

Middlefield Mirror

Summer 2020

NOW COVERING HEATHRYFOLD

In this issue:

LOCKDOWN PROJECTS

BOOGIE IN THE
LIVING ROOM

HOMESTART

www.shmu.org.uk/press



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Editorial

Welcome to the Summer edition of the Middlefield Mirror.

In this issue we have articles covering people's experiences of the Covid-19 lockdown, updates from the Haudagain Improvement Project and local charities.

If you would like to get involved and join the editorial team or if you have ideas for this 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 if they are interested in developing their ideas, or their skills in writing, proof reading and photography.

So, please don't be shy, this is your magazine, written, edited and designed by folk from Middlefield and Heathryfold.

If you live in the Middlefield or Heathryfold area and would like to come along to the editorial meetings or submit an article then get in touch with **Laura** at SHMU on **0752586312** or email **laura.young@shmu.org.uk**

The magazine is now on Facebook as well so you can search for Middlefield Mirror and like the page for regular updates.

You can also view this magazine, alongside previous editions on the SHMU website **www.shmu.org.uk** then click the '**PRESS**' option.

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

Covid-19 has made many changes to our routines and life as we know it. Many of these changes have left us feeling negatively about the situation but there have been some positives from the lockdown Covid brought about. Whether it's getting to see more of your local area, reconnecting with family and old friends or having a slower pace we would love to hear from you about your positive experiences during the Covid-19 outbreak.



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News from Aberdeen City Libraries

Aberdeen City Libraries will begin the staged reinstatement of services with the introduction of a Click and Collect service at Central, Airyhall, Bridge of Don, Bucksburn, Cove and Tillydrone Libraries.

The Click and Collect service will allow users to reserve items for collection.

This is a non-contact service and library buildings remain closed to the public. Collection appointments are available between 10am-1pm (Monday-Saturday) or 2pm-5pm (Monday-Friday).

Appointments can be reserved via the online portal www.aberdeencity.gov.uk/clickandcollect or can be arranged by phone on 01224 65-25-00 during collection hours.

The Home Library Service will also be reinstated, providing reading and audio-visual materials to users who cannot attend the library due to disability, illness or because they are caring for someone. Anybody not currently signed-up for this service who would like to be considered should call 01224 49-81-60 or email HomeLibrary@aberdeencity.gov.uk.

You can continue to access library services virtually by visiting www.aberdeencity.gov.uk/services/libraries

[aberdeencity.gov.uk/services/libraries](http://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 or facebook.com/Aberdeen.City.Libraries for lots of tips and suggestions to keep you occupied.

If you are not a library member, you can join online. You will be given a temporary membership number (valid for 90 days) and a 4-digit PIN that can be used instantly to access our online catalogue and online resources.

If you are worried about being unable to return items that you have on loan, please don't. We have waived all charges and fines accrued from Wednesday 18 March.

Our online resources cover a wide range of topics and interests with something for all ages.

We have increased our stock of ebooks and eaudiobooks, so there are lots of new titles to choose from Borrowbox and RBDigital. Look out for our new RBDigital eComics collection with over 500 comics and graphic novels. If you like to keep up with the news,

