to give out tea, coffee, milk and biscuits as well as tinned beans and soup.

The foodbank is open Monday to Friday, 10am-1pm and 2-4pm. No referrals required to use this service.

We have been open throughout lockdown for people to come and receive help and have been partnered up with other foodbanks and Aberdeen City Council to 'Feed the City'

Use of the foodbank has increased massively over recent months but the kind donations from churches, communities and businesses have meant we have been able to stay open and offer assistance to those who need and donations are always welcomed.

We have access to an industrial chiller now as well so have the ability to hand chilled and fresh food out to our beneficiaries which gives a much more substantial food package.

Food can be donated at our St. Machar premises anytime between Monday and Friday from 8.30-4.30. We encourage people to reach out by phone or e-mail to check what specific items we may be running short of.

Thanks to everyone who has helped in anyway over this period of uncertainty.



A92/A96 Haudagain Improvement Project

Since our last update, the project, like the rest of the world has been impacted by the global Covid-19 pandemic. As a consequence, in March we had to temporarily shut down work on the site. The temporary site closure was removed in June and we are pleased to report that work has now recommenced on site in line with Scottish Government guidelines. As part of a safe return to work, both for our staff and the community we work in, we have revised our health and safety plans and safe operating procedures, which include putting in place measures to facilitate strict adherence to personal hygiene and physical distancing rules.

The safety of the community in which we work in remains a key priority and we ask for your continued cooperation in respecting physical distancing rules to safeguard the health of all our site staff, external delivery partners and that of the community in which we operate.

We also ask at this time that parents speak with their children about the dangers of playing in and around construction sites. We understand that construction sites can appear exciting for curious young minds, but we would like to reinforce our message to younger children to Play Safe, Stay Safe and refrain from entering the site, and that older children are also encouraged

to exercise responsible attitudes in this regard.

In relation to progress of the works, prior to the temporary closure and since the beginning of this year the team have continued to work on diverting a variety of utilities and made good progress with earthworks and drainage operations. Logie Terrace and Manor Terrace have now been permanently closed; allowing progress of the construction work to realign Manor Avenue, which will connect to the new link road.

We continue to have site staff working very close to live traffic and would ask you to be mindful of this while you are driving adjacent to the work.

Our upcoming work will involve a number of phases of temporary traffic management in order to facilitate construction of the project. Work will be taking place on local roads such as Manor Avenue, Manor Drive and Hilton Drive, as well as on the A92 and A96 trunk roads. The traffic management will consist of various lane closures, road closures, footpath diversions, bus route diversions, temporary traffic lights, and contra flows on the A92 and A96 trunk roads.

We will continue to keep the local community informed, particularly those directly affected by the work, via letter drops and newsletters as work

progresses. Information will also be displayed on the three information notice boards around the area which are situated in the following locations:

The Hub, Manor Avenue, Aberdeen AB16 7UR

Outside Manor Park School, 2 Danestone Circle, Aberdeen AB16 7YB

Mastrick Access Point, Spey Road, Aberdeen AB16 6SH

The third edition of the project newsletter is available, along with further information on the project by visiting:

www.transport.gov.scot/projects/a92a96-haudagain-improvement

The project also benefits from a dedicated community liaison officer, Angela Newlands, who is happy to respond to any queries relating to the construction of the project as it progresses.

If you have any matters you wish to raise concerning the project, please contact **Angela at haudagain@farrans.com or telephone 0800 783 0024.**

Once again, we would like to take this opportunity to thank the local community and road users, for their patience and cooperation during construction and to let you know that our aim, as always is to minimise disruption as much as possible. Please stay safe.



WHY MESSY PLAY?

The team at Aberdeen Play Forum have a passion for play! It is our job to promote children's right to play and raise awareness of the important role play has in supporting children's development and fostering their physical and mental wellbeing.

Sensory play is important because it provides children with opportunities to experiment, problem solve and make decisions. It supports the development of both fine and gross motor skills, and language. Furthermore, sensory play has been proven to build nerve connections in the brain and also helps to develop and enhance memory.

Messy play, describes materials such as, paint, sand, slime, water, clay or mud that provide a sensory experience for the child. Messy play enables children to explore texture, sensations, imagination, and of course get messy and have fun! Messy play activities can be cheap and relatively easy to provide for your children at home. However, it can be daunting for many families. The team at Aberdeen Play Forum have some top tips to encourage you to try messy play at home with your children.

TOP TIPS FOR MESSY PLAY

Be positive and prepared

Keep it simple (very few and simple materials)

Set ground rules before you start and explain why (for example, try to keep

the water inside the tub so that the floor does not become slippery)

Older children can help prepare and set up the messy play. Also encourage them to help with cleaning up any spillages.

Have fun!

Think about clothes!

Put children in old clothes or strip them down to their nappy

Use mum/dad's/older siblings old tops for cover ups

Have face cloth/wipes handy for a quick clean up

Contain the mess!

Use the bathtub or outdoor area

Lay down a wipe clean tablecloth/ tarp/towels

Have towels and a bin bag handy for a quick clean up

TASTE SAFE MESSY PLAY FOR BABIES AND TODDLERS

Babies and toddlers love to explore using their mouths, this does not mean that they cannot get involved with messy play. Here are some ideas for taste safe messy play:

Cooked or uncooked pasta shapes (there are loads of recipes online explaining how to dye pasta for an optional twist!)

Jelly, wonderful to squish and squeeze and it smells amazing! You could even try burying toys and objects in the mixture before setting.

Cereal. Add a cereal of your choice to a basin/container. (A good addition here would be kitchen utensils or toy animals).

Dye yoghurt with food colouring for some finger-painting fun!

Taste safe mud. All you need is two cups of plain flour, 1 tablespoon of cocoa powder and two cups of water to create this taste safe mud. Perfect for your own mud kitchen or for some dinosaurs to stomp in!

NON-MESSY SENSORY PLAY

Here are some mess free sensory play ideas:

Fill plastic bottles with materials such as coloured water, sequins, glitter etc. Try dried beans, rice, bells or stones to create interesting sounds. (Remember and seal the lid with superglue or duct tape)

Create your own texture boards. Using superglue attach various textured items such as colourful scourers, stones, fur, cork etc to a large piece of cardboard.

Get out your kitchen utensils and pots and pans to create your own musical instruments.

Make an indoor den, close the curtains and create cool effects with torches, fairy lights and glow sticks.

GREENFERNS

For the last ten years, there have been proposals to build over 1,000 houses on the Greenferns area behind Northfield, Sheddocksley, Kingswells and Bucksburn.

Northfield resident, Susie Robertson, has started a petition to object to the proposals and help get the word out to the local community.

Presently Aberdeen City Council are reviewing the available information and undertaking key early surveys.

A spokesperson for the council said: *“Once we have sufficient detail and information on the proposed development a planning application will be lodged where the public will have an opportunity to review the proposals and comment accordingly.”*

Susie and other residents object to the proposals for a number of reasons.

Susie said: *“What concerns me is that I worry there isn’t a need for the type of houses they want to build. Who will be*

able to afford these houses?

It says 25% of the houses will be affordable but in Aberdeen that isn’t always that affordable.”

However, an Aberdeen City Council spokesperson said: *“Affordable housing is a key consideration and a minimum target of 25% provision has been set for all areas of the city as per the Scottish Government Planning Advice Note.”*

They also have concerns about the increased traffic the development will bring to the area. The developers have said they will build a slip road to offset the increased traffic.