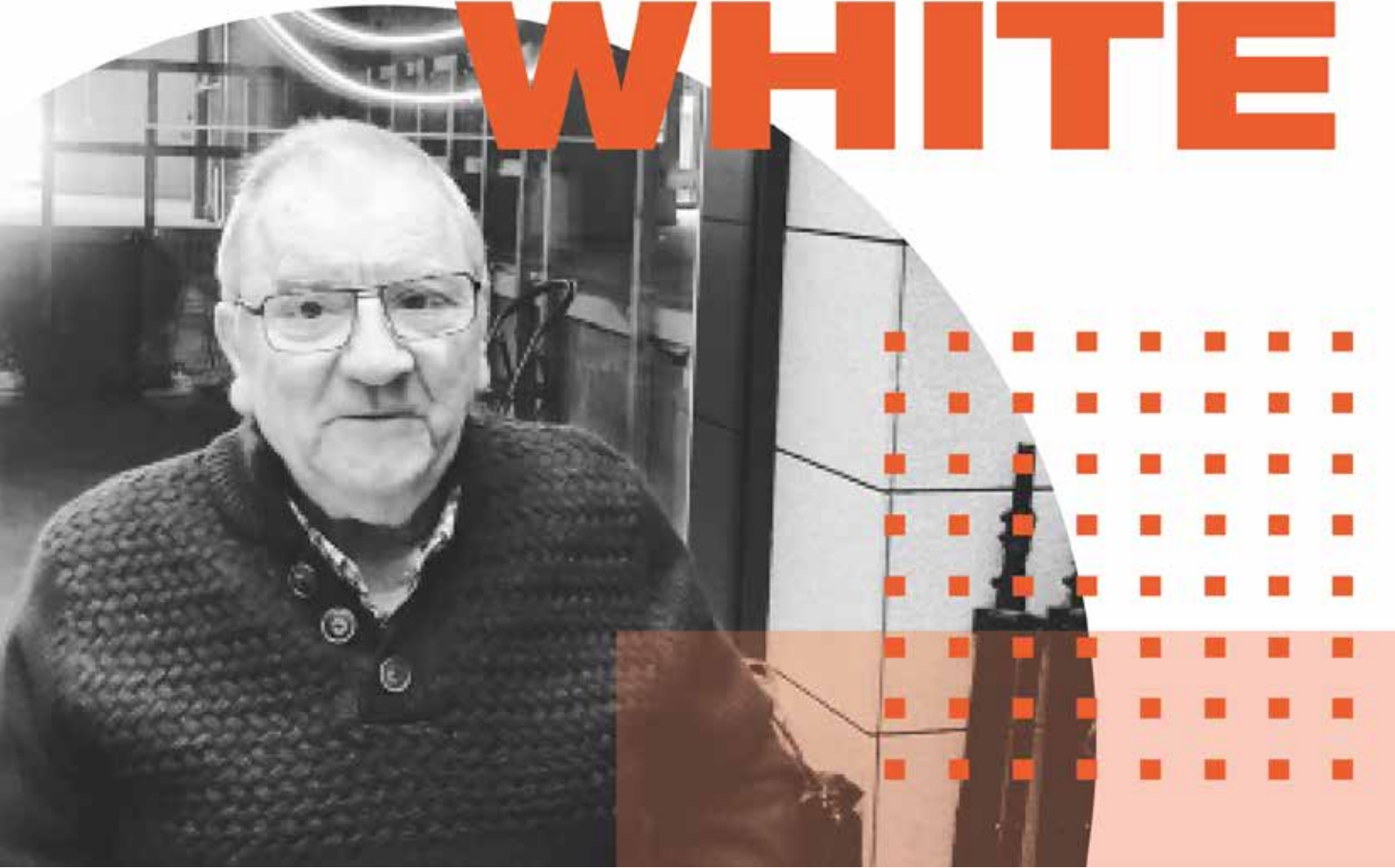
PressReader contains more than 7000 publications from 120 countries, including the Press and Journal, Evening Express and a selection of magazines.

Ancestry.com, one of the world's biggest commercial family history services, is normally only available in a physical library. ProQuest have given special permission during this time for our members to access this resource from anywhere, just log in to our library catalogue to start your family history search.

Prepare for your driving theory test using Theory Test Pro, keep up with your studies with help from our study and reference resources or relax and listen to some music with Naxos Jazz and Naxos Music.

For younger members, Busy Things and Grid Club contain quirky educational resources, games, quizzes and activities to keep those aged 3 to 11 occupied and entertained. Visit the Scottish Book Trust website (there's a link from our Bookbug page) to download the Bookbug songs and rhymes app and look out for our online Bookbug sessions on youtube.com by searching Aberdeen City Libraries.

DAVE WHITE



Dave steps in to keep the Boogie going!

When lockdown hit on March 23rd of this year, it put paid to a popular monthly local community event, Boogie in the Bar. Based at the Sunnybank FC Social Club, the 50s + disco is a must on the events calendar for familiar places like Hamewith Care Home, Granitehill House and some of the nearby sheltered housing complexes.

Since lockdown the organisers of Boogie in the Bar have been thinking outside

the box to get the Boogie back to those that miss it. Caroline Bews, Esther Savage from Aberdeen City Council and Darren Smith from Aberdeen City Health and Social Care Partnership approached shmuFM with the idea the show could be transmitted “over the waves” and get back to connecting those who really missed the monthly event.