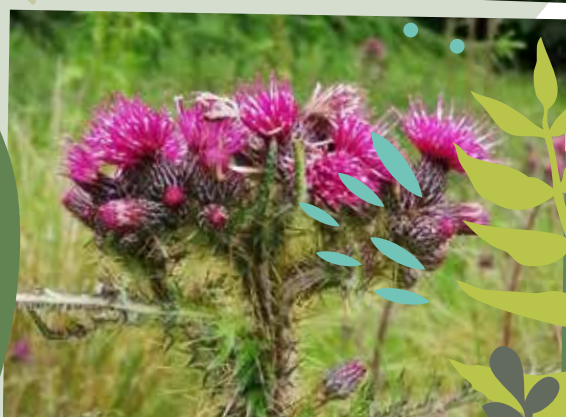
However, Susie argues that: *“Between Davidson Drive and Springhill Road the traffic is a nightmare, and I don’t see how the roads will cope without having to destroy the landscape.”*

Aberdeen City Council’s spokesperson said: *“In terms of the traffic monitoring that was raised, no specific traffic*

monitoring for this development has taken place recently. However, there will be a requirement in the near future for traffic assessments to be undertaken. Discussions are ongoing to ensure these assessments provide a true reflection of traffic volumes. As part of this process we will ensure that an appropriately qualified specialist will be employed to undertake this task. Historical transport survey data is also available for the area and this will be used to supplement the future surveys.”

The residents also have concerns about the wildlife who thrive on Greenferns.

Susie added: *“I’ve grown up here all my life, the proposed site was my playground and I want to keep it like that for other kids or at least take it into the Bucksburn Nature reserve. We have a decreasing amount of green space and Covid has shown folk how grateful we should be to have green space and need it more than ever.”*





Grampian Credit Union

October the 15th 2020 marks International Credit Union Day.

A credit union is a community savings and loan provider set up by community members who have something in common to benefit their community.

The idea behind credit unions is that members mutually benefit and there is no profit for third-party stakeholders.

International Credit Union Day celebrates the global credit union movement and reflects upon the achievements, and hard work of the movement.

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

For 27 years, we have helped more than 10,000 people in Grampian with saving and accessing affordable credit.

If you have not already joined us or accessed any of our fantastic products, where have you been? Why don't you contact us today and see how we can assist you with taking charge of your financial future?

If you need a loan, want to save for the proverbial 'rainy day' or just for Christmas, we can help. With loans from as little as £200, don't hesitate to 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

Mastrick Parish Church

I hope you are well and managing to get used to a 'new normal', whatever that may be for you. These last months have been difficult for everyone.

Although our church buildings were closed in March, in many ways it has been business as usual as I have had to find new ways of working. With the closure of the church for Sunday worship I started a short weekly online message. This can be accessed on our church Facebook and website pages.

One of the hardest things I have found is conducting funerals. When the pandemic was at its height I was unable to meet up with families before the funeral and everything was done over the phone, by email or video-calls. With the easing of restrictions, I can now visit families in their homes and that is much better although I find it hard not to hug someone to comfort them when they are upset.

You may have read in the press that we have recently had quite a lot of vandalism around the church. The James Tyrrell Centre minibus had a stone thrown onto its roof breaking the roof window, vents

have been broken at the front of the hall, a window in the church was broken, plants and stones flung across the church grounds. I don't mind youngsters hanging about the church but it is annoying, frustrating, time consuming and costly when our property is being wilfully damaged. We have CCTV in operation and most recently footage has been viewed by the police of a teenage girl throwing a stone at the church window.

You also may have read in the newspaper that Mastrick, Summerhill and Northfield churches will be joining together at some point. The article stated that all three buildings would be disposed of but it failed to say that there would be a new build either on the current Mastrick site or on another more suitable site in Mastrick. This, of course, will take some time to progress but we are a pilot scheme for the whole Church of Scotland as the central church plans for the future with 'well equipped spaced in the right places'.

We have now had permission from the Government and from the Church of Scotland to re-open. It certainly won't be church as we knew it! We will begin by opening

in September for a small group prayer meeting for members of our Kirk Session only. Planning is in progress to re-open for Sunday worship at a later date and this will be reviewed as government restrictions are further lifted. With a 2 metre social distancing we can only seat 24 people in the church and our big hall will seat 23. Our user groups such as Slimming World, Pilgrim Church, the Romanian Church etc will be unable to use our building until phase 4 of the government lockdown easing route. Please keep an eye on our notice board outside the church or our Facebook and website for updates.