Many of the regular 70 participants had mentioned they missed the company,

good music and opportunity to relive old times. Stepping in the breach, was local volunteer DJ Dave White, who already had regular slots on shmuFM. Dave kindly agreed to help out and front the show. A real hero stepping in to keep the boogie going!

Dave’s Boogie in The Living Room can be heard every Friday 2–4pm on shmu 99.8FM! Get your dancing shoes on!



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.

Yir Niver Sure

WILMA COLLIE

At the start of the UK lockdown Wilma experienced a health scare and wanted to share her experience with Middlefield Mirror readers.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

101 PROJECTS

WILMA COLLIE

All our lives have changed this year and continue to change. The phrase I hear most often is “when will we get back to normal, and will we ever”? I don’t think life will ever be the same, for any of us so I’d like to write about the positives which Covid-19 has inadvertently brought.

It’s certainly made us appreciate life and family and friends. It’s made us grateful for good health and if we have needed care from the NHS it’s made us grateful for that too. Our way of life has been disrupted but not ended like many.

I’ve been into crafts all my adult life. Always had a project on the go, but I have a short attention span so I get bored very quickly with whatever I’m doing and move on to something else.

Knitting, dressmaking, embroidery, painting, drawing, baking, I could go on. Baking is fine but what’s produced gets eaten so apart from enjoying it there’s nothing to see. Knitting I enjoy but not for the finished product. I love the process of choosing what to knit but I never wear what I knit, it usually ends up in a box somewhere. Dressmaking I love for the fabric choices and colours and I do wear what I make but I’m not very good at it, so it usually ends up in another box. Painting and drawing are very relaxing and therapeutic but I’m not very good, so it never gets finished.

So, I end up with many, many projects unfinished in boxes and bags all over the house. Then came the lockdown and with it the clear outs. The fear of the virus made some of us withdraw from everything. So, stuck inside with no end date what to do? Clean the house, the cupboards, the kitchen, the bedrooms, in fact, nothing was missed. Such intensive clearing out brought my many projects to light and for a while all I heard was, “not another bag” of wool/material / embroidery / paints. I began to dread my hubby saying let’s clear out this cupboard or that room because I knew more of my projects would be found.

I’m very good at hiding things you see, a talent lots of women have!

Anyway, after two weeks of this we’d done it all and the spare bedroom looked like a branch of Hobbycraft. I couldn’t believe I had so much but as I wasn’t going anywhere I decided to go through everything and this is where the positive side to the lockdown comes in because I decided to very methodically complete every project. Three months later I

almost have and my projects are in one small bag now and soon to be finished.

The feeling of completing an item was very satisfying and it spurred me on. I bought new material and started on a dress for a friend for her birthday and I finished it the day before! This is quite a new experience and it’s one I’m enjoying a lot. I think I’ll carry on doing this so thanks virus (I think)!

We are older people, you know, the vulnerable ones, so we decided very early on to stay away from everyone. It wasn’t that difficult. The hardest part was not having contact with our son. He lives in a care facility for adults with learning difficulties and the staff there took the decision in early February to close the place down. Almost all the residents there have supported work placements and they closed first meaning there was no longer a routine to the day. Routine is important to everyone but to special needs adults it’s everything.

The staff however very quickly established new routines and after a settling in period it’s worked really well.



We always worry about our son and more so about what will happen when we are no longer here. Although he lives in the care facility we visit regularly, and he came home once a month. This was getting to be more of a strain as we get older as our son can have behavioural issues, so we no worried more about how he'd cope not seeing us or visiting with us.

In the second month of lockdown we suddenly realised that actually he was coping very well. His phone calls to us on a weekly basis showed that he was coping with such a huge disruption in his life very well. We therefore concluded he would cope very well when we are no longer around. This gave us great comfort and we would never have arrived at this point if not for Covid-19.

It seems strange to look for positives at a time like this but it's absolutely essential in order to remain focused and get through this.

We are also closer to neighbours in a way we never were and that's something which will go on.

The world has got greener, our hair has got longer and we've become closer to people so what's not to like?