And finally at the end of August we said good-bye to Teresa Broere, our Family and Outreach Worker. She has been at Mastrick for six years and has worked hard in both the church and community. She managed and was the cook at our Welcome Café for the past two years. She also ran the weekly Pop Up Café for parents and pre-school children. Her happy, outgoing and friendly personality warmed folk to her. We will miss Teresa and wish her every blessing for the future.



Gaslighting is a manipulative tactic in which a person, to gain power and control of another individual, plants seeds of uncertainty in another person's mind. The self-doubt and constant questioning slowly cause the individual to question their reality.

Gaslighting can happen to anyone. Abusers carry out gaslighting behaviours slowly and deliberately so that the person it is happening to does not realise it. The abuser disproves concerns time and again to the point a person does not recognise the reality of what is happening.

10 Signs of Gaslighting Behaviour

1. Blatant Lies

You know the person is lying, often and with ease, yet they say they do not recognise this in their behaviour. You begin to have self-doubt, question everything and become uncertain of the simplest matters.

2. Deny, Deny, Deny

You know what they said. They deny ever saying it. They ask you to prove they said it. You start to question your memory. Perhaps they were right, they never said it. Increasingly you question your reality and accept theirs.

3. Using What You Love Against You

This is a manipulative tactic used by the gaslighter, causing the person to question themselves and things they hold close. For example, if the person loves their job, the gaslighter will find issues with it. If they have children, the gaslighter will make them believe they should not have had them, that they're a poor parent.

4. Losing Your Sense of Self

The gaslighting continues methodically and continuously over a long period of time. The victim, over time, becomes a different person. Self-confidence disappears, and the victim becomes a shadow of their former self.

Their reality and being becomes that of the abuser.

5. Words Versus Actions

A gaslighter will talk and talk to convince a person of their concern for them. However, their actions will not reflect the words.

6. Love and Flattery

A gaslighter will tear a person down, build them back up and tear them right down again. This abusive pattern becomes reality for the victim and the praise associated with the building back up convinces them to think the abuser isn't all bad.

7. Confusion

A gaslighter instils constant and consistent confusion leading the victim to become desperate for clarity. As the person searches for clarity from the abuser, the cycle continues, and the abuser's power increases.

8. Projecting

A gaslighter projects their actions on to their victim. For example, if the gaslighter is a liar and a cheater, they accuse the victim of being a liar and a cheater. The person feels that they constantly need to defend themselves for things they have not done.

9. "You're crazy"

The gaslighter knows the person is already questioning their sanity. They also know the victim is searching for clarity. Hence, when they call the person crazy, the person believes it.

The gaslighter will also tell other people the victim is crazy or mad. Hence, if the victim ever approaches those people for help, they will most likely not be believed.

10. Everyone Else is A Liar

The gaslighter may tell the person everyone else is against them and that everyone is lying. Such action further blurs the victim's sense of reality and increases their dependence on the gaslighter.

Gaslighting is a form of mental and emotional abuse. The sooner the signs are recognised, the sooner the victim can take steps to find help. If you recognise the signs and believe you, or someone you know, is in a gaslighting relationship, we can help and support you.

Contact Us

During these uncertain times Grampian Women's Aid are still providing all support services.

Women seeking support should reach out to us by calling 01224 593381 or emailing info@grampian-womens-aid.com or visiting grampian-womens-aid.com/contact-us/

When we're closed, Scotland's Domestic Abuse and Forced Marriage Helpline is available 24/7 via phone on 0800 027 1234, email helpline@sdafmh.org.uk or web chat at www.sdafmh.org.uk. Specially trained staff are available to offer support and information for anyone experiencing domestic abuse, those concerned about someone else and professionals with questions.



Understanding Domestic Abuse

Domestic abuse is a pattern of controlling, coercive, threatening, degrading and/or violent behaviour, including sexual violence, by a partner or ex-partner. Domestic abuse is overwhelmingly experienced by women and perpetrated by men; however, men can be victims as well. Often when people think of domestic abuse they think of physical violence, but domestic abuse is very often so much more than that.