HOME-START ABERDEEN COOK AND CONNECT PROJECT

Home-Start Aberdeen made big changes to its Recipe for Life project to make sure it could still give families the support they need to make healthy eating choices during lockdown. The project is normally delivered through one to one cooking sessions in families' homes and group sessions in communities across the city, but the Covid-19 pandemic meant that both home visiting and group work had to be suspended.

Project Coordinator Fiona Cameron said: "Parents have been sharing their experiences and telling us that they're worried about being able to give their children tasty, healthy meals. We also found that families were feeling more isolated and missing contact with their volunteers. It was clear that there was still a real need for the project so we've

developed a whole new range of ways to make sure we can continue to give families the support they need around healthy eating. We've even given the project a temporary new name – Cook and Connect, which sums up exactly what it's about."

The charity is now providing the project's first group of 14 families with weekly, fresh food boxes from local providers along with recipes to use with these ingredients. Staff and volunteers are making recipe videos which families can access, as well as delivering side-by-side video cooking tutorials with families.

Feedback from families has been very positive. One mum said: "It's been really helpful. The kids have enjoyed it – they're helping to cook meals and are eating ten times better."

Some of the families have even started growing their own food at home.

Volunteers are also seeing how families are benefiting. After one video tutorial session our volunteer told us: "We made chilli and R was happy with the results. She enjoys doing it together, seeing what mine looks like and having the confidence to use other items if she hasn't got all the ingredients."

Home-Start Aberdeen provides practical and emotional support to families in Aberdeen with at least one child aged under five. To find out more about our Cook and Connect project, or our other work, phone us on **07377 528596** or email us at **admin@homestartaberdeen.org.uk**

Grampian Women's Aid

Coronavirus (Covid-19) restrictions: what can I do to keep myself safe?

We know that if you are currently experiencing or have experienced domestic abuse you will know what being isolated and frightened feels like. During the Covid-19 pandemic, with options for seeking help more limited, you might be worried about self-isolating with someone who is harming you. We've created this list of self-protection suggestions to help you, or perhaps someone you know, think about what you might do over the coming weeks to stay safe.

1. Have your phone charged and with you at all times in case you need to phone emergency services or a friend or relative to make that call on your behalf. Wearing clothes with pockets can help you carry your mobile with you easily.
2. If it is safe to do so, have a daily communication routine with a friend or relative outside your home at the same time every day. So that, on a day you don't phone, your friend or relative will know to call you or to call for help.
3. Have a code word you can use with friends, family and neighbours you trust. Use the word if you need to contact them for help. Or, agree with them you will put something specific in your window - a certain picture or colour - if you need to let them know you need help.
4. If you can, and it's safe to do so, carry a piece of paper with your details

and a message that you can leave in a shop or, if you trust them, post through a neighbour's letterbox or under their door.

5. Check the house and try to hide anything that might be used as a possible weapon against you. Also, know where the safest place in your home is if you do need to hide - somewhere you can lock yourself in or where you can place furniture against a door to impede access.
6. If there are children in the home of a suitable age, ask them to memorise emergency phone numbers (make a game of it if you need to) and also to find the safest hiding places in the house.
7. Have an emergency escape bag ready with the basic necessities, ideally including all your essential documentation, medical papers and money, ready to take with you if you need to leave immediately. The bag should be hidden in a safe place and as near to the main door as possible.
8. Don't use your possible decision to go as a threat during a row. If you have taken the decision to leave, go without telling your abuser.

9. Remember, leaving your home because of a threat of this kind is an exceptional situation and it's okay to do so during the current restrictions of movement during lockdown. The police, local authorities and women's aid offices are providing essential services and are there for anyone who finds themselves outside the home at any time of day or night due to threats of domestic abuse. In an emergency situation, or if you are concerned, still call 999.

You are not alone in this. Grampian Women's Aid are here for you.

Tel: 01224 593381

Email info@grampian-womens-aid.com

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



LIFE AFTER LOCKDOWN

Lockdown has been life changing for everybody this year and the phrase I hear over and over is “when will life get back to normal?” It’s generally agreed that there will be a new normal. But there is a small section of society for whom the lockdown has all but destroyed the way of life they knew and they may never get their lives back to anything like normal.

Whilst there are calls to reopen shops, go on holiday, get hair cuts, this group have never been concerned with any of this. They were happy just to live the life they had, that has been taken away from them and in all probability will never return. To make my point I will tell you the story of one chap I will call Sam.