From 1 April 2019, a new Domestic Abuse law came into force in Scotland. In the new law, abusive behaviour is any action that is violent, threatening or intimidating. Rather than identifying specific behaviours, this law focuses on the effects that they have or could have on the survivor. The behaviours can include:

physical abuse,

sexual abuse,

isolating the survivor from family and friends,

monitoring and regulating the survivor's activities,

controlling their money and/or activities,

depriving them from their freedom of action,

frightening, humiliating, or degrading them.

Previously, the criminal law focused on physical violence; however, the changes now make coercive control a criminal offence. This means that a person who engages in a pattern of abusive behaviour toward a partner or ex-partner can be prosecuted and punished by the law.

16 Days of Action

The 16 Days of Action against Gender-Based Abuse is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day. It sees organisations worldwide raising awareness about gender-based violence and importantly calling for the elimination of violence against women. Look out for further information about Aberdeen's 16 Days of Action campaign in the coming weeks.

Support

Domestic Abuse is not acceptable. It is not your fault and you are not

alone. If you or someone you know is experience domestic abuse, help and support is available nationally and locally:

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: sdafmh.org.uk

Grampian Women's Aid

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

For more information on local support visit: www.communityplanningaberdeen.org.uk/domesticabuse

We recognise at this time it may be especially difficult for women to get in touch with us directly. If that's the case, perhaps consider, if you can and it's safe to do so, asking a trusted friend or relative to contact us, or the 24-hour helpline, on your behalf.

Volunteers receive award which is equivalent to an MBE

shmu has been honoured with The Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK - the equivalent to an MBE.

The Queen's Award for Voluntary Service recognises outstanding work done by volunteer groups in their local communities and was established in 2002 to celebrate the Queen's Golden Jubilee.

We support over 200 volunteers on a weekly basis, and our CEO Murray Dawson said "It's an incredible honour for our organisation to have secured the Queen's Award for Voluntary Service. We just wouldn't exist without our amazing volunteers and everyone has played a part in our story over the last 20 years. Absolutely fantastic news."

Our Volunteer Coordinator Tracy Ewing summed up the importance of our volunteers by adding:

"We're incredibly lucky to have so many talented and committed volunteers at shmu, with almost 100 volunteers still volunteering and rising to the challenge during COVID-19. Whether writing articles for community magazines, recording radio shows, participating in our Tell Us campaign, or supporting other volunteers with technical queries our volunteer community has never been stronger. I'm proud to support and be part of such a loyal and creative team who are very deserving of such a huge award."

The commitment and dedication of the staff and volunteers was also praised by Trustee and volunteer Abeer Eladany who said they have a "profoundly positive impact on the wider local communities", and that she was "thrilled that they have been recognised with this prestigious award as shmu always inspires, motivates and holds the cultural banner across the region".

Finally, our Chair Jillian Evans paid tribute to the volunteers who "make SHMU one of Aberdeen's most valuable assets. Their energy, enthusiasm and

commitment to support local communities says a lot about who they are, and the vital part they play in our great big shmu family".

Representatives of shmu will receive the award from Barney Crockett, Lord Lieutenant of Aberdeen later this summer, with two volunteers from shmu being invited to a garden party at Holyroodhouse in July 2021, along with other recipients of this year's award.



Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

VSA Carers Support - 01224 358631

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

Mastrick Doctors

01224 662933

YOUR LOCAL ELECTED OFFICIALS ARE:

Local Councillors

Councillor Ciaran McRae

01224 346630

cimcrae@aberdeencity.gov.uk

Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councillor Jackie Dunbar

01224 522522

jdunbar@aberdeencity.gov.uk

Councillor David Cameron

07876760760

Dacameron@aberdeencity.gov.uk

Councillor John Wheeler

07500999593

Jowheeler@aberdeencity.gov.uk

Councillor Steve Delaney

01224 346614

Sdelaney@aberdeencity.gov.uk

DOMESTIC ABUSE SUPPORT

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

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

Help and support

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

Police Scotland

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

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

Grampian Women's Aid

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

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