Sam suffered a catastrophic birth which resulted in him having a severe learning difficulty. He was looked after by his parents and helped to achieve a life suitable for his needs. He had many setbacks in life but his parents fought hard for him to experience as much as he could deal with. In his 40s he joined a supported work experience team doing what he loves, gardening. Over time and with a huge amount of support Sam went on to live in a place connected to his work placement. These people took Sam’s abilities to another level.

Then came the lockdown

Sam’s work placement and the care facility where he lived went into lockdown

in early February. This meant no home visits to his parents or them to him. No outings for his favourite fish tea on a Saturday in town. Because his carers at the facility are of the very highest quality Sam found a new routine and adjusted accordingly. None of this was easy and he had many breakdowns. Sam was not and is still not able to understand what has happened. He can’t accept that he can’t see people, friends, family, workmates etc.

As the lockdown eased and we began to get used to a new normal, slowly returning to work, shopping etc it became clear that for Sam and his friends that their way of life would never return to what they knew before. He can never access public transport the way it is now or go back to his work placement and so everyone concerned will put new strategies in place. What these will be however is unknown. Whatever is put in place will be very fluid and will have to change as problems arise.

People with learning difficulties are nothing if not resilient and are incredibly accepting of the limits society places on them. They will accept changes in their lives and move on but some changes will prove too much. That is the case with the current situation. But each setback can have a devastating effect on their mental wellbeing. Trained and dedicated carers are hugely important in helping to

come to terms with a new normal. There may never be a return to the lives they led and that is a lasting legacy few of us will have to deal with.

So next time someone bemoans the fact that they can’t access shops, holidays, etc, spare a thought for this section of our community for whom life will never be the same.

Sam’s parents have now been told that they can visit. It will be through glass and will probably be very short. This will be an emotional visit for everyone, five months is the longest Sam and his parents have gone without seeing each other, but it’s very welcome nonetheless.

No one’s lives will be as they were before the virus and we will all have to get used to these unwelcome changes. But for people such as Sam the long term damage might not be evident but it will be there.

A lot of praise has been given for NHS staff and quite rightly but the people who work as paid carers are invaluable. The spotlight has been shone on the work they do and whichever part of the world these heroes call home, we owe them a huge debt of gratitude.

THANK YOU ALL.

Registered charity Sport Aberdeen is committed to creating opportunities, inspiring people and changing lives through sport and physical activity and believes that remaining physically active, especially during this difficult time, is hugely important.

Sport Aberdeen's Get Active @ Home programme offers a range of activities for all ages and abilities from regular gym-goers to over 65's, and those living with and beyond an illness. Follow us online and keep

up to date with how we are helping you to stay active at home and give these exercises a try.

www.sportaberdeen.co.uk/get-active-home

Standing Workout Card

LEVEL 1



1 Calf Raise

Stand up tall holding a chair, table or worktop for support. Keep your feet hip width apart and look straight ahead. Lift your heels up for a count of 3 and lower for a count of 3.



2 Toe Raise

Stand up tall holding a chair, table or worktop for support. Keep your feet hip width apart and look straight ahead. Lift your toes off the floor and lean back onto your heels. Stand up straight throughout this exercise.



3 Hamstring Curl

Stand up tall with a chair, table or worktop for support if needed. Bring one foot off the floor and bend your knee bringing your heel up towards your bottom. Lower your foot slowly then repeat on the other leg.



4 Heel-Toe Stand*

Stand up tall holding a chair, table or worktop for support. Move one foot in front of the other so your feet are in a straight line. Look straight ahead and hold for up to 10 seconds. Repeat with the other foot in front.



5 Front Knee Strengtheners

Do this one whilst seated. Sit up tall. Straighten your leg out, lift it an inch, hold for a count of 3 and then slowly lower your leg. Repeat on the other leg.



6 Sit to Stands

Start sitting. Move towards the front third of the chair. Keep your feet flat on the floor and slide them back slightly. Lean forwards over your knees and push through your heels into a standing position. Keep your head up and look forwards. Sit down slowly in a controlled way. Try to use your legs and not your arms.



Setup

A sturdy chair and a clear space. Please wear supportive footwear even if you are exercising indoors. Before you start, warm up by walking on the spot for 1-2 minutes. You can do this sitting on a chair or standing.

Repetitions

Beginners repeat each exercise 3-5 times
As you advance repeat each exercise 5-10 times

*Try the Heel-Toe Stand for up to 10 seconds and repeat 1-2 times (progress by having only one hand or no hands on the chair)

Rest

Feel free to take a rest in between the exercises, as you get fitter you may find you are able to rest less.

Frequency

Some is good, but more is better! Doing these exercises 2-3 times per week will improve your strength and balance and help you live an active lifestyle.

Benefits

These exercises strengthen the muscles in your legs, ankles and feet used for sitting up and down, walking, stair climbing and reaching up.

Precautions

Do not exercise if you feel unwell, develop chest pain or dizziness or if a health professional has advised you not to.

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.



Pathways - helping you deliver the knockout punch in getting a job!

To deliver the knockout punch and get the job you want takes preparation and training!

To begin you have to have a strong CV that highlights and demonstrates your skills that an employer wants. You also need a cover letter that gets the prospective employer to read your CV so they can then judge whether or not to invite you for interview.

It is then that you can focus on improving your interview skills, knowing how to tell your story and answering the basic interview questions, as well as learning to think on your feet for additional

questions and give examples of how you have dealt with various scenarios in the past. It is also about knowing what not to say so you do not jeopardise your chances of delivering that knockout punch and getting the job!

At Pathways we can help you with all the above and more!

Our team are starting to return to the office a couple of days per week and working from home, but we are able to do a lot of things to help!

Four ways we can help right now:

1. Create, review, re-write Your CV.

2. Job search - where to find vacancies, job apps to use, setting up email alerts.

3. Making applications - online, email, forms.

4. Training opportunities - up-skill while waiting for opportunities.

Call us on 01224 682 939 (Mon – Fri, 10am to 2pm) or email c.karl@pathways-online.org .Also follow us on Facebook for up to date information here: www.facebook.com/PathwaysAberdeen1A.

Aberdeen City Youth Council

Aberdeen City Youth Council (ACYC) is the voice of young people aged 12-25 who live, work and study in Aberdeen. We have been a group for 22 years and was rebranded as “Aberdeen City Youth Council” in 2008. Before this you may remember us as “Listen Young People Speaking” or “Youth Action Committee”. We are a group of 22 young people aged 12-25 all from various backgrounds. We meet on the last Tuesday of every month to discuss issues which directly affect you as a young person!

On the 30th June we held our EGM virtually on Google Meet due to the current circumstances. We voted in our new team and said a very fond farewell to Martin, our previous chair who has been involved in ACYC since 2014. That makes him the longest serving youth council member. During his time as Chair Martin’s role was to oversee the daily running of the Youth Council

and he did that job to perfection. He is also your local MSYP (Member of The Scottish Youth Parliament)! He is still very much involved in the Youth Council but we will miss him as our chair but we welcome Eric Rosljajev who is our newly elected chair. We are also supported by our fantastic Youth Development Officer, Kirsty who supports us with fundraising, events etc.

Each year we grow from strength to strength. Our most successful campaign has to be “Bog Standards” where we campaigned to ensure that every young person had access to toilet facilities which were free from labels and anxiety. We have been debating and are looking to debate on various subjects which you can see below

Young offenders mental health

Suicide awareness and prevention

Better lighting in public spaces

Teacher shortages

Better and accessible public transport in Aberdeen

The climate emergency

Also some of our past campaigns are:

Face2Face - this campaign focused on access to future opportunities

Voter Registration Drive - this campaign focused on getting young people to vote in elections

Diversity, inclusion and anti-bullying

We also have a few working groups at the moment both of which are based on Young Carers and Mental Health. We are involved in lots of external groups including Aberdeen Tenant Participation, Youth Activities Small Grants Fund, The Gornel Trust and Reboot

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

St Machar Credit Union 01224 276994

Northfield Medical Practice 01224 662911

Woodside Medical Group 01224 492828

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

Area MSP

Mark McDonald

– MSP for Aberdeen Donside

Aberdeen office: 01224 789 457

Mark.McDonald.msp@parliament.scot

Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

kirsty.blackman.mp@parliament.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: sdafmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website:

grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